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|  | August 2025 |
| Helena, Alabama, United States |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 6:00 AMSunset: 7:47 PMDaylight: 13 hours and 47 minutes. | Sunrise: 6:00 AMSunset: 7:46 PMDaylight: 13 hours and 45 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 6:01 AMSunset: 7:45 PMDaylight: 13 hours and 44 minutes. | Sunrise: 6:02 AMSunset: 7:44 PMDaylight: 13 hours and 42 minutes. | Sunrise: 6:02 AMSunset: 7:43 PMDaylight: 13 hours and 40 minutes. | Sunrise: 6:03 AMSunset: 7:42 PMDaylight: 13 hours and 39 minutes. | Sunrise: 6:04 AMSunset: 7:42 PMDaylight: 13 hours and 37 minutes. | Sunrise: 6:05 AMSunset: 7:41 PMDaylight: 13 hours and 36 minutes. | Sunrise: 6:05 AMSunset: 7:40 PMDaylight: 13 hours and 34 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 6:06 AMSunset: 7:39 PMDaylight: 13 hours and 32 minutes. | Sunrise: 6:07 AMSunset: 7:38 PMDaylight: 13 hours and 30 minutes. | Sunrise: 6:07 AMSunset: 7:37 PMDaylight: 13 hours and 29 minutes. | Sunrise: 6:08 AMSunset: 7:36 PMDaylight: 13 hours and 27 minutes. | Sunrise: 6:09 AMSunset: 7:34 PMDaylight: 13 hours and 25 minutes. | Sunrise: 6:09 AMSunset: 7:33 PMDaylight: 13 hours and 23 minutes. | Sunrise: 6:10 AMSunset: 7:32 PMDaylight: 13 hours and 22 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 6:11 AMSunset: 7:31 PMDaylight: 13 hours and 20 minutes. | Sunrise: 6:12 AMSunset: 7:30 PMDaylight: 13 hours and 18 minutes. | Sunrise: 6:12 AMSunset: 7:29 PMDaylight: 13 hours and 16 minutes. | Sunrise: 6:13 AMSunset: 7:28 PMDaylight: 13 hours and 14 minutes. | Sunrise: 6:14 AMSunset: 7:27 PMDaylight: 13 hours and 12 minutes. | Sunrise: 6:14 AMSunset: 7:25 PMDaylight: 13 hours and 11 minutes. | Sunrise: 6:15 AMSunset: 7:24 PMDaylight: 13 hours and 9 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 6:16 AMSunset: 7:23 PMDaylight: 13 hours and 7 minutes. | Sunrise: 6:16 AMSunset: 7:22 PMDaylight: 13 hours and 5 minutes. | Sunrise: 6:17 AMSunset: 7:21 PMDaylight: 13 hours and 3 minutes. | Sunrise: 6:18 AMSunset: 7:19 PMDaylight: 13 hours and 1 minute. | Sunrise: 6:18 AMSunset: 7:18 PMDaylight: 12 hours and 59 minutes. | Sunrise: 6:19 AMSunset: 7:17 PMDaylight: 12 hours and 57 minutes. | Sunrise: 6:20 AMSunset: 7:15 PMDaylight: 12 hours and 55 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 6:20 AMSunset: 7:14 PMDaylight: 12 hours and 53 minutes. |  |  |  |  |  |  |