

FX Value Dates

(July)



		Wednesday, 1 July 2026		Thursday, 2 July 2026		Friday, 3 July 2026	
	Pairs	Settle Date	Roll Days	Settle Date	Roll Days	Settle Date	Roll Days
	AUD/CAD	7/3/26	3	7/6/26	1	7/7/26	1
	AUD/CHF	7/3/26	3	7/6/26	1	7/7/26	1
	AUD/CNH	7/3/26	3	7/6/26	1	7/7/26	1
	AUD/HKD	7/3/26	3	7/6/26	1	7/7/26	1
	AUD/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	AUD/NZD	7/3/26	3	7/6/26	1	7/7/26	1
	AUD/SGD	7/3/26	3	7/6/26	1	7/7/26	1
	AUD/USD	7/3/26	3	7/6/26	1	7/7/26	1
	CAD/CHF	7/3/26	3	7/6/26	1	7/7/26	1
	CAD/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	CAD/SGD	7/3/26	3	7/6/26	1	7/7/26	1
	CHF/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	CHF/SGD	7/3/26	3	7/6/26	1	7/7/26	1
	CNH/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/AUD	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/CAD	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/CHF	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/CNH	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/GBP	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/HKD	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/MXN	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/NOK	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/NZD	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/SEK	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/SGD	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/TRY	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/USD	7/3/26	3	7/6/26	1	7/7/26	1
	EUR/ZAR	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/AUD	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/CAD	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/CHF	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/CNH	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/HKD	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/NOK	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/NZD	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/SEK	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/SGD	7/3/26	3	7/6/26	1	7/7/26	1
	GBP/USD	7/3/26	3	7/6/26	1	7/7/26	1
	HKD/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	MXN/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	NOK/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	NOK/SEK	7/3/26	3	7/6/26	1	7/7/26	1
	NZD/CAD	7/3/26	3	7/6/26	1	7/7/26	1
	NZD/CHF	7/3/26	3	7/6/26	1	7/7/26	1
	NZD/CNH	7/3/26	3	7/6/26	1	7/7/26	1
	NZD/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	NZD/SGD	7/3/26	3	7/6/26	1	7/7/26	1
	NZD/USD	7/3/26	3	7/6/26	1	7/7/26	1
	SGD/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	TRY/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	USD/CAD	7/2/26	1	7/3/26	3	7/6/26	1
	USD/CHF	7/3/26	3	7/6/26	1	7/7/26	1
	USD/CNH	7/3/26	3	7/6/26	1	7/7/26	1
	USD/HKD	7/3/26	3	7/6/26	1	7/7/26	1
	USD/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	USD/MXN	7/3/26	3	7/6/26	1	7/7/26	1
	USD/NOK	7/3/26	3	7/6/26	1	7/7/26	1
	USD/PLN	7/3/26	3	7/6/26	1	7/7/26	1
	USD/SEK	7/3/26	3	7/6/26	1	7/7/26	1
	USD/SGD	7/3/26	3	7/6/26	1	7/7/26	1
	USD/TRY	7/2/26	1	7/3/26	3	7/6/26	1
	USD/ZAR	7/3/26	3	7/6/26	1	7/7/26	1
	XAG/AUD	7/3/26	3	7/6/26	1	7/7/26	1
	XAG/EUR	7/3/26	3	7/6/26	1	7/7/26	1
	XAG/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	XAG/USD	7/3/26	3	7/6/26	1	7/7/26	1
	XAU/AUD	7/3/26	3	7/6/26	1	7/7/26	1
	XAU/CNH	7/3/26	3	7/6/26	1	7/7/26	1
	XAU/EUR	7/3/26	3	7/6/26	1	7/7/26	1
	XAU/GBP	7/3/26	3	7/6/26	1	7/7/26	1
	XAU/JPY	7/3/26	3	7/6/26	1	7/7/26	1
	XAU/TRY	7/3/26	3	7/6/26	1	7/7/26	1
	XAU/USD	7/3/26	3	7/6/26	1	7/7/26	1
	XPD/USD	7/3/26	3	7/6/26	1	7/7/26	1
	XPT/USD	7/3/26	3	7/6/26	1	7/7/26	1
	ZAR/JPY	7/3/26	3	7/6/26	1	7/7/26	1

(July)



