



n8n Cron Cheat Sheet

Standard 5-field cron for the Schedule Trigger. Pin it, stop googling it.

THE FIVE FIELDS, IN ORDER

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Minute	0 to 59
Hour	0 to 23, 24-hour clock
Day/month	1 to 31
Month	1 to 12
Day/week	0 to 6, Sunday is 0

WHAT EACH FIELD CAN HOLD

- 5** Exactly this value, and only this value
- *** Every value of this field
- 1-5** A range, 1 through 5 (weekdays)
- 1,4,7,10** A list of specific values
- */15** A step, every 15 from 0 (gives 0, 15, 30, 45)

THE PATTERNS YOU WILL USE 90% OF THE TIME

WHAT YOU WANT	CRON EXPRESSION	PLAIN ENGLISH
Every hour, on the hour	0 * * * *	Top of every hour
Every 15 minutes	* /15 * * * *	:00, :15, :30, :45 each hour
Every weekday at 9am	0 9 * * 1-5	9am Monday through Friday
Every Monday at 8am	0 8 * * 1	Mondays at 8am
Twice a day, 8am and 8pm	0 8,20 * * *	8am and 8pm every day
First of every month, midnight	0 0 1 * *	Midnight on the 1st
Every Sunday at 6pm	0 18 * * 0	Sundays at 6pm
Quarterly on the 1st, 9am	0 9 1 1,4,7,10 *	Jan, Apr, Jul, Oct at 9am

THREE TRAPS THAT BITE EVERYONE

Day-of-month AND day-of-week

Cron reads both as OR, not AND. Setting both fires on either one, not the overlap.

Server timezone

n8n fires on the server clock. A default VPS runs UTC, so 9am set from EST fires at 4am. Check the next run time.

@daily and @hourly

Standard cron and n8n do not support them. Use the long form: 0 0 * * * for daily, 0 * * * * for hourly.

Never deploy a scheduled workflow without confirming the next fire time first. Build any expression at jen8n.com/cron-expression-builder

jen8n.com
LET AI HANDLE THE BUSYWORK