

1 16 Nisan Day of chesed, week of chesed	ברוך אתה יי, אלהינו סגן העולם, אשר קדשנו במצותיו וצונו אל ספירת העמר. Baruch atah Adonai, eloheynu melech ha-olam, asher kidshanu b'mitzvotav vitzivanu al sefirat ha-omer. Blessed are You, Adonai our God, Source of all being, Who sanctifies us with Your mitzvot and commands us to count the omer.					
2 17 Nisan Day of gevurah	25 10 Iyar Day of netzach	24 9 Iyar Day of tiferet	23 8 Iyar Day of gevurah	22 7 Iyar Day of chesed	21 6 Iyar Day of malchut	20 <-- 5 Iyar Day of yesod
3 18 Nisan Day of tiferet	26 11 Iyar Day of hod	41 26 Iyar Day of yesod	40 25 Iyar Day of hod	39 24 Iyar Day of netzach	38 <-- 23 Iyar Day of tiferet	19 4 Iyar Day of hod
4 19 Nisan Day of netzach	27 12 Iyar Day of yesod	42 27 Iyar Day of malchut	49 5 Sivan Day of malchut	48 <-- 4 Sivan Day of yesod	37 22 Iyar Day of gevurah	18 3 Iyar Day of netzach
5 20 Nisan Day of hod	28 13 Iyar Day of malchut	43 28 Iyar Day of chesed	50 7 Sivan Shavuot!	47 3 Sivan Day of hod	36 21 Iyar Day of chesed	17 2 Iyar Day of tiferet
6 21 Nisan Day of yesod	29 14 Iyar Day of chesed	44 --> 29 Iyar Day of gevurah	45 1 Sivan Day of tiferet	46 2 Sivan Day of netzach	35 20 Iyar Day of malchut	16 1 Iyar Day of gevurah
7 22 Nisan Day of malchut	30 --> 15 Iyar Day of gevurah	31 16 Iyar Day of tiferet	32 17 Iyar Day of netzach	33 18 Iyar Day of hod	34 19 Iyar Day of yesod	15 30 Nisan Day of chesed
8 --> 23 Nisan Day of chesed	9 24 Nisan Day of gevurah	10 25 Nisan Day of tiferet	11 26 Nisan Day of netzach	12 27 Nisan Day of hod	13 28 Nisan Day of yesod	14 19 Nisan Day of malchut