

| January 1969 | | February 1969 | | March 1969 | | April 1969 | | May 1969 | | June 1969 | |
|--------------|------|---------------|------|---------------|------|------------|------|---------------------|----|-----------|------|
| W 1 | S 1 | S 1 | T 1 | T 1 | S 1 | | | | | | |
| T 2 | S 2 | S 2 | W 2 | F 2 | M 2 | | | | | | 23 |
| F 3 | M 3 | 6 | M 3 | 10 | T 3 | S 3 | | | | | |
| S 4 | T 4 | T 4 | F 4 | Good Friday | S 4 | | | | | | |
| S 5 | W 5 | W 5 | S 5 | | M 5 | | | | 19 | T 5 | |
| M 6 | 2 | T 6 | T 6 | S 6 | | | | | | | |
| T 7 | F 7 | F 7 | M 7 | Easter Monday | 15 | W 7 | | | | S 7 | |
| W 8 | S 8 | S 8 | T 8 | | | T 8 | | | | S 8 | |
| T 9 | S 9 | S 9 | W 9 | | | F 9 | | | | M 9 | 24 |
| F 10 | M 10 | 7 | M 10 | 11 | T 10 | S 10 | | | | T 10 | |
| S 11 | T 11 | T 11 | F 11 | | | S 11 | | | | W 11 | |
| S 12 | W 12 | W 12 | S 12 | | | M 12 | | | 20 | T 12 | |
| M 13 | 3 | T 13 | T 13 | S 13 | | | | | | F 13 | |
| T 14 | F 14 | F 14 | M 14 | | | 16 | W 14 | | | S 14 | |
| W 15 | S 15 | S 15 | T 15 | | | | T 15 | | | S 15 | |
| T 16 | S 16 | S 16 | W 16 | | | | F 16 | | | M 16 | 25 |
| F 17 | M 17 | 8 | M 17 | 12 | T 17 | S 17 | | | | T 17 | |
| S 18 | T 18 | T 18 | F 18 | | | S 18 | | | | W 18 | |
| S 19 | W 19 | W 19 | S 19 | | | | M 19 | | | 21 | T 19 |
| M 20 | 4 | T 20 | T 20 | S 20 | | | | | | F 20 | |
| T 21 | F 21 | F 21 | M 21 | | | 17 | W 21 | | | S 21 | |
| W 22 | S 22 | S 22 | T 22 | | | | T 22 | | | S 22 | |
| T 23 | S 23 | S 23 | W 23 | | | | F 23 | | | M 23 | 26 |
| F 24 | M 24 | 9 | M 24 | 13 | T 24 | S 24 | | | | T 24 | |
| S 25 | T 25 | T 25 | F 25 | | | S 25 | | | | W 25 | |
| S 26 | W 26 | W 26 | S 26 | | | | M 26 | Spring Bank Holiday | 22 | T 26 | |
| M 27 | 5 | T 27 | T 27 | S 27 | | | | | | F 27 | |
| T 28 | F 28 | F 28 | M 28 | | | 18 | W 28 | | | S 28 | |
| W 29 | | S 29 | T 29 | | | | T 29 | | | S 29 | |
| T 30 | | Weeknumber.nz | S 30 | | | | F 30 | | | M 30 | 27 |
| F 31 | | | M 31 | 14 | | | S 31 | | | | |

| July 1969 | | August 1969 | | September 1969 | | October 1969 | | November 1969 | | December 1969 | |
|-----------|------|-------------------------|------|----------------|---------------|--------------|--------------------|---------------|--|---------------|--|
| T 1 | F 1 | M 1 Summer Bank Holiday | 36 | W 1 | S 1 | M 1 | 49 | | | | |
| W 2 | S 2 | T 2 | | T 2 | S 2 | T 2 | | | | | |
| T 3 | S 3 | W 3 | | F 3 | M 3 | 45 | W 3 | | | | |
| F 4 | M 4 | 32 | T 4 | S 4 | T 4 | | T 4 | | | | |
| S 5 | T 5 | F 5 | | S 5 | W 5 | | F 5 | | | | |
| S 6 | W 6 | S 6 | | M 6 | 41 | T 6 | S 6 | | | | |
| M 7 | 28 | T 7 | | S 7 | T 7 | F 7 | S 7 | | | | |
| T 8 | F 8 | M 8 | 37 | W 8 | S 8 | M 8 | 50 | | | | |
| W 9 | S 9 | T 9 | | T 9 | S 9 | T 9 | | | | | |
| T 10 | S 10 | W 10 | | F 10 | M 10 | 46 | W 10 | | | | |
| F 11 | M 11 | 33 | T 11 | S 11 | T 11 | | T 11 | | | | |
| S 12 | T 12 | F 12 | | S 12 | W 12 | | F 12 | | | | |
| S 13 | W 13 | S 13 | | M 13 | 42 | T 13 | S 13 | | | | |
| M 14 | 29 | T 14 | | S 14 | T 14 | F 14 | S 14 | | | | |
| T 15 | F 15 | M 15 | 38 | W 15 | S 15 | M 15 | 51 | | | | |
| W 16 | S 16 | T 16 | | T 16 | S 16 | T 16 | | | | | |
| T 17 | S 17 | W 17 | | F 17 | M 17 | 47 | W 17 | | | | |
| F 18 | M 18 | 34 | T 18 | S 18 | T 18 | | T 18 | | | | |
| S 19 | T 19 | F 19 | | S 19 | W 19 | | F 19 | | | | |
| S 20 | W 20 | S 20 | | M 20 | 43 | T 20 | S 20 | | | | |
| M 21 | 30 | T 21 | | S 21 | T 21 | F 21 | S 21 | | | | |
| T 22 | F 22 | M 22 | 39 | W 22 | S 22 | M 22 | 52 | | | | |
| W 23 | S 23 | T 23 | | T 23 | S 23 | T 23 | | | | | |
| T 24 | S 24 | W 24 | | F 24 | M 24 | 48 | W 24 | | | | |
| F 25 | M 25 | 35 | T 25 | S 25 | T 25 | | T 25 Christmas Day | | | | |
| S 26 | T 26 | F 26 | | S 26 | W 26 | | F 26 Boxing Day | | | | |
| S 27 | W 27 | S 27 | | M 27 | 44 | T 27 | S 27 | | | | |
| M 28 | 31 | T 28 | | S 28 | T 28 | F 28 | S 28 | | | | |
| T 29 | F 29 | M 29 | 40 | W 29 | S 29 | M 29 | 1 | | | | |
| W 30 | S 30 | T 30 | | T 30 | S 30 | T 30 | | | | | |
| T 31 | S 31 | | | F 31 | Weeknumber.nz | W 31 | | | | | |