

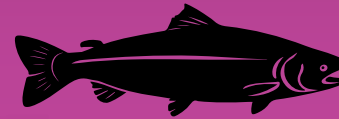
JANUARY



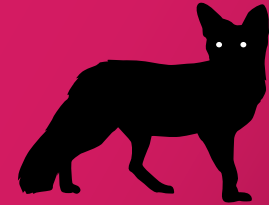
DECEMBER



NOVEMBER



OCTOBER



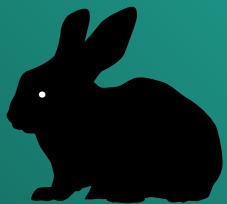
FEBRUARY



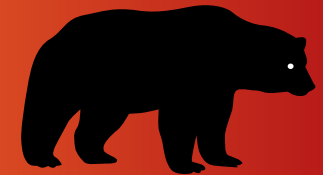
SEPTEMBER



MARCH



AUGUST



2026



APRIL



MAY



JUNE



JULY

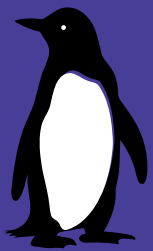




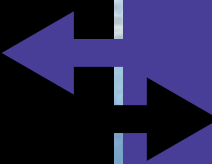
**Welcome to the Perpetual Wellness Calendar.**

This unique calendar brings together two ways of experiencing time, displayed side by side: the traditional 12-month calendar you use every day, and the International Fixed Calendar (IFC), a 13-month system made up of consistent 28-day months. Often called a "perpetual calendar," the IFC never changes from year to year—each date always falls on the same day of the week—creating a steady, predictable rhythm. By viewing both systems together, you can easily convert today's date while discovering natural cycles, patterns, and personal wellness rhythms in your life. Designed to be both practical and reflective, this calendar invites you to plan with clarity and live with intention.





12 month  
**JANUARY**



13 month  
**JANUARY**

MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED	



**World-Changing Historical Events:**

On January 1, 1863, President Abraham Lincoln signed the Emancipation Proclamation, freeing enslaved people in Confederate states during the Civil War.

 1  
Garnet

 1  
New Year's Day

**Full Moon**  
 Wolf Moon

5	5	6	6	7	7	8	8	9	9	10	10	11	11	
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12	12	13	13	14	14	15	15	16	16	17	17	18	18	
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 19	19	 20	20	21	21	22	22	23	23	24	24	25	25	
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Martin Luther King Jr. Day

Aquarius  
Jan 20—Feb 18

26	26	27	27	28	28	29	1	30	2	31	3			
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International Holocaust Remembrance Day 

Notes:

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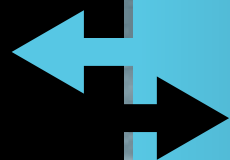
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12 month  
**FEBRUARY**








13 month  
**FEBRUARY**

MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED
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**World-Changing Historical Events:**  
**On February 11, 1990,** Nelson Mandela was released from prison after 27 years, marking a pivotal moment in the end of apartheid in South Africa.

 **1**  
 Amethyst  
 **Full Moon**  
 Snow Moon

**4**

<b>2</b> Groundhog Day	<b>5</b>	<b>3</b>	<b>6</b>	<b>4</b>	<b>7</b>	<b>5</b>	<b>8</b>	<b>6</b>	<b>9</b>	<b>7</b>	<b>10</b>	<b>8</b>	<b>11</b>
<b>9</b>	<b>12</b>	<b>10</b>	<b>13</b>	<b>11</b>	<b>14</b>	<b>12</b>	<b>15</b>	 <b>13</b> Friday the 13th	<b>16</b>	 <b>14</b> Valentine's Day	<b>17</b>	<b>15</b>	<b>18</b>
 <b>16</b> Washington's Birthday	<b>19</b>	<b>17</b> Ramadan	<b>20</b>	<b>18</b>	<b>21</b>	 <b>19</b> Pisces Feb 19–Mar 20	<b>22</b>	<b>20</b>	<b>23</b>	<b>21</b>	<b>24</b>	<b>22</b>	<b>25</b>
<b>23</b>	<b>26</b>	<b>24</b>	<b>27</b>	<b>25</b>	<b>28</b>	 <b>26</b> Chinese New Year	<b>MAR 1</b>	<b>27</b>	<b>2</b>	<b>28</b>	<b>3</b>		

