|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | M | T | W | T | F | S | S |
| WEEK 1 | Rest Day | Rest Day | 0700-1400 | 0700-1400 | 1400-2200 | 1400-2200 | 1400-2200 |
| WEEK 2 | 2200-0700 | 2200-0700 | Rest Day | Rest Day | 0700-1400 | 0700-1400 | 0700-1400 |
| WEEK 3 | 1400-2200 | 1400-2200 | 2200-0700 | 2200-0700 | Rest Day | Rest Day | Rest Day |
| WEEK 4 | 0700-1400 | 0700-1400 | 1400-2200 | 1400-2200 | 2200-0700 | 2200-0700 | 2200-0700 |
| WEEK 5 | Rest Day | Rest Day | 0700-1400 | 0700-1400 | 1400-2200 | 1400-2200 | 1400-2200 |
| WEEK 6 | 2200-0700 | 2200-0700 | Rest Day | Rest Day | 0700-1400 | 0700-1400 | 0700-1400 |
| WEEK 7 | 1400-2200 | 1400-2200 | 2200-0700 | 2200-0700 | Rest Day | Rest Day | Rest Day |
| WEEK 8 | 0700-1400 | 0700-1400 | 1400-2200 | 1400-2200 | 2200-0700 | 2200-0700 | 2200-0700 |