

| January 1690 | | February 1690 | | March 1690 | | April 1690 | | May 1690 | | June 1690 | |
|--------------|---|---------------|---|------------|----|------------|---------------|----------|----|-----------|----|
| S 1 | | W 1 | | W 1 | | S 1 | | M 1 | 18 | T 1 | |
| M 2 | 1 | T 2 | | T 2 | | S 2 | | T 2 | | F 2 | |
| T 3 | | F 3 | | F 3 | | M 3 | 14 | W 3 | | S 3 | |
| W 4 | | S 4 | | S 4 | | T 4 | | T 4 | | S 4 | |
| T 5 | | S 5 | | S 5 | | W 5 | | F 5 | | M 5 | 23 |
| F 6 | | M 6 | 6 | M 6 | 10 | T 6 | | S 6 | | T 6 | |
| S 7 | | T 7 | | T 7 | | F 7 | | S 7 | | W 7 | |
| S 8 | | W 8 | | W 8 | | S 8 | | M 8 | 19 | T 8 | |
| M 9 | 2 | T 9 | | T 9 | | S 9 | | T 9 | | F 9 | |
| T 10 | | F 10 | | F 10 | | M 10 | 15 | W 10 | | S 10 | |
| W 11 | | S 11 | | S 11 | | T 11 | | T 11 | | S 11 | |
| T 12 | | S 12 | | S 12 | | W 12 | | F 12 | | M 12 | 24 |
| F 13 | | M 13 | 7 | M 13 | 11 | T 13 | | S 13 | | T 13 | |
| S 14 | | T 14 | | T 14 | | F 14 | | S 14 | | W 14 | |
| S 15 | | W 15 | | W 15 | | S 15 | | M 15 | 20 | T 15 | |
| M 16 | 3 | T 16 | | T 16 | | S 16 | | T 16 | | F 16 | |
| T 17 | | F 17 | | F 17 | | M 17 | 16 | W 17 | | S 17 | |
| W 18 | | S 18 | | S 18 | | T 18 | Good Friday | T 18 | | S 18 | |
| T 19 | | S 19 | | S 19 | | W 19 | | F 19 | | M 19 | 25 |
| F 20 | | M 20 | 8 | M 20 | 12 | T 20 | | S 20 | | T 20 | |
| S 21 | | T 21 | | T 21 | | F 21 | Easter Monday | S 21 | | W 21 | |
| S 22 | | W 22 | | W 22 | | S 22 | | M 22 | 21 | T 22 | |
| M 23 | 4 | T 23 | | T 23 | | S 23 | | T 23 | | F 23 | |
| T 24 | | F 24 | | F 24 | | M 24 | 17 | W 24 | | S 24 | |
| W 25 | | S 25 | | S 25 | | T 25 | | T 25 | | S 25 | |
| T 26 | | S 26 | | S 26 | | W 26 | | F 26 | | M 26 | 26 |
| F 27 | | M 27 | 9 | M 27 | 13 | T 27 | | S 27 | | T 27 | |
| S 28 | | T 28 | | T 28 | | F 28 | | S 28 | | W 28 | |
| S 29 | | Weeknumber.nz | | W 29 | | S 29 | | M 29 | 22 | T 29 | |
| M 30 | 5 | | | T 30 | | S 30 | | T 30 | | F 30 | |
| T 31 | | | | F 31 | | | | W 31 | | | |

| July 1690 | | August 1690 | | September 1690 | | October 1690 | | November 1690 | | December 1690 | |
|-----------|----|-------------|----|----------------|----|--------------|----|---------------|----|--------------------|----|
| S 1 | | T 1 | | F 1 | | S 1 | | W 1 | | F 1 | |
| S 2 | | W 2 | | S 2 | | M 2 | 40 | T 2 | | S 2 | |
| M 3 | 27 | T 3 | | S 3 | | T 3 | | F 3 | | S 3 | |
| T 4 | | F 4 | | M 4 | 36 | W 4 | | S 4 | | M 4 | 49 |
| W 5 | | S 5 | | T 5 | | T 5 | | S 5 | | T 5 | |
| T 6 | | S 6 | | W 6 | | F 6 | | M 6 | 45 | W 6 | |
| F 7 | | M 7 | 32 | T 7 | | S 7 | | T 7 | | T 7 | |
| S 8 | | T 8 | | F 8 | | S 8 | | W 8 | | F 8 | |
| S 9 | | W 9 | | S 9 | | M 9 | 41 | T 9 | | S 9 | |
| M 10 | 28 | T 10 | | S 10 | | T 10 | | F 10 | | S 10 | |
| T 11 | | F 11 | | M 11 | 37 | W 11 | | S 11 | | M 11 | 50 |
| W 12 | | S 12 | | T 12 | | T 12 | | S 12 | | T 12 | |
| T 13 | | S 13 | | W 13 | | F 13 | | M 13 | 46 | W 13 | |
| F 14 | | M 14 | 33 | T 14 | | S 14 | | T 14 | | T 14 | |
| S 15 | | T 15 | | F 15 | | S 15 | | W 15 | | F 15 | |
| S 16 | | W 16 | | S 16 | | M 16 | 42 | T 16 | | S 16 | |
| M 17 | 29 | T 17 | | S 17 | | T 17 | | F 17 | | S 17 | |
| T 18 | | F 18 | | M 18 | 38 | W 18 | | S 18 | | M 18 | 51 |
| W 19 | | S 19 | | T 19 | | T 19 | | S 19 | | T 19 | |
| T 20 | | S 20 | | W 20 | | F 20 | | M 20 | 47 | W 20 | |
| F 21 | | M 21 | 34 | T 21 | | S 21 | | T 21 | | T 21 | |
| S 22 | | T 22 | | F 22 | | S 22 | | W 22 | | F 22 | |
| S 23 | | W 23 | | S 23 | | M 23 | 43 | T 23 | | S 23 | |
| M 24 | 30 | T 24 | | S 24 | | T 24 | | F 24 | | S 24 | |
| T 25 | | F 25 | | M 25 | 39 | W 25 | | S 25 | | M 25 Christmas Day | 52 |
| W 26 | | S 26 | | T 26 | | T 26 | | S 26 | | T 26 Boxing Day | |
| T 27 | | S 27 | | W 27 | | F 27 | | M 27 | 48 | W 27 | |
| F 28 | | M 28 | 35 | T 28 | | S 28 | | T 28 | | T 28 | |
| S 29 | | T 29 | | F 29 | | S 29 | | W 29 | | F 29 | |
| S 30 | | W 30 | | S 30 | | M 30 | 44 | T 30 | | S 30 | |
| M 31 | 31 | T 31 | | | | T 31 | | Weeknumber.nz | | S 31 | |