**Notes:**

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12 month  
**MARCH**



13 month  
**MARCH**

MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED
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Aquamarine

1

4

**World-Changing Historical Events:**

**On March 15, 44 BC,** Julius Caesar was assassinated on the Ides of March, leading to the end of the Roman Republic.








2 Purim Mar 2-3	5	3 Full Moon Worm Moon World Wildlife Day	6	4 Holi (Festival of Colors)	7	5	8	6	9	7	10	8	11
9	12	10	13	11	14	12	15	13	16	14 Pi Day	17	15	18
16	19	17 St. Patrick's Day	20	18 International Women's Day	21	19	22	20	23	21 Aries Mar 21-Apr 19	24	22	25
23	26	24	27	25	28	26	1	27	2	28	3	29	4
30	5	31	6	<b>Notes:</b>									



12 month  
**APRIL**



13 month  
**APRIL**

MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED
				 <b>1</b> Diamond  <b>Full Moon</b> Pink Moon  April Fools' Day	<b>7</b>	<b>2</b>	<b>8</b>	<b>3</b>	<b>9</b>	<b>4</b>	<b>10</b>	 <b>5</b> Easter	<b>11</b>
<b>6</b>	<b>12</b>	<b>7</b>	<b>13</b>	<b>8</b>	<b>14</b>	<b>9</b>	<b>15</b>	<b>10</b>	<b>16</b>	<b>11</b>	<b>17</b>	<b>12</b>	<b>18</b>
<b>13</b>	<b>19</b>	<b>14</b>	<b>20</b>	<b>15</b>	<b>21</b>	<b>16</b>	<b>22</b>	<b>17</b>	<b>23</b>	<b>18</b>	<b>24</b>	<b>19</b>	<b>25</b>
 <b>20</b> Taurus (Apr 20–May 20)	<b>26</b>	<b>21</b>	<b>27</b>	<b>22</b>	<b>28</b>	<b>23</b>	<b>MAY 1</b>	<b>24</b>	<b>2</b>	<b>25</b>	<b>3</b>	<b>26</b>	<b>4</b>
				Earth Day 									
<b>27</b>	<b>5</b>	<b>28</b>	<b>6</b>	 <b>29</b> Administrative Professionals Day	<b>7</b>	<b>30</b>	<b>8</b>	<b>World-Changing Historical Events:</b> <b>On April 15, 1912,</b> the RMS Titanic sank after hitting an iceberg, resulting in over 1,500 deaths and major changes in maritime safety.					

Notes:

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12 month  
**MAY**



13 month  
**MAY**

MON THU TUE FRI WED SAT THU SUN FRI MON SAT TUE SUN WED

1 9 2 10 3 11  
 Emerald

**World-Changing Historical Events:**

**On May 29, 1953,** Edmund Hillary and Tenzing Norgay became the first to summit Mount Everest.

4	12	5	13	6	14	7	15	8	16	9	17	10	18
Star Wars Day May the Fourth Be With You		Cinco de Mayo										Mother's Day	
11	19	12	20	13	21	14	22	15	23	16	24	17	25
18	26	19	27	20	28	21	JUNE 1	22	2	23	3	24	4
				World Bee Day		Gemini May 21–Jun 20							
25	5	26	6	27	7	28	8	29	9	30	10	31	11
Memorial Day		Eid al-Adha May 26-30										Full Moon Flower Moon	

**Notes:**

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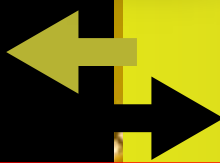






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12 month  
**JUNE**

13 month  
**JUNE**



MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED
 1 Pearl	12	2	13	3	14	4	15	5	16	6	17	7	18
8	19	9	20	10	21	11	22	12	23	13	24	14	25
15	26	16	27	17	28	18	 1 SOL	19	 2 Father's Day	20	 3 International Yoga Day	 21 Cancer (Jun 21–Jul 22)	 4
22	5	23	6	24	7	25	 8	26	 9	27	 10	28	 11
 29 Full Moon Strawberry Moon	 12	30	 13	 <b>World-Changing Historical Events:</b> The International Fixed Calendar was proposed in 1902 by Moses B. Cotsworth, a British accountant and railway planner.									

