

## DAILY FOREIGN EXCHANGE (FOREX) RATE TRACKING SHEET

1	2	3	4	5	6	7
Country & Currency Name	ISO 4217 Currency Code	ISO 4217 Currency Number	Name of Central Bank & Website	Date	BUY Exchange Rate in USD or your currency	SELL Exchange Rate in USD or your currency
Afghanistan  Afghan afghani	AFN	971	Da Afghanistan Bank Dab.gov.af			
Indonesia  Indonesian rupiah	IDR	360	Bank Indonesia Bi.go.id			
Iran  Iranian rial	IRR	364	Central Bank of the Islamic Republic of Iran cbi.ir			
Iraq  Iraqi dinar	IQD	368	Central Bank of Iraq Cbi.iq			
Vietnam  Vietnamese dong	VND	704	State Bank of Vietnam Sbv.gov.vn			
Zimbabwe  Zimbabwean dollar A-10	ZWL	932	Reserve Bank of Zimbabwe Rbz.co.zw			
<i>Zimbabwe Zimbabwean dollar A-08 Effective 8/1/06 – 7/31/08</i>	<i>ZWN</i>	<i>942</i>				
<i>Zimbabwe Zimbabwean dollar A-09 Effective 8/1/08 – 2/2/09</i>	<i>ZWR</i>	<i>935</i>				
<b>For Benchmark and Reference</b>						
China  Chinese yuan	CNY	156	People's Bank of China Pbc.gov.cn			
Russia  Russian ruble	RUB	643	Central Bank of the Russian Federation Cbr.ru			
United States  United States dollar	USD	840	Board of Governors of the Federal Reserve Sys. Federalreserve.gov			
IMF Special Drawing Rights (SDR)	XDR	960	International Monetary Fund Imf.org			
Gold (1 troy ounce)	XAU	959				
Gold (1 gram)			[suggest SGE]			
Silver (1 troy ounce)	XAG	961				

