

Providence, RI - Jan 2020

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 12:00 | 3.5 | 12:24 | 3.6 | 5:00 | 0.5 | 5:30 | 0.5 | 7:12 | 4:25 | ☾ |
| 2 | Thu | 12:48 | 3.5 | 1:06 | 3.4 | 5:54 | 0.8 | 6:18 | 0.6 | 7:13 | 4:25 | ☾ |
| 3 | Fri | 1:30 | 3.4 | 1:48 | 3.3 | 6:54 | 0.9 | 7:18 | 0.6 | 7:13 | 4:26 | ☾ |
| 4 | Sat | 2:12 | 3.5 | 2:36 | 3.2 | 8:06 | 0.9 | 8:18 | 0.5 | 7:13 | 4:27 | ☾ |
| 5 | Sun | 3:00 | 3.6 | 3:24 | 3.2 | 9:12 | 0.8 | 9:12 | 0.4 | 7:13 | 4:28 | ☾ |
| 6 | Mon | 3:48 | 3.7 | 4:24 | 3.3 | 10:06 | 0.6 | 10:00 | 0.2 | 7:12 | 4:29 | ☾ |
| 7 | Tue | 4:48 | 4.0 | 5:24 | 3.6 | 10:54 | 0.3 | 10:48 | -0.1 | 7:12 | 4:30 | ☾ |
| 8 | Wed | 5:42 | 4.3 | 6:12 | 3.9 | 11:36 | 0.1 | 11:30 | -0.3 | 7:12 | 4:31 | ☾ |
| 9 | Thu | 6:30 | 4.7 | 7:00 | 4.2 | | | 12:24 | -0.1 | 7:12 | 4:32 | ☾ |
| 10 | Fri | 7:18 | 4.9 | 7:48 | 4.4 | 12:18 | -0.5 | 1:06 | -0.3 | 7:12 | 4:33 | ☾ |
| 11 | Sat | 8:06 | 5.1 | 8:36 | 4.6 | 1:06 | -0.7 | 1:48 | -0.4 | 7:12 | 4:34 | ☾ |
| 12 | Sun | 8:54 | 5.2 | 9:24 | 4.7 | 1:54 | -0.7 | 2:36 | -0.4 | 7:11 | 4:35 | ☾ |
| 13 | Mon | 9:48 | 5.1 | 10:18 | 4.7 | 2:42 | -0.7 | 3:18 | -0.5 | 7:11 | 4:36 | ☾ |
| 14 | Tue | 10:36 | 5.0 | 11:12 | 4.7 | 3:30 | -0.6 | 4:06 | -0.4 | 7:10 | 4:38 | ☾ |
| 15 | Wed | 11:30 | 4.8 | | | 4:18 | -0.4 | 4:48 | -0.3 | 7:10 | 4:39 | ☾ |
| 16 | Thu | 12:06 | 4.6 | 12:30 | 4.5 | 5:06 | -0.1 | 5:36 | -0.1 | 7:10 | 4:40 | ☾ |
| 17 | Fri | 1:00 | 4.6 | 1:24 | 4.2 | 6:06 | 0.2 | 6:30 | 0.0 | 7:09 | 4:41 | ☾ |
| 18 | Sat | 2:00 | 4.6 | 2:18 | 4.0 | 7:18 | 0.5 | 7:36 | 0.2 | 7:09 | 4:42 | ☾ |
| 19 | Sun | 2:54 | 4.5 | 3:18 | 3.8 | 10:36 | 0.6 | 8:36 | 0.2 | 7:08 | 4:43 | ☾ |
| 20 | Mon | 4:00 | 4.5 | 4:24 | 3.8 | | | 9:36 | 0.1 | 7:07 | 4:45 | ☾ |
| 21 | Tue | 5:06 | 4.5 | 5:30 | 3.9 | 10:42 | 0.3 | 10:24 | 0.0 | 7:07 | 4:46 | ☾ |
| 22 | Wed | 6:06 | 4.7 | 6:24 | 4.0 | 11:24 | 0.2 | 11:12 | -0.1 | 7:06 | 4:47 | ☾ |
| 23 | Thu | 6:54 | 4.7 | 7:12 | 4.2 | | | 12:06 | 0.1 | 7:05 | 4:48 | ☾ |
| 24 | Fri | 7:36 | 4.7 | 7:54 | 4.2 | 12:00 | -0.2 | 12:42 | 0.0 | 7:05 | 4:50 | ☾ |
| 25 | Sat | 8:18 | 4.7 | 8:36 | 4.2 | 12:48 | -0.3 | 1:24 | 0.0 | 7:04 | 4:51 | ☾ |
| 26 | Sun | 9:00 | 4.5 | 9:18 | 4.1 | 1:36 | -0.3 | 2:12 | -0.1 | 7:03 | 4:52 | ☾ |
| 27 | Mon | 9:42 | 4.3 | 10:00 | 3.9 | 2:18 | -0.3 | 2:54 | -0.1 | 7:02 | 4:53 | ☾ |
| 28 | Tue | 10:18 | 4.1 | 10:36 | 3.8 | 3:06 | -0.2 | 3:36 | -0.1 | 7:01 | 4:55 | ☾ |
| 29 | Wed | 11:00 | 3.8 | 11:18 | 3.6 | 3:48 | 0.0 | 4:12 | 0.0 | 7:00 | 4:56 | ☾ |
| 30 | Thu | 11:42 | 3.6 | | | 4:36 | 0.2 | 4:54 | 0.1 | 7:00 | 4:57 | ☾ |
| 31 | Fri | 12:00 | 3.5 | 12:24 | 3.4 | 5:18 | 0.5 | 5:36 | 0.3 | 6:59 | 4:58 | ☾ |