

National Currency Watch 2026-02-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	6.2 mg	-1.2%	-6.0%	-42.0%	-64.7%
CAD	4.5 mg	-1.7%	-4.8%	-39.9%	-67.4%
EUR	7.2 mg	-2.0%	-5.0%	-34.9%	-65.7%
JPY	0.040 mg	-2.6%	-4.2%	-44.1%	-75.9%
CNY	.90 mg	0.0%	-5.1%	-37.8%	-66.6%

Digital Token Watch 2026-02-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	418.37 g	-2.4%	-27.7%	-59.9%	-57.2%
Ethereum (ETH)	12.11 g	-5.0%	-37.0%	-58.4%	-64.5%
Crypto Index (CCI30)	2,501.30 g	-1.5%	-27.5%	-67.3%	-80.2%

Bond Watch 2026-02-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.51 g	-1.2%	-5.8%	-40.6%	-63.2%
US 20+ Year (TLT)	0.55 g	-1.5%	-3.1%	-40.8%	-76.1%

Equity Watch 2026-02-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	305.46 g	-0.9%	-3.8%	-34.8%	-44.3%
S&P 500	42.53 g	-0.1%	-4.5%	-34.5%	-37.5%
Nikkei 225	2.25 g	-2.8%	2.7%	-17.9%	-54.4%
Euro STOXX (FEZ)	0.423 g	0.5%	-1.2%	-27.3%	-44.1%
HUI	5.50 g	1.3%	-1.0%	54.9%	19.8%

Commodity Watch 2026-02-20

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.409 g/bbl	4.5%	3.5%	-46.8%	-60.3%
Platinum	13.08 g/oz	0.9%	-16.9%	26.3%	-42.0%
Palladium	10.64 g/oz	1.7%	-12.0%	1.8%	-74.2%
Silver	0.496 g/oz	2.9%	-21.0%	41.3%	5.6%
Copper	35.9 mg/lb	-0.5%	-5.1%	-26.6%	-49.5%
Coffee	17.7 mg/lb	-5.0%	-21.8%	-57.7%	-20.1%
Cotton	3.88 mg/lb	0.3%	-8.0%	-44.6%	-75.4%