

**National Currency Watch** 2021-07-30

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
USD	17.0 mg	-1.4%	-3.4%	7.2%
CAD	13.6 mg	-0.6%	-4.2%	15.5%
EUR	20.2 mg	-0.6%	-3.4%	7.8%
JPY	0.155 mg	-0.7%	-2.3%	2.6%
CNY	2.63 mg	-1.1%	-3.6%	12.2%

**Digital Token Watch** 2021-07-30

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Bitcoin (BTC)	719.52 g	24.0%	16.4%	307.6%
Ethereum (ETH)	42.03 g	14.4%	9.8%	728.5%
Crypto Index (CCI30)	11,159.15 g	15.7%	-0.5%	320.2%

**Bond Watch** 2021-07-30

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
US 1-3 Year (SHY)	1.47 g	-1.4%	-3.3%	7.3%
US 20+ Year (TLT)	2.55 g	-0.8%	0.2%	-5.0%

**Equity Watch** 2021-07-30

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
DJIA	595.16 g	-1.8%	-2.2%	42.4%
S&P 500	74.88 g	-1.8%	-1.2%	45.2%
Nikkei 225	4.24 g	-1.6%	-7.5%	25.3%
Euro STOXX (FEZ)	0.80 g	-1.0%	-3.0%	34.9%
HUI	4.66 g	4.2%	-1.0%	-13.6%

**Commodity Watch** 2021-07-30

		Change from		
	Price in Gold	Week ago	Month ago	Year ago
Crude Oil	1.257 g/bbl	0.9%	-3.0%	98.3%
Platinum	17.79 g/oz	-4.3%	-4.8%	25.8%
Palladium	45.28 g/oz	-4.0%	-5.2%	38.7%
Silver	0.434 g/oz	-0.2%	-4.5%	18.0%
Copper	76.3 mg/lb	0.2%	0.7%	64.8%
Coffee	30.6 mg/lb	-6.4%	8.5%	66.9%
Cotton	15.2 mg/lb	-1.7%	1.7%	51.7%