Notes:

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12 month  
**JULY**



13 month  
**JULY**

MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED
<b>World-Changing Historical Events:</b> In 1928, the Eastman Kodak Company actually adopted the IFC for internal business use. The system stayed in use at Kodak until 1989.				 <b>1</b> Ruby  Canada Day	<b>14</b>	<b>2</b>	<b>15</b>	<b>3</b>	<b>16</b>	 <b>4</b> Independence Day	<b>17</b>	<b>5</b>	<b>18</b>
<b>6</b>	<b>19</b>	<b>7</b>	<b>20</b>	<b>8</b>	<b>21</b>	<b>9</b>	<b>22</b>	<b>10</b>	<b>23</b>	<b>11</b>	<b>24</b>	<b>12</b>	<b>25</b>
								Capybara Day					
<b>13</b>	<b>26</b>	<b>14</b>	<b>27</b>	<b>15</b>	<b>28</b>	<b>16</b>	<b>JUL 1</b>	<b>17</b>	<b>2</b>	<b>18</b>	<b>3</b>	<b>19</b>	<b>4</b>
		 Bastille Day								Nelson Mandela International Day			
<b>20</b>	<b>5</b>	<b>21</b>	<b>6</b>	<b>22</b>	<b>7</b>	 <b>23</b> Leo (Jul 23–Aug 22)	<b>8</b>	<b>24</b>	<b>9</b>	<b>25</b>	<b>10</b>	<b>26</b>	<b>11</b>
<b>27</b>	<b>12</b>	<b>28</b>	<b>13</b>	 <b>29</b> Full Moon Buck Moon	<b>14</b>	<b>30</b>	<b>15</b>	<b>31</b>	<b>16</b>				

**Notes:**

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12 month  
**AUGUST**



13 month  
**AUGUST**

MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED
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**World-Changing Historical Events:**  
**August 6, 1991 — The World Wide Web Becomes Public**  
 Timm Berners-Lee opened the World Wide Web to the public for the very first time.

 **1**  
Peridot



**17**


**2**

**18**

<b>3</b>	<b>19</b>	<b>4</b>	<b>20</b>	<b>5</b>	<b>21</b>	<b>6</b>	<b>22</b>	<b>7</b>	<b>23</b>	<b>8</b>	<b>24</b>	<b>9</b>	<b>25</b>
										International Cat Day			

<b>10</b>	<b>26</b>	<b>11</b>	<b>27</b>	<b>12</b>	<b>28</b>	<b>13</b>	<b>AUG 1</b>	<b>14</b>	<b>2</b>	<b>15</b>	<b>3</b>	<b>16</b>	<b>4</b>

<b>17</b>	<b>5</b>	<b>18</b>	<b>6</b>	 <b>19</b>	<b>7</b>	<b>20</b>	<b>8</b>	 <b>21</b>	<b>9</b>	<b>22</b>	<b>10</b>	<b>23</b>	<b>11</b>
				World Humanitarian Day				Aug 23–Sep 22					

<b>24</b>	<b>12</b>	<b>25</b>	<b>13</b>	<b>26</b>	<b>14</b>	<b>27</b>	<b>15</b>	 <b>28</b>	<b>16</b>	<b>29</b>	<b>17</b>	<b>30</b>	<b>18</b>
								Full Moon Sturgeon Moon					

<b>31</b>	<b>19</b>
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**Notes:**

