

National Currency Watch 2026-04-03

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
USD	6.7 mg	-2.9%	8.5%	-32.8%	-62.8%
CAD	4.8 mg	-3.4%	6.6%	-31.3%	-66.4%
EUR	7.7 mg	-2.9%	7.1%	-30.1%	-63.5%
JPY	0.042 mg	-2.8%	7.0%	-37.7%	-74.2%
CNY	.97 mg	-4.1%	14.9%	-27.8%	-64.3%

Digital Token Watch 2026-04-03

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	448.78 g	-2.0%	6.3%	-45.9%	-56.8%
Ethereum (ETH)	13.77 g	0.1%	12.4%	-24.1%	-64.4%
Crypto Index (CCi30)	2,644.24 g	-2.8%	8.0%	-52.3%	-81.7%

Bond Watch 2026-04-03

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.56 g	0.0%	9.7%	-31.5%	-61.0%
US 20+ Year (TLT)	0.59 g	1.3%	7.1%	-35.2%	-74.1%

Equity Watch 2026-04-03

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
DJIA	317.03 g	3.0%	5.8%	-21.6%	-46.9%
S&P 500	44.88 g	3.4%	6.5%	-16.6%	-38.1%
Nikkei 225	2.06 g	-0.5%	-7.0%	-12.2%	-57.7%
Euro STOXX (FEZ)	0.426 g	4.4%	7.1%	-20.3%	-47.8%
HUI	5.51 g	10.5%	-0.8%	53.4%	10.7%

Commodity Watch 2026-04-03

	Price in Gold	Change from			
		Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.748 g/bbl	8.7%	69.9%	12.0%	-32.5%
Platinum	13.13 g/oz	2.2%	5.0%	37.0%	-39.2%
Palladium	10.03 g/oz	5.1%	0.1%	6.4%	-78.9%
Silver	0.476 g/oz	1.7%	-5.3%	46.9%	8.6%
Copper	37.3 mg/lb	-1.2%	4.5%	-22.3%	-48.1%
Coffee	19.8 mg/lb	-4.9%	11.7%	-48.5%	-9.6%
Cotton	4.75 mg/lb	-0.9%	24.0%	-26.4%	-66.2%