

Currency Watch		2016-08-05	Change from		
		Price in Gold	Week ago	Month ago	Year ago
	USD	23.2 mg	0.1%	0.8%	-19.0%
	CAD	17.7 mg	0.5%	-0.5%	-18.6%
	EUR	25.8 mg	0.1%	0.7%	-17.8%
	JPY	0.229 mg	2.1%	1.3%	-0.9%
	CNY	3.43 mg	-1.7%	-1.0%	-25.4%
	BTC	13,341.6 mg	-12.3%	-13.3%	65.4%

Bond Watch		2016-08-05	Change from		
		Price in Gold	Week ago	Month ago	Year ago
	1-3 Year (SHY)	1.97 g	-0.1%	0.5%	-18.3%
	20+ Year (TLT)	3.20 g	-2.2%	-2.1%	-6.1%

Equity Watch		2016-08-05	Change from		
		Price in Gold	Week ago	Month ago	Year ago
	DJIA	430.30 g	0.7%	4.7%	-14.4%
	S&P 500	50.65 g	0.5%	5.3%	-15.8%
	Nikkei 225	3.72 g	0.2%	5.1%	-21.9%
	Euro STOXX FEZ	0.74 g	-1.4%	7.0%	-33.4%
	HUI	6.37 g	0.2%	4.9%	111.9%

Commodity Watch		2016-08-05	Change from		
		Price in Gold	Week ago	Month ago	Year ago
	Crude Oil	.97 g/bbl	0.6%	-9.6%	-25.1%
	Platinum	26.59 g/oz	1.7%	8.6%	-2.4%
	Palladium	16.22 g/oz	-1.0%	16.6%	-5.2%
	Silver	0.469 g/oz	1.0%	3.3%	12.7%
	Copper	50.0 mg/lb	-3.3%	-0.6%	-25.8%
	Coffee	33.1 mg/lb	-2.4%	-1.3%	-8.4%
	Cotton	17.8 mg/lb	3.8%	18.6%	-2.2%