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