

ElulTime.com supports you in preparing for:
Rosh Hashanah, Yom Kippur and your year ahead

Track these 4 things each day (doable in only 2-3 mins / day)

- 1) Verbally **THANK** Hashem for at least 2 things
- 2) **PRAY** for help in your using your Elul and days between RH & YK well
- 3) Do a minimum of **1 MINUTE** Elul **PREP** each day
- 4) **CHECK IN** with at least 1 person regularly to support each other

Date	Hebrew date	Days to RH	(1) Thank	(2) Pray	(3) 1 min prep	(4) Check in
FRI, AUG 14	Elul 1	29	☐	☐	☐	☐
AUG 15	Elul 2	28				

SUN, AUG 16	Elul 3	27	☐	☐	☐	☐
MON, AUG 17	Elul 4	26	☐	☐	☐	☐
TUES, AUG 18	Elul 5	25	☐	☐	☐	☐
WED, AUG 19	Elul 6	24	☐	☐	☐	☐
THU, AUG 20	Elul 7	23	☐	☐	☐	☐
FRI, AUG 21	Elul 8	22	☐	☐	☐	☐
AUG 22	Elul 9	21				

SUN, AUG 23	Elul 10	20	☐	☐	☐	☐
MON, AUG 24	Elul 11	19	☐	☐	☐	☐
TUES, AUG 25	Elul 12	18	☐	☐	☐	☐
WED, AUG 26	Elul 13	17	☐	☐	☐	☐
THU, AUG 27	Elul 14	16	☐	☐	☐	☐
FRI, AUG 28	Elul 15	15	☐	☐	☐	☐
AUG 29	Elul 16	14				

Date	Hebrew date	Days to RH	(1) Thank	(2) Pray	(3) 1 min prep	(4) Check in
SUN, AUG 30	Elul 17	13	☐	☐	☐	☐
MON, AUG 31	Elul 18	12	☐	☐	☐	☐
TUES, SEPT 1	Elul 19	11	☐	☐	☐	☐
WED, SEPT 2	Elul 20	10	☐	☐	☐	☐
THU, SEPT 3	Elul 21	9	☐	☐	☐	☐
FRI, SEPT 4	Elul 22	8	☐	☐	☐	☐
SEPT 5	Elul 23	7				

SUN, SEPT 6	Elul 24	6	☐	☐	☐	☐
MON, SEPT 7	Elul 25	5	☐	☐	☐	☐
TUES, SEPT 8	Elul 26	4	☐	☐	☐	☐
WED, SEPT 9	Elul 27	3	☐	☐	☐	☐
THU, SEPT 10	Elul 28	2	☐	☐	☐	☐

FRI, SEPT 11	Elul 29	RH TONIGHT	☐	☐	☐	☐
SEPT 12	Tishrei 1	RH 1	The mitzvahs of the day are: [1] Accept Hashem as our King [2] Hear the shofar			
SUN, SEPT 13	Tishrei 2	RH 2				

Days to YK

MON, SEPT 14	Tishrei 3	7	☐	☐	☐	☐
TUES, SEPT 15	Tishrei 4	6	☐	☐	☐	☐
WED, SEPT 16	Tishrei 5	5	☐	☐	☐	☐
THU, SEPT 17	Tishrei 6	4	☐	☐	☐	☐
FRI, SEPT 18	Tishrei 7	3	☐	☐	☐	☐
SEPT 19	Tishrei 8	2				

SUN, SEPT 20	Tishrei 9	YK TONIGHT	☐	☐	☐	☐
MON, SEPT 21	Tishrei 10	YK	The mitzvahs of the day are: [1] Fast & [2] Do teshuva			