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12 month

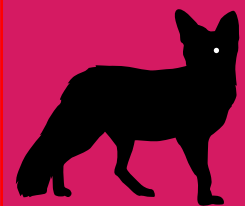
**SEPTEMBER**

13 month

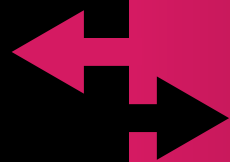
**SEPTEMBER**



MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED
		 <b>1</b> Sapphire	<b>20</b>	<b>2</b>	<b>21</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>3</b>	<b>5</b>	<b>4</b>	<b>6</b>	<b>5</b>
 <b>7</b> Labor Day	<b>26</b>	<b>8</b>	<b>27</b>	<b>9</b>	<b>28</b>	<b>10</b>	<b>1</b>	 <b>11</b> Rosh Hashanah Sept 11-13	<b>2</b>	<b>12</b>	<b>3</b>	<b>13</b>	<b>4</b>
<b>14</b>	<b>5</b>	<b>15</b>	<b>6</b>	<b>16</b>	<b>7</b>	<b>17</b>	<b>JUL 8</b>	<b>18</b>	<b>9</b>	<b>19</b>	<b>10</b>	<b>20</b>	<b>11</b>
 <b>21</b> International Day of Peace	<b>12</b>	<b>22</b>	<b>13</b>	 <b>23</b> LIBRA (Sep 23–Oct 22)	<b>14</b>	<b>24</b>	<b>15</b>	<b>25</b>	<b>16</b>	 <b>26</b> Full Moon Harvest Moon	<b>17</b>	<b>27</b>	<b>18</b>
<b>28</b>	<b>19</b>	<b>29</b>	<b>20</b>	<b>30</b>	<b>21</b>	<b>Notes:</b> <hr/> <hr/> <hr/> <hr/>							



12 month  
**OCTOBER**



13 month  
**OCTOBER**

MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

**World-Changing Historical Events:**

**October 4, 1957** — The Soviet Union launched Sputnik 1, the first artificial satellite to orbit Earth. This ignited the Space Age and the Space Race, accelerating technological advancements, satellite communications, space exploration, and Cold War competition in science and engineering.



1

22

2

23

3

24

4

25

Tourmaline

5	26	6	27	7	28	8	OCT 1	9	2	10	3	11	4
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World Habitat Day

12	5	13	6	14	7	15	8	16	9	17	10	18	11
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Columbus Day  
Indigenous Peoples' Day

National Boss's Day

19	12	20	13	21	14	22	15	23	16	24	17	25	18
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Scorpio  
Oct 22–Nov 21

26	19	27	20	28	21	29	22	30	23	31	24		
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Full Moon  
Hunter's Moon

Halloween

**Notes:**

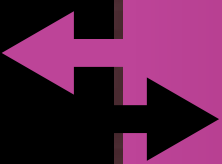
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12 month  
**NOVEMBER**



13 month  
**NOVEMBER**

MON THU TUE FRI WED SAT THU SUN FRI MON SAT TUE SUN WED

**World-Changing Historical Events:**

On **December 17, 1903**, the Wright brothers achieved the first powered airplane flight.



1

25

Topaz

2 26 3 27 4 28 5 NOV 1 6 2 7 3 8 4



Guy Fawkes Night

9 5 10 6 11 7 12 8 13 9 14 10 15 11



Veterans Day

16 12 17 13 18 14 19 15 20 16 21 17 22 18



Sagittarius  
Nov 22–Dec 21

23 19 24 20 25 21 26 22 27 23 28 24 29 25



Full Moon  
Beaver Moon



Thanksgiving

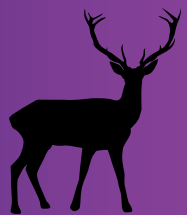
30 26

Notes:

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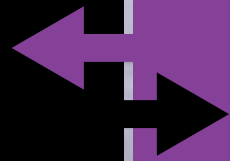


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12 month

**DECEMBER**



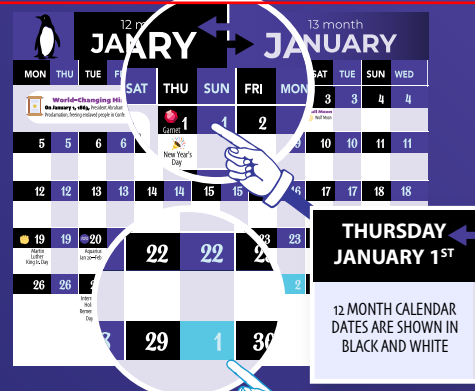
13 month

**DECEMBER**

MON	THU	TUE	FRI	WED	SAT	THU	SUN	FRI	MON	SAT	TUE	SUN	WED
		 1 Turquoise	27	2	28	3	1	4	2	5	3	6	4
7	5	8	6	9	7	10 Human Rights Day	8	11	9	12	10	13	11
14	12	15	13	16	14	17	15	18	16	19	17	20	18
21	19	 22 Capricorn Begins	20	 23 Hanukka Dec 23 to Dec 30	21	 24 Full Moon (Cold Moon)	22	 25 Christmas	23	 26 Boxing Day	24	 27 Kwanzaa Dec 26 to Jan 1	25
28	26	29	27	30	28	 31 New Year's Eve	FREE DAY	<p><b>World-Changing Historical Events:</b> On <b>December 17, 1903</b>, the Wright brothers achieved the first powered airplane flight.</p>					

