

**National Currency Watch** 2020-08-07

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	15.3 mg	-3.3%	-11.9%	-25.9%
CAD	11.4 mg	-3.2%	-10.6%	-26.3%
EUR	18.1 mg	-3.6%	-8.0%	-22.1%
JPY	0.145 mg	-3.4%	-10.5%	-25.9%
CNY	2.24 mg	-4.6%	-11.0%	-24.1%

**Digital Token Watch** 2020-08-07

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	177.66 g	-0.9%	10.5%	-28.0%
Ethereum (ETH)	5.81 g	6.2%	38.3%	21.1%

**Bond Watch** 2020-08-07

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.33 g	-3.3%	-11.8%	-23.3%
US 20+ Year (TLT)	2.60 g	-3.8%	-9.3%	-8.3%

**Equity Watch** 2020-08-07

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	420.10 g	0.4%	-6.6%	-21.8%
S&P 500	51.32 g	-0.9%	-6.1%	-13.8%
Nikkei 225	3.23 g	-0.6%	-11.6%	-19.4%
Euro STOXX (FEZ)	0.58 g	-0.6%	-8.8%	-23.2%
HUI	5.37 g	-3.2%	1.1%	18.1%

**Commodity Watch** 2020-08-07

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	0.631 g/bbl	-1.0%	-10.6%	-40.2%
Platinum	13.87 g/oz	-3.2%	-3.8%	-21.1%
Palladium	32.56 g/oz	-0.4%	-2.4%	12.0%
Silver	0.434 g/oz	13.9%	38.5%	24.9%
Copper	42.8 mg/lb	-5.8%	-12.0%	-19.9%
Coffee	17.7 mg/lb	-6.1%	1.4%	-11.7%
Cotton	9.5 mg/lb	-3.7%	-12.7%	-21.4%