Quick-Start Guide • 快速上手指南

Green Card Priority Date & Visa Bulletin Tracker

绿卡排期 • 优先日追踪表

PERM → I-140 → priority date → Final Action vs Dates for Filing → I-485 → EAD / AP.
PERM → I-140 → 优先日 → 最终裁决日 vs 递交日 → I-485 → 工卡 / 回美证。

For employment-based (EB-1, EB-2, EB-3) green card applicants who want to see, every month, exactly where their priority date stands.
适用于职业移民（EB-1/2/3）申请人，每月清楚看到自己的优先日排到哪里。

Not legal advice. Personal planning tool only. Contains **no** Visa Bulletin data and makes **no** predictions — you enter each month's dates from the official bulletin. Rules summarized from official USCIS, Department of State and DOL pages, checked November 24, 2026 (see Section 7). Confirm everything with your immigration attorney.
不构成法律建议。表内不含官方排期数据、不做预测，排期由你从官方排期表抄录。内容整理自 USCIS、国务院和劳工部官网（核对日期 2026-11-24）。请与移民律师确认。

Dashboard 仪表盘 (SAMPLE)

What the filled SAMPLE file calculates ("today" = 2026-11-20). All bulletin values in the sample are invented for demonstration. 示例文件的计算结果；示例排期均为虚构。

Today 今天	**2026-11-20**
Your case 你的案件	**EB-2 • CHINA-mainland born**
Priority date 优先日	**2022-05-10**

LATEST BULLETIN YOU LOGGED 最新记录的排期

Bulletin month 排期月份	**Nov 2026**
Final Action Date 最终裁决日	**2021-10-01**
Date for Filing 递交日	**2022-08-01**
Chart USCIS says to use 本月USCIS指定表	**Dates for Filing**

AM I CURRENT? 是否排到

Final Action: current for me? 最终裁决日是否排到	**Not yet 未排到**
Date for Filing: current for me? 递交日是否排到	**YES ✔ Current**
Can I file I-485 this month? 本月能否递交I-485	**YES ✔ (Dates for Filing chart)**
Days your PD is behind the Final Action cutoff 优先日落后天数	**222**
…in months (approx.) 约合月数	**7.3**

MOVEMENT IN YOUR LOG 你记录的排期移动

Final Action moved, last 6 months (days) 近6个月前进天数	**200**
Final Action moved, last 12 months (days) 近12个月前进天数	**334**
Average days of movement per month (12 mo) 月均前进天数	**27.8**
If that pace simply continued: months to reach your PD 若按此速度：还需月数	**8**

KEY DEADLINES 关键期限

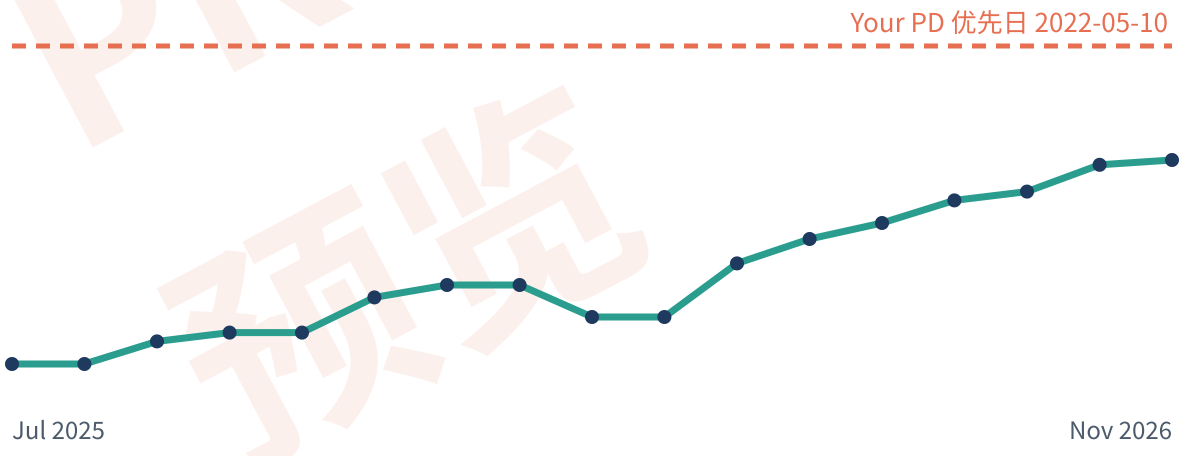
File I-140 by (PERM certified + 180 days) I-140递交截止	**2023-12-17**
PERM/I-140 filed + 365 days (H-1B AC21) 满365天	**2023-05-10**

PREVIEW 预览

Bulletin Log 排期记录 (SAMPLE — fictional values 虚构)

