

# The 4-3 Ten-Hour Rotation — Tommy

Cycle length: 21 days · Shift length: 10 hours · Average hours per week: 40 hours

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Team A</b>	Day	Day	Day	Day	Off	Off	Off	Night	Night	Night	Night	Off	Off	Off	Evening	Evening	Evening	Evening	Off	Off	Off
<b>Team B</b>	Off	Off	Off	Day	Day	Day	Day	Off	Off	Off	Night	Night	Night	Night	Off	Off	Off	Evening	Evening	Evening	Evening
<b>Team C</b>	Evening	Evening	Evening	Evening	Off	Off	Off	Day	Day	Day	Day	Off	Off	Off	Night	Night	Night	Night	Off	Off	Off
<b>Team D</b>	Off	Off	Off	Evening	Evening	Evening	Evening	Off	Off	Off	Day	Day	Day	Day	Off	Off	Off	Night	Night	Night	Night
<b>Team E</b>	Night	Night	Night	Night	Off	Off	Off	Evening	Evening	Evening	Evening	Off	Off	Off	Day	Day	Day	Day	Off	Off	Off
<b>Team F</b>	Off	Off	Off	Night	Night	Night	Night	Off	Off	Off	Evening	Evening	Evening	Evening	Off	Off	Off	Day	Day	Day	Day

Day = Day shift · Evening = Evening shift · Night = Night shift · Off = Day off

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