

## Atlantic Highlands, NJ - Jan 2031

Date		High				Low				☀️		🌙
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:32	4.5	1:50	4.1	8:02	0.5	8:11	0.2	7:19	4:40	🌓
2	Thu	2:23	4.5	2:44	3.8	9:03	0.5	9:04	0.3	7:19	4:41	🌓
3	Fri	3:16	4.4	3:41	3.8	9:57	0.4	9:53	0.3	7:19	4:41	🌓
4	Sat	4:11	4.5	4:37	3.8	10:46	0.3	10:40	0.2	7:19	4:42	🌑
5	Sun	5:01	4.6	5:27	3.9	11:31	0.1	11:24	0.1	7:19	4:43	🌑
6	Mon	5:46	4.7	6:12	4.0			12:15	0.0	7:19	4:44	🌑
7	Tue	6:26	4.9	6:54	4.1	12:08	0.0	12:58	-0.2	7:19	4:45	🌑
8	Wed	7:04	4.9	7:33	4.2	12:51	0.0	1:39	-0.3	7:19	4:46	🌑
9	Thu	7:39	4.9	8:11	4.2	1:34	-0.1	2:18	-0.3	7:18	4:47	🌑
10	Fri	8:13	4.8	8:49	4.2	2:14	-0.1	2:54	-0.3	7:18	4:48	🌑
11	Sat	8:46	4.7	9:26	4.2	2:52	0.0	3:28	-0.3	7:18	4:49	🌑
12	Sun	9:20	4.6	10:04	4.2	3:29	0.0	4:00	-0.2	7:18	4:50	🌑
13	Mon	10:00	4.4	10:47	4.2	4:06	0.1	4:33	-0.2	7:17	4:51	🌑
14	Tue	10:46	4.3	11:35	4.3	4:48	0.2	5:10	-0.1	7:17	4:52	🌑
15	Wed	11:40	4.1			5:40	0.3	5:57	0.0	7:17	4:54	🌑
16	Thu	12:28	4.5	12:38	4.0	6:48	0.4	7:00	0.1	7:16	4:55	🌓
17	Fri	1:23	4.6	1:40	3.9	8:04	0.3	8:12	0.0	7:16	4:56	🌓
18	Sat	2:25	4.8	2:49	3.9	9:14	0.1	9:21	-0.2	7:15	4:57	🌓
19	Sun	3:32	5.0	4:01	4.1	10:17	-0.3	10:23	-0.5	7:15	4:58	🌓
20	Mon	4:38	5.3	5:08	4.4	11:14	-0.6	11:22	-0.7	7:14	4:59	🌓
21	Tue	5:38	5.6	6:06	4.7			12:09	-1.0	7:13	5:00	🌓
22	Wed	6:31	5.8	6:59	5.0	12:19	-0.9	1:03	-1.2	7:13	5:02	🌓
23	Thu	7:22	5.9	7:50	5.1	1:14	-1.1	1:53	-1.4	7:12	5:03	🌑
24	Fri	8:12	5.8	8:41	5.2	2:08	-1.1	2:41	-1.4	7:11	5:04	🌑
25	Sat	9:02	5.6	9:32	5.1	2:58	-1.0	3:26	-1.3	7:11	5:05	🌑
26	Sun	9:52	5.2	10:23	4.9	3:45	-0.8	4:10	-1.0	7:10	5:06	🌑
27	Mon	10:43	4.8	11:14	4.7	4:33	-0.5	4:53	-0.7	7:09	5:08	🌑
28	Tue	11:34	4.4			5:23	-0.1	5:38	-0.3	7:08	5:09	🌑
29	Wed	12:05	4.5	12:25	4.1	6:19	0.3	6:29	0.1	7:08	5:10	🌑
30	Thu	12:53	4.3	1:15	3.8	7:21	0.5	7:24	0.3	7:07	5:11	🌓
31	Fri	1:42	4.2	2:07	3.6	8:24	0.6	8:22	0.5	7:06	5:12	🌓