Month	Final Action	Date for Filing	USCIS chart	FAD current?	Can file I-485?	FAD moved (d)	Days behind
Jul 2025	2020-09-01	2021-06-01	Final Action Dates	Not yet	Not yet		617
Aug 2025	2020-09-01	2021-06-01	Final Action Dates	Not yet	Not yet	0	617
Sep 2025	2020-10-15	2021-08-01	Final Action Dates	Not yet	Not yet	44	573
Oct 2025	2020-11-01	2021-09-01	Final Action Dates	Not yet	Not yet	17	556
Nov 2025	2020-11-01	2021-09-01	Final Action Dates	Not yet	Not yet	0	556
Dec 2025	2021-01-08	2021-11-01	Dates for Filing	Not yet	Not yet	68	488
Jan 2026	2021-02-01	2022-01-01	Dates for Filing	Not yet	Not yet	24	464
Feb 2026	2021-02-01	2022-01-01	Dates for Filing	Not yet	Not yet	0	464
Mar 2026	2020-12-01	2022-01-01	Final Action Dates	Not yet	Not yet	-62	526
Apr 2026	2020-12-01	2022-01-01	Final Action Dates	Not yet	Not yet	0	526
May 2026	2021-03-15	2022-03-01	Final Action Dates	Not yet	Not yet	104	422
Jun 2026	2021-05-01	2022-04-01	Final Action Dates	Not yet	Not yet	47	375
Jul 2026	2021-06-01	2022-06-01	Dates for Filing	Not yet	Yes ✔ (DFF)	31	344
Aug 2026	2021-07-15	2022-06-01	Dates for Filing	Not yet	Yes ✔ (DFF)	44	300
Sep 2026	2021-08-01	2022-07-01	Dates for Filing	Not yet	Yes ✔ (DFF)	17	283
Oct 2026	2021-09-22	2022-08-01	Dates for Filing	Not yet	Yes ✔ (DFF)	52	231
Nov 2026	2021-10-01	2022-08-01	Dates for Filing	Not yet	Yes ✔ (DFF)	9	222

Red = the cutoff moved backward (retrogression). In the real file you type the monthly dates from travel.state.gov and the chart from uscis.gov. 红色表示倒退。正式使用时由你从官网抄录。



PREVIEW 预览

5. Rules cheat sheet 规则速查

Priority date 优先日

- PERM cases: the date DOL **accepted the labor certification for processing** (DOL calls it the filing date). EB-1 and NIW (no PERM): the date USCIS accepted the I-140. It is printed on the I-797. PERM案为劳工部受理日；EB-1/NIW为I-140受理日，见I-797。
- A certified PERM is valid for **180 days**; the I-140 must be received before it expires, or the certification (and that priority date) is lost. PERM批准后180天内须递交I-140。

The two charts 两张表

- Each monthly Visa Bulletin has **Final Action Dates** (when a green card can actually be approved) and **Dates for Filing** (when you can get ready to file). 每月排期有“最终裁决日”和“递交日”两张表。
- USCIS states on its **Adjustment of Status Filing Charts** page which chart to use for I-485 each month (usually within a week of the bulletin). If it says nothing, use Final Action. If Final Action is current or later than Dates for Filing, you may file under Final Action. As of 2026-11-24 USCIS's page said: November 2026 — use **Dates for Filing** for all employment-based categories (check the page for later months). USCIS每月指定用哪张表；2026年11月职业移民用“递交日”表。
- Employment charts list: All Chargeability Areas Except Those Listed · CHINA-mainland born · INDIA · MEXICO · PHILIPPINES. "C" = current; "U" = unavailable. A visa is available only if your PD is **earlier** than the cutoff.
- **Retrogression:** cutoffs can move backward when demand exceeds supply; a new annual supply starts each October 1. Employment-based preference visas are generally limited to 140,000 a year, with per-country limits. 排期可能倒退；每年10月1日新名额；职业移民每年一般14万个。

I-140 and I-485

- If a visa is immediately available, the I-485 can be filed together with the I-140, while it is pending, or after approval. 排期到时可与I-140同时递交。
- To adjust status you must be physically present in the US, inspected and admitted or paroled, and have a visa available both when you file and when USCIS decides. 须身在美国、合法入境，递交和审批时均有签证号。
- If a medical exam (Form I-693) is required, it must be submitted **with** the I-485 or the I-485 may be rejected. 体检表须随I-485递交。
- **Changing jobs (INA 204(j)):** once the I-485 has been pending 180 days, the I-140 can stay valid for a new job in the same or a similar occupation (Supplement J). I-485待审满180天可换同类工作。

EAD and advance parole 工卡与回美证

- With a pending I-485 you may apply for an EAD (Form I-765) and advance parole (Form I-131). 待审期间可申请工卡与回美证。
- USCIS generally recommends filing a renewal EAD up to 180 days before expiry and at least 90 days before. **Renewals filed on or after Oct 30, 2025 get no automatic extension** (final rule effective Oct 14, 2026). 2025年10月30日后的续签不再自动延期。
- Leaving the US with a pending I-485 counts as abandoning it, unless you have advance parole, or you are in valid H-1B/H-4 or L status and return with a valid visa (H-1B/L: to resume work for the same employer). 待审期间出境视为放弃，除非持回美证或符合H/L例外。

What's in the full download 完整版包含

- Blank tracker (.xlsx) for Excel 2016+ / Microsoft 365 and Google Sheets 空白表格
- Filled SAMPLE tracker (fictional values) 示例表格（虚构数据）
- 6-page bilingual Quick-Start Guide with the rules cheat sheet and every official source 6页中英双语指南（含规则速查与官方出处）
- 7 tabs: Start • Dashboard • Bulletin Log • Timeline • EAD & AP • Documents • Rules & Sources

> Not legal advice and not a forecast. Contains no official Visa Bulletin data. Not affiliated with USCIS, DOS or DOL. Rules checked 2026-11-24; confirm with your immigration attorney. 不构成法律建议，不做预测，不含官方排期数据，与政府机构无关。