

| January 6990 | | February 6990 | | March 6990 | | April 6990 | | May 6990 | | June 6990 | |
|--------------|----------------|---------------|---|------------|-------------------|------------|------------------|----------|-------------------------|-----------|----|
| F 1 | New Year's Day | M 1 | 5 | M 1 | 9 | T 1 | | S 1 | | T 1 | |
| S 2 | | T 2 | | T 2 | | F 2 | Good Friday | S 2 | | W 2 | |
| S 3 | | W 3 | | W 3 | | S 3 | | M 3 | May Day Bank Holiday 18 | T 3 | |
| M 4 | 1 | T 4 | | T 4 | | S 4 | | T 4 | | F 4 | |
| T 5 | | F 5 | | F 5 | | M 5 | Easter Monday 14 | W 5 | | S 5 | |
| W 6 | | S 6 | | S 6 | | T 6 | | T 6 | | S 6 | |
| T 7 | | S 7 | | S 7 | | W 7 | | F 7 | | M 7 | 23 |
| F 8 | | M 8 | 6 | M 8 | 10 | T 8 | | S 8 | | T 8 | |
| S 9 | | T 9 | | T 9 | | F 9 | | S 9 | | W 9 | |
| S 10 | | W 10 | | W 10 | | S 10 | | M 10 | 19 | T 10 | |
| M 11 | 2 | T 11 | | T 11 | | S 11 | | T 11 | | F 11 | |
| T 12 | | F 12 | | F 12 | | M 12 | 15 | W 12 | | S 12 | |
| W 13 | | S 13 | | S 13 | | T 13 | | T 13 | | S 13 | |
| T 14 | | S 14 | | S 14 | | W 14 | | F 14 | | M 14 | 24 |
| F 15 | | M 15 | 7 | M 15 | 11 | T 15 | | S 15 | | T 15 | |
| S 16 | | T 16 | | T 16 | | F 16 | | S 16 | | W 16 | |
| S 17 | | W 17 | | W 17 | St. Patrick's Day | S 17 | | M 17 | 20 | T 17 | |
| M 18 | 3 | T 18 | | T 18 | | S 18 | | T 18 | | F 18 | |
| T 19 | | F 19 | | F 19 | | M 19 | 16 | W 19 | | S 19 | |
| W 20 | | S 20 | | S 20 | | T 20 | | T 20 | | S 20 | |
| T 21 | | S 21 | | S 21 | | W 21 | | F 21 | | M 21 | 25 |
| F 22 | | M 22 | 8 | M 22 | 12 | T 22 | | S 22 | | T 22 | |
| S 23 | | T 23 | | T 23 | | F 23 | | S 23 | | W 23 | |
| S 24 | | W 24 | | W 24 | | S 24 | | M 24 | 21 | T 24 | |
| M 25 | 4 | T 25 | | T 25 | | S 25 | | T 25 | | F 25 | |
| T 26 | | F 26 | | F 26 | | M 26 | 17 | W 26 | | S 26 | |
| W 27 | | S 27 | | S 27 | | T 27 | | T 27 | | S 27 | |
| T 28 | | S 28 | | S 28 | | W 28 | | F 28 | | M 28 | 26 |
| F 29 | | Weeknumber.nz | | M 29 | 13 | T 29 | | S 29 | | T 29 | |
| S 30 | | | | T 30 | | F 30 | | S 30 | | W 30 | |
| S 31 | | | | W 31 | | | | M 31 | Spring Bank Holiday 22 | | |

| July 6990 | | August 6990 | | September 6990 | | October 6990 | | November 6990 | | December 6990 | |
|-----------|------------------------|------------------------|------|----------------|---------------|--------------|---------------------------------------|---------------|--|---------------|--|
| T 1 | S 1 | W 1 | F 1 | M 1 | 44 | W 1 | | | | | |
| F 2 | M 2 | 31 | T 2 | S 2 | | T 2 | | | | | |
| S 3 | T 3 | F 3 | S 3 | W 3 | | F 3 | | | | | |
| S 4 | W 4 | S 4 | M 4 | 40 | T 4 | S 4 | | | | | |
| M 5 | 27 | T 5 | S 5 | T 5 | F 5 | S 5 | | | | | |
| T 6 | F 6 | M 6 | 36 | W 6 | S 6 | M 6 | 49 | | | | |
| W 7 | S 7 | T 7 | T 7 | S 7 | | T 7 | | | | | |
| T 8 | S 8 | W 8 | F 8 | M 8 | 45 | W 8 | | | | | |
| F 9 | M 9 | 32 | T 9 | S 9 | | T 9 | | | | | |
| S 10 | T 10 | F 10 | S 10 | W 10 | | F 10 | | | | | |
| S 11 | W 11 | S 11 | M 11 | 41 | T 11 | S 11 | | | | | |
| M 12 | Battle of the Boyne 28 | T 12 | S 12 | T 12 | F 12 | S 12 | | | | | |
| T 13 | F 13 | M 13 | 37 | W 13 | S 13 | M 13 | 50 | | | | |
| W 14 | S 14 | T 14 | T 14 | S 14 | | T 14 | | | | | |
| T 15 | S 15 | W 15 | F 15 | M 15 | 46 | W 15 | | | | | |
| F 16 | M 16 | 33 | T 16 | S 16 | | T 16 | | | | | |
| S 17 | T 17 | F 17 | S 17 | W 17 | | F 17 | | | | | |
| S 18 | W 18 | S 18 | M 18 | 42 | T 18 | S 18 | | | | | |
| M 19 | 29 | T 19 | S 19 | T 19 | F 19 | S 19 | | | | | |
| T 20 | F 20 | M 20 | 38 | W 20 | S 20 | M 20 | 51 | | | | |
| W 21 | S 21 | T 21 | T 21 | S 21 | | T 21 | | | | | |
| T 22 | S 22 | W 22 | F 22 | M 22 | 47 | W 22 | | | | | |
| F 23 | M 23 | 34 | T 23 | S 23 | | T 23 | | | | | |
| S 24 | T 24 | F 24 | S 24 | W 24 | | F 24 | | | | | |
| S 25 | W 25 | S 25 | M 25 | 43 | T 25 | S 25 | Christmas Day | | | | |
| M 26 | 30 | T 26 | S 26 | T 26 | F 26 | S 26 | Boxing Day | | | | |
| T 27 | F 27 | M 27 | 39 | W 27 | S 27 | M 27 | Christmas (substitute day) | 52 | | | |
| W 28 | S 28 | T 28 | T 28 | S 28 | | T 28 | Second Christmas Day (substitute day) | | | | |
| T 29 | S 29 | W 29 | F 29 | M 29 | 48 | W 29 | | | | | |
| F 30 | M 30 | Summer Bank Holiday 35 | T 30 | S 30 | | T 30 | | | | | |
| S 31 | T 31 | | S 31 | | Weeknumber.nz | F 31 | | | | | |