

# The 4 On 3 Off Shift Pattern — Tommy

*Cycle length: 7 days · Shift length: 10 hours · Average hours per week: 40 hours*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Team A	Day	Day	Day	Day	Off	Off	Off

*Day = Day shift · Off = Day off*

[mytommy.com](http://mytommy.com)