

Usage

```

_____ second (0-59)
| _____ minute (0 - 59)
| | _____ hour (0 - 23)
| | | _____ day of the month (1 - 31)
| | | | _____ month (1 - 12) (or JAN-
DEC)
| | | | | _____ day of the week (0 - 7)
| | | | | (or MON-SUN -- 0 or 7 is Sunday)
| | | | |
* * * * *
  
```

Macros

@yearly (or @annually)	0 0 0 1 1 *	once a year
@monthly	0 0 0 1 * *	once a month
@weekly	0 0 0 * * 0	once a week
@daily (or @midnight)	0 0 0 * * *	once a day
@hourly	0 0 * * * *	once an hour



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