The best day upon which the sun has risen is Friday

Abu Hurayrah (may Allah be pleased with him) reported that the Prophet (may Allah's peace and blessings be upon him) said: "The best day upon which the sun has risen is Friday; on it Adam was created, on it he was admitted to Paradise, on it he was expelled therefrom, and the Hour will not take place except on Friday."

[Authentic] [Narrated by Muslim]

The Prophet (may Allah's peace and blessings be upon him) informs that the best day upon which the sun has risen is Friday. Some of the characteristics of this day are: that Allah created Adam (peace be upon him) on that day, He admitted him to Paradise on that day and He drove him out therefrom and sent him down to earth on that day, besides the fact that the Hour will not take place except on Friday.

http://sunnah.global/hadeeth/en/show/3711