

**National Currency Watch** 2021-07-23

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	17.3 mg	1.4%	-0.4%	4.4%
CAD	13.7 mg	1.5%	-2.8%	11.1%
EUR	20.3 mg	1.0%	-2.0%	5.9%
JPY	0.156 mg	0.9%	-0.2%	1.0%
CNY	2.66 mg	1.1%	-1.0%	9.7%

**Digital Token Watch** 2021-07-23

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	580.41 g	8.3%	-0.7%	265.8%
Ethereum (ETH)	36.72 g	14.5%	11.8%	734.2%
Crypto Index (CCI30)	9,642.88 g	8.7%	-4.8%	288.2%

**Bond Watch** 2021-07-23

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.49 g	1.5%	-0.3%	4.4%
US 20+ Year (TLT)	2.57 g	1.6%	3.3%	-7.5%

**Equity Watch** 2021-07-23

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	605.99 g	2.5%	3.0%	37.3%
S&P 500	76.25 g	3.4%	3.5%	36.6%
Nikkei 225	4.31 g	-0.7%	-4.8%	22.3%
Euro STOXX (FEZ)	0.81 g	3.0%	-1.2%	29.1%
HUI	4.48 g	-1.0%	-4.9%	-18.2%

**Commodity Watch** 2021-07-23

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.246 g/bbl	1.7%	-1.8%	83.2%
Platinum	18.58 g/oz	-3.9%	-1.8%	23.8%
Palladium	47.15 g/oz	2.2%	4.9%	33.9%
Silver	0.435 g/oz	-2.3%	-3.4%	14.9%
Copper	76.2 mg/lb	3.1%	1.3%	56.5%
Coffee	32.7 mg/lb	18.7%	22.9%	83.5%
Cotton	15.5 mg/lb	1.1%	3.2%	51.1%