| January 1990 | February 1990 | March 1990 | April 1990 | May 1990 | June 1990 |
|----------------------|----------------|------------|-----------------------|-----------------------------|----------------|
| M 1 New Year's Day 1 | T 1 | T 1 | S 1 | T 1 | F 1 |
| T 2 | F 2 | F 2 | M 2 14 | W 2 | S 2 |
| W 3 | S 3 | S 3 | T 3 | T 3 | S 3 |
| T 4 | S 4 | S 4 | W 4 | F 4 | M 4 23 |
| F 5 | M 5 6 | M 5 10 | T 5 | S 5 | T 5 |
| S 6 | Т 6 | T 6 | F 6 | S 6 | W 6 |
| S 7 | W 7 | W 7 | S 7 | M 7 May Day Bank Holiday 19 | Т 7 |
| M 8 2 | Т 8 | T 8 | S 8 | T 8 | F 8 |
| T 9 | F 9 | F 9 | M 9 15 | W 9 | S 9 |
| W 10 | S 10 | S 10 | T 10 | T 10 | S 10 |
| T 11 | S 11 | S 11 | W 11 | F 11 | M 11 24 |
| F 12 | M 12 7 | M 12 11 | T 12 | S 12 | T 12 |
| S 13 | T 13 | T 13 | F 13 Good Friday | S 13 | W 13 |
| S 14 | W 14 | W 14 | S 14 | M 14 20 | T 14 |
| M 15 3 | T 15 | T 15 | S 15 | T 15 | F 15 |
| T 16 | F 16 | F 16 | M 16 Easter Monday 16 | W 16 | S 16 |
| W 17 | S 17 | S 17 | T 17 | T 17 | S 17 |
| T 18 | S 18 | S 18 | W 18 | F 18 | M 18 25 |
| F 19 | M 19 8 | M 19 12 | T 19 | S 19 | T 19 |
| S 20 | Т 20 | T 20 | F 20 | S 20 | W 20 |
| S 21 | W 21 | W 21 | S 21 | M 21 21 | T 21 |
| M 22 4 | Т 22 | T 22 | S 22 | T 22 | F 22 |
| T 23 | F 23 | F 23 | M 23 17 | W 23 | S 23 |
| W 24 | S 24 | S 24 | T 24 | T 24 | S 24 |
| T 25 | S 25 | S 25 | W 25 | F 25 | M 25 26 |
| F 26 | | M 26 13 | T 26 | S 26 | T 26 |
| S 27 | Т 27 | T 27 | F 27 | S 27 | W 27 |
| S 28 | W 28 | W 28 | S 28 | M 28 Spring Bank Holiday 22 | T 28 |
| M 29 5 | | T 29 | S 29 | Т 29 | F 29 |
| T 30 | Weeknumber.com | F 30 | M 30 18 | W 30 | S 30 |
| W 31 | | S 31 | | T 31 | |

| July 1990 | August 1990 | September 1990 | October 1990 | November 1990 | December 1990 |
|----------------|-----------------------------|----------------|--------------|----------------|--------------------|
| S 1 | W 1 | S 1 | M 1 40 | T 1 | S 1 |
| M 2 27 | T 2 | S 2 | T 2 | F 2 | S 2 |
| T 3 | F 3 | M 3 36 | W 3 | S 3 | M 3 49 |
| W 4 | S 4 | T 4 | T 4 | S 4 | T 4 |
| T 5 | S 5 | W 5 | F 5 | M 5 45 | W 5 |
| F 6 | M 6 32 | T 6 | S 6 | Т 6 | Т 6 |
| S 7 | Т 7 | F 7 | S 7 | W 7 | F 7 |
| S 8 | W 8 | S 8 | M 8 41 | Т 8 | S 8 |
| M 9 28 | Т 9 | S 9 | T 9 | F 9 | S 9 |
| T 10 | F 10 | M 10 37 | W 10 | S 10 | M 10 50 |
| W 11 | S 11 | T 11 | T 11 | S 11 | T 11 |
| T 12 | S 12 | W 12 | F 12 | M 12 46 | W 12 |
| F 13 | M 13 33 | T 13 | S 13 | T 13 | T 13 |
| S 14 | T 14 | F 14 | S 14 | W 14 | F 14 |
| S 15 | W 15 | S 15 | M 15 42 | T 15 | S 15 |
| M 16 29 | T 16 | S 16 | T 16 | F 16 | S 16 |
| T 17 | F 17 | M 17 38 | W 17 | S 17 | M 17 51 |
| W 18 | S 18 | T 18 | T 18 | S 18 | T 18 |
| T 19 | S 19 | W 19 | F 19 | M 19 47 | W 19 |
| F 20 | M 20 34 | T 20 | S 20 | Т 20 | T 20 |
| S 21 | T 21 | F 21 | S 21 | W 21 | F 21 |
| S 22 | W 22 | S 22 | M 22 43 | T 22 | S 22 |
| M 23 30 | T 23 | S 23 | T 23 | F 23 | S 23 |
| T 24 | F 24 | M 24 39 | W 24 | S 24 | M 24 52 |
| W 25 | S 25 | T 25 | T 25 | S 25 | T 25 Christmas Day |
| T 26 | S 26 | W 26 | F 26 | M 26 48 | W 26 Boxing Day |
| F 27 | M 27 Summer Bank Holiday 35 | T 27 | S 27 | Т 27 | Т 27 |
| S 28 | Т 28 | F 28 | S 28 | W 28 | F 28 |
| S 29 | W 29 | S 29 | M 29 44 | Т 29 | S 29 |
| M 30 31 | Т 30 | S 30 | Т 30 | F 30 | S 30 |
| T 31 | F 31 | | W 31 | Weeknumber.com | M 31 1 |