Notes:

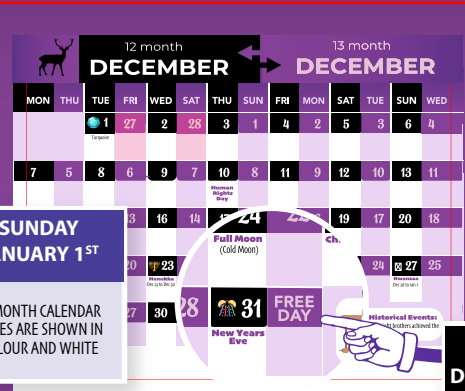
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**THURSDAY JANUARY 1<sup>ST</sup>** → **SUNDAY JANUARY 1<sup>ST</sup>**

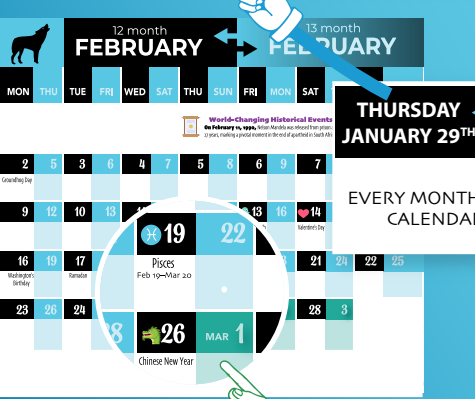
12 MONTH CALENDAR DATES ARE SHOWN IN BLACK AND WHITE

13 MONTH CALENDAR DATES ARE SHOWN IN COLOUR AND WHITE



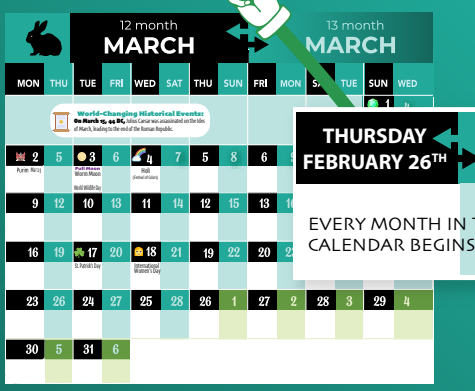
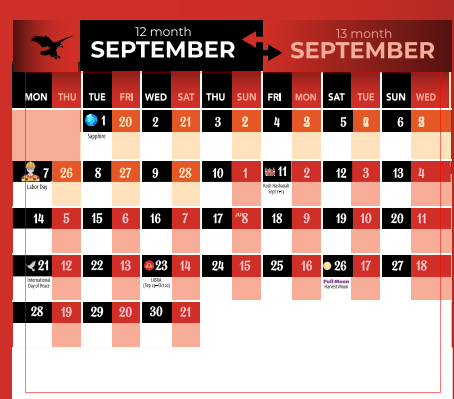
**THURSDAY DECEMBER 31<sup>ST</sup>** → **FREE DAY DECEMBER 31<sup>ST</sup>**

FREE DAY IS THE name given to the last day of the year and the same as at December 31.



