



motivation is fleeting

routines are routine



Mo

Tu

We

Th

Fr

Sa

Su

January '26	February	March	April	May	June	July	August	September	October	November	December
01 T	01 S	01 S	01W	01 F	01 M	01W	01 S	01 T	01 T	01 S	01 T
02 F	02 M	02 M	02 T	02 S	02 T	02 T	02 S	02W	02 F	02 M	02W
03 S	03 T	03 T	03 F	03 S	03W	03 F	03 M	03 T	03 S	03 T	03 T
04 S	04W	04W	04 S	04 M	04 T	04 S	04 T	04 F	04 S	04W	04 F
05 M	05 T	05 T	05 S	05 T	05 F	05 S	05W	05 S	05 M	05 T	05 S
06 T	06 F	06 F	06 M	06W	06 S	06 M	06 T	06 S	06 T	06 F	06 S
07W	07 S	07 S	07 T	07 T	07 S	07 T	07 F	07 M	07W	07 S	07 M
08 T	08 S	08 S	08W	08 F	08 M	08W	08 S	08 T	08 T	08 S	08 T
09 F	09 M	09 M	09 T	09 S	09 T	09 T	09 S	09W	09 F	09 M	09W
10 S	10 T	10 T	10 F	10 S	10W	10 F	10 M	10 T	10 S	10 T	10 T
11 S	11W	11W	11 S	11 M	11 T	11 S	11 T	11 F	11 S	11W	11 F
12 M	12 T	12 T	12 S	12 T	12 F	12 S	12W	12 S	12 M	12 T	12 S
13 T	13 F	13 F	13 M	13W	13 S	13 M	13 T	13 S	13 T	13 F	13 S
14W	14 S	14 S	14 T	14 T	14 S	14 T	14 F	14 M	14W	14 S	14 M
15 T	15 S	15 S	15W	15 F	15 M	15W	15 S	15 T	15 T	15 S	15 T
16 F	16 M	16 M	16 T	16 S	16 T	16 T	16 S	16W	16 F	16 M	16W
17 S	17 T	17 T	17 F	17 S	17W	17 F	17 M	17 T	17 S	17 T	17 T
18 S	18W	18W	18 S	18 M	18 T	18 S	18 T	18 F	18 S	18W	18 F
19 M	19 T	19 T	19 S	19 T	19 F	19 S	19W	19 S	19 M	19 T	19 S
20 T	20 F	20 F	20 M	20W	20 S	20 M	20 T	20 S	20 T	20 F	20 S
21W	21 S	21 S	21 T	21 T	21 S	21 T	21 F	21 M	21W	21 S	21 M
22 T	22 S	22 S	22W	22 F	22 M	22W	22 S	22 T	22 T	22 S	22 T
23 F	23 M	23 M	23 T	23 S	23 T	23 T	23 S	23W	23 F	23 M	23W
24 S	24 T	24 T	24 F	24 S	24W	24 F	24 M	24 T	24 S	24 T	24 T
25 S	25W	25W	25 S	25 M	25 T	25 S	25 T	25 F	25 S	25W	25 F
26 M	26 T	26 T	26 S	26 T	26 F	26 S	26W	26 S	26 M	26 T	26 S
27 T	27 F	27 F	27 M	27W	27 S	27 M	27 T	27 S	27 T	27 F	27 S
28W	28 S	28 S	28 T	28 T	28 S	28 T	28 F	28 M	28W	28 S	28 M
29 T		29 S	29W	29 F	29 M	29W	29 S	29 T	29 T	29 S	29 T
30 F		30 M	30 T	30 S	30 T	30 T	30 S	30W	30 F	30 M	30W
31 S		31 T		31 S		31 F	31 M		31 S		31 T

ISO 8601

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	Jan	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Feb
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	Mar
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	Apr	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	May	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Jun	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	Jul	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Aug	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Sep	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	Oct	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Nov
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Dec	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	Jan	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Feb
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	Mar
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	Apr	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	May	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Jun	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	Jul	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Aug	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Sep	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	Oct	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Nov
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Dec	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	Jan	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Feb
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	Mar
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

1st Cycle

2nd Cycle

3rd Cycle

Reset

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	Jan	02	03	04	30	31	Apr	02	03	04	05
05	06	07	08	09	10	11	06	07	08	09	10	11	12
12	13	14	15	16	17	18	13	14	15	16	17	18	19
19	20	21	22	23	24	25	20	21	22	23	24	25	26
26	27	28	29	30	31	Feb	27	28	29	30	May	02	03
02	03	04	05	06	07	08	04	05	06	07	08	09	10
09	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	Mar	25	26	27	28	29	30	31
02	03	04	05	06	07	08	Jun	02	03	04	05	06	07
09	10	11	12	13	14	15	08	09	10	11	12	13	14
16	17	18	19	20	21	22	15	16	17	18	19	20	21
23	24	25	26	27	28	29	22	23	24	25	26	27	28
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	Jul	02	03	04	05	28	29	30	Oct	02	03	04
06	07	08	09	10	11	12	05	06	07	08	09	10	11
13	14	15	16	17	18	19	12	13	14	15	16	17	18
20	21	22	23	24	25	26	19	20	21	22	23	24	25
27	28	29	30	31	Aug	02	26	27	28	29	30	31	Nov
03	04	05	06	07	08	09	02	03	04	05	06	07	08
10	11	12	13	14	15	16	09	10	11	12	13	14	15
17	18	19	20	21	22	23	16	17	18	19	20	21	22
24	25	26	27	28	29	30	23	24	25	26	27	28	29
31	Sep	02	03	04	05	06	30	Dec	02	03	04	05	06
07	08	09	10	11	12	13	07	08	09	10	11	12	13
14	15	16	17	18	19	20	14	15	16	17	18	19	20
21	22	23	24	25	26	27	21	22	23	24	25	26	27

<https://erkannt.github.io/printable-year/cycles>