ISO 8601 Date Format Cheat Sheet, 2026 Examples

One moment, Oct. 30, 2026 at 8:30 a.m. Eastern Daylight Time, in every form

DATE	WHAT HAPPENS	DONE
Calendar date	2026-10-30 (YYYY-MM-DD: year, month, day, leading zeros)	☐
Ordinal date	2026-303 (day 303 of 2026; 001 to 365, or 366 in leap years)	☐
Week date	2026-W44-5 (week 44, day 5; Monday is day 1)	☐
Date and time	2026-10-30T08:30:00 (T separates date and time)	☐
Local time with offset	2026-10-30T08:30:00-04:00 (Eastern Daylight Time)	☐
UTC with Z	2026-10-30T12:30:00Z (Z means UTC)	☐
UTC with offset	2026-10-30T12:30:00+00:00 (same instant as Z)	☐
Ambiguous	05/01/2026 (May 1 or Jan. 5, depends on the reader)	☐
Unambiguous	2026-05-01 (May 1, 2026 only)	☐
U.S. style	10/30/2026 (month first)	☐
Day-first style	30/10/2026 (day first)	☐
Check 1	Four-digit year first, then two-digit month, then two-digit day	☐
Check 2	Z or a +hh:mm or -hh:mm offset on every time you share	☐
Check 3	Week-year can differ from calendar year: Jan. 1, 2027 is 2026-W53-5	☐

My notes

Source: ISO help center, ISO 8601 (July 31, 2025); RFC 3339, Internet Engineering Task Force (July 2002); Markus Kuhn, hosted by NASA. Ordinal, week and offset examples computed by Fresh Calendars.