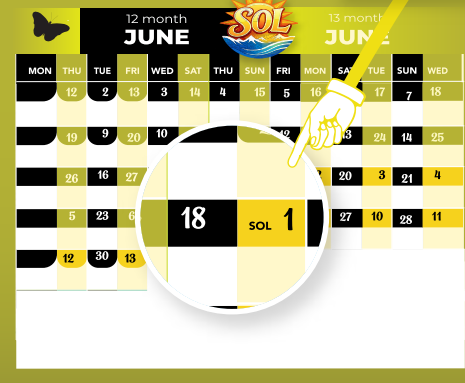
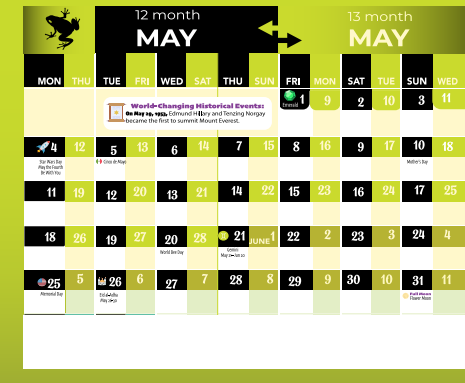
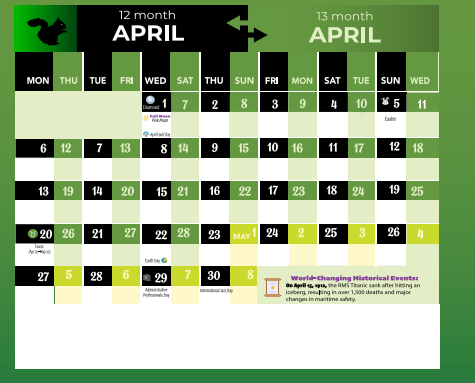
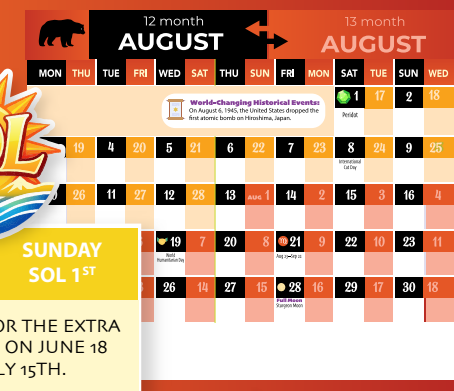
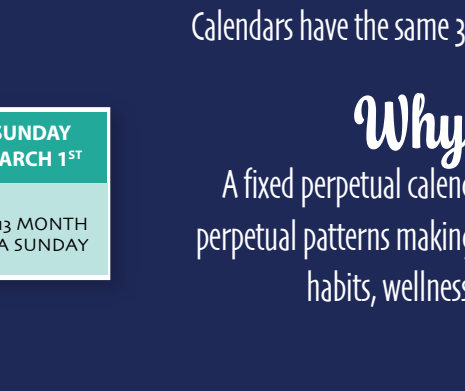
**THURSDAY JANUARY 29<sup>TH</sup>** → **SUNDAY FEBRUARY 1<sup>ST</sup>**

EVERY MONTH IN THE 13 MONTH CALENDAR HAS 28 DAYS.



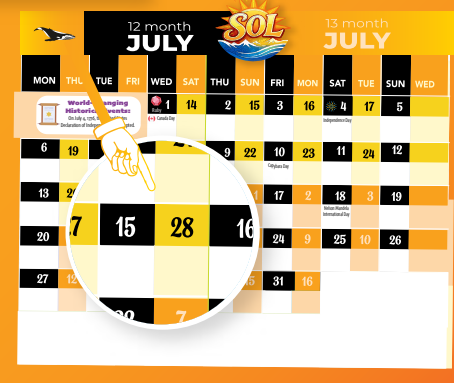
**THURSDAY FEBRUARY 26<sup>TH</sup>** → **SUNDAY MARCH 1<sup>ST</sup>**

EVERY MONTH IN THE 13 MONTH CALENDAR BEGINS ON A SUNDAY



**THURSDAY JUNE 18<sup>TH</sup>** → **SUNDAY SOL 1<sup>ST</sup>**

SOL IS THE NAME FOR THE EXTRA MONTH, IT STARTS ON JUNE 18 AND ENDS JULY 15<sup>TH</sup>.



# How it works!

SOL - Perpetual Wellness Calendar combines side by side the traditional 12-month calendar with the perpetual IFC 13-month fixed 28-day calendar allowing you to instantly convert today's date to the date on the 13 Month calendar. Both the 12 & 13 month Calendars have the same 365 days and both start on January 1st.

# Why it matters?

A fixed perpetual calendar allows you to discover your own perpetual patterns making it easier for you to see, especially for habits, wellness, productivity, and rhythm.