	Monday, 13 July 2026		Tuesday, 14 July 2026		Wednesday, 15 July 2026		Thursday, 16 July 2026		Friday, 17 July 2026	
Pairs	Settle Date	Roll Days	Settle Date	Roll Days	Settle Date	Roll Days	Settle Date	Roll Days	Settle Date	Roll Days
 AUD/CAD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 AUD/CHF	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 AUD/CNH	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 AUD/HKD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 AUD/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 AUD/NZD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 AUD/SGD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 AUD/USD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 CAD/CHF	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 CAD/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 CAD/SGD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 CHF/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 CHF/SGD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 CNH/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 EUR/AUD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/CAD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/CHF	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/CNH	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/GBP	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/HKD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 EUR/MXN	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/NOK	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/NZD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/SEK	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/SGD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/TRY	7/16/26	0	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/USD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 EUR/ZAR	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/AUD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/CAD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/CHF	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/CNH	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/HKD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 GBP/NOK	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/NZD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/SEK	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/SGD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 GBP/USD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 HKD/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 MXN/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 NOK/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 NOK/SEK	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 NZD/CAD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 NZD/CHF	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 NZD/CNH	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 NZD/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 NZD/SGD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 NZD/USD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 SGD/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 TRY/JPY	7/16/26	0	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 USD/CAD	7/14/26	1	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1
 USD/CHF	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 USD/CNH	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 USD/HKD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 USD/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 USD/MXN	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 USD/NOK	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 USD/PLN	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 USD/SEK	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 USD/SGD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 USD/TRY	7/14/26	2	7/16/26	0	7/16/26	1	7/17/26	3	7/20/26	1
 USD/ZAR	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XAG/AUD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XAG/EUR	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XAG/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 XAG/USD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XAU/AUD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XAU/CNH	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XAU/EUR	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XAU/GBP	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XAU/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0
 XAU/TRY	7/16/26	0	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XAU/USD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XPD/USD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 XPT/USD	7/15/26	1	7/16/26	1	7/17/26	3	7/20/26	1	7/21/26	1
 ZAR/JPY	7/15/26	1	7/16/26	1	7/17/26	4	7/21/26	1	7/22/26	0

Trading carries risk.

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	Monday, 27 July 2026		Tuesday, 28 July 2026		Wednesday, 29 July 2026		Thursday, 30 July 2026		Friday, 31 July 2026	
Pairs	Settle Date	Roll Days	Settle Date	Roll Days	Settle Date	Roll Days	Settle Date	Roll Days	Settle Date	Roll Days
 AUD/CAD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 AUD/CHF	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 AUD/CNH	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 AUD/HKD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 AUD/JPY	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 AUD/NZD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 AUD/SGD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 AUD/USD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 CAD/CHF	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	0	8/4/26	1
 CAD/JPY	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	0	8/4/26	1
 CAD/SGD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	0	8/4/26	1
 CHF/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 CHF/SGD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 CNH/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/AUD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 EUR/CAD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	0	8/4/26	1
 EUR/CHF	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/CNH	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/GBP	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/HKD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/MXN	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/NOK	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/NZD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/SEK	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/SGD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/TRY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/USD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 EUR/ZAR	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 GBP/AUD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 GBP/CAD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	0	8/4/26	1
 GBP/CHF	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 GBP/CNH	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 GBP/HKD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 GBP/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 GBP/NOK	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 GBP/NZD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 GBP/SEK	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 GBP/SGD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 GBP/USD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 HKD/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 MXN/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 NOK/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 NOK/SEK	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 NZD/CAD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	0	8/4/26	1
 NZD/CHF	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 NZD/CNH	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 NZD/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 NZD/SGD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 NZD/USD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 SGD/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 TRY/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/CAD	7/28/26	1	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	0
 USD/CHF	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/CNH	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/HKD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/MXN	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/NOK	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/PLN	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/SEK	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/SGD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 USD/TRY	7/28/26	1	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1
 USD/ZAR	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XAG/AUD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 XAG/EUR	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XAG/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XAG/USD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XAU/AUD	7/29/26	1	7/30/26	1	7/31/26	4	8/4/26	1	8/5/26	0
 XAU/CNH	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XAU/EUR	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XAU/GBP	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XAU/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XAU/TRY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XAU/USD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XPD/USD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 XPT/USD	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1
 ZAR/JPY	7/29/26	1	7/30/26	1	7/31/26	3	8/3/26	1	8/4/26	1

Trading carries risk.