

Start/Stop

`start [<date>] [<tag> ...]` start
`track <interval> [<tag> ...]` like start but closed
`stop [<date>] [<tag> ...]` stop
`continue` continues the last interval
`cancel` drops the current interval

Edit Records

`delete @<id>` deletes an interval
`shorten @<id> [@<id> ...] <duration>` removes time from end of interval
`lengthen @<id> [@<id> ...] <duration>` add time to end of interval
`move @<id> <date>` move interval to new start time
`split @<id> [@<id> ...]` split into two equal intervals
`join @<id> @<id>` joins two intervals to one

Tags

`tag @<id> [<tag> ...]` add tag to id
`untag @<id> [<tag> ...]` remove tag from id
`tags` list all tags ever used

Requests

`summary [<interval>] [<tag> ...]` summary for time and tags
`day` summary for the day
`week` summary for the week
`gaps` list all time gaps

Misc

`show` shows all config variables
`extensions` directory that contains the extensions
`diagnostics` show diagnostics information
`export [<interval>] [<tag> ...]` exports matching intervals as JSON
`config [<name> [<value> | '']]` set config variable to new value

Control Hints

`:quiet` Turns off all feedback. For automation
`:debug` Runs in debug mode, shows many runtime details
`:yes` Overrides confirmation by answering 'yes' to the questions
`:color` Force color on, even if not connected to a TTY
`:nocolor` Force color off, even if connected to a TTY
`:blank` Leaves tracked time out of a report
`:fill` Expand time to fill surrounding available gap
`:adjust` Automatically correct overlaps
`:ids` Displays interval ID numbers in the summary report

Time Range Hints

`:yesterday` The 24 hours of the previous day
`:day` The 24 hours of the current day
`:week` This week
`:month` This month
`:quarter` This quarter
`:year` This year
`:lastweek` Last week
`:lastmonth` Last month
`:lastquarter` Last quarter
`:lastyear` Last year

Time Interval Syntax

`[from] <date>`
`[from] <date> to/- <date>`
`[from] <date> for <duration>`
`<duration> before/after <date>`
`<duration> ago`
`[for] <duration>`

Date and Time Syntax

`<extended-date> [T <extended-time>]` . Extended date, optional extended time
`<date> [T <time>]` Date, optional time
`<extended-time>` Extended time
`<time>` Time
extended-date
`YYYY-MM-DD` Year, month, day
`YYYY-MM` Year, month, 1st
`YYYY-DDD` Year, Julian day 001-366
`YYYY-WwwD` Year, week number, day number
`YYYY-Www` Year, week number, day 1
extended-time
`hh:mm[:ss]Z` Hours, minutes, optional seconds, UTC
`hh:mm[:ss][+/-hh:mm]` Hours, minutes, optional seconds, TZ
date
`YYYYMMDD` Year, month, day
`YYYYWww` Year, week number, day number
`YYYYDDD` Year, Julian day 001-366
time
`hhmm[ss]Z` Hour, minutes, optional seconds, UTC
`hhmm[ss][+/-hh[mm]]` Hour, minutes, optional seconds, TZ

Durations

`'P'` `[nn 'Y']` `[nn 'M']` `[nn 'D']` `['T'` `[nn 'H']` `[nn 'M']` `[nn 'S']`
`days`, `day`, `d`, `hours`, `hour`, `hrs`, `hr`, `h`, `minutes`, ... lots more