

	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