

Currency Watch		2016-07-22			
			Change from		
		Price in Gold	Week ago	Month ago	Year ago
	USD	23.5 mg	0.5%	-4.2%	-17.6%
	CAD	18.0 mg	-1.1%	-6.6%	-18.4%
	EUR	25.9 mg	-0.4%	-6.5%	-16.5%
	JPY	0.222 mg	0.2%	-5.6%	-3.4%
	CNY	3.51 mg	0.5%	-5.7%	-23.0%
	BTC	15,326.8 mg	-1.7%	3.4%	93.9%

Bond Watch		2016-07-22			
			Change from		
		Price in Gold	Week ago	Month ago	Year ago
	1-3 Year (SHY)	2.00 g	0.5%	-4.1%	-16.8%
	20+ Year (TLT)	3.27 g	0.8%	-0.4%	-2.1%

Equity Watch		2016-07-22			
			Change from		
		Price in Gold	Week ago	Month ago	Year ago
	DJIA	437.34 g	0.8%	0.0%	-14.3%
	S&P 500	51.22 g	1.1%	-0.1%	-15.2%
	Nikkei 225	3.69 g	1.0%	-2.3%	-22.0%
	Euro STOXX FEZ	0.75 g	0.1%	-6.9%	-32.6%
	HUI	6.10 g	-2.8%	9.1%	84.4%

Commodity Watch		2016-07-22			
			Change from		
		Price in Gold	Week ago	Month ago	Year ago
	Crude Oil	1.04 g/bbl	-3.4%	-13.9%	-26.0%
	Platinum	25.72 g/oz	0.5%	6.7%	-6.6%
	Palladium	16.11 g/oz	6.2%	17.6%	-8.3%
	Silver	0.464 g/oz	-1.7%	9.7%	9.9%
	Copper	52.7 mg/lb	0.7%	0.3%	-24.1%
	Coffee	33.4 mg/lb	-3.4%	-2.7%	-6.5%
	Cotton	17.1 mg/lb	-1.7%	10.6%	-7.2%