

The 5 On 4 Off Shift Pattern — Tommy

Cycle length: 27 days · Shift length: 10 hours · Average hours per week: 38.9 hours

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat		
Team A	Day	Day	Day	Day	Day	Off	Off	Off	Off	Off	Off	Evening	Evening	Evening	Evening	Evening	Off	Off	Off	Off	Night	Night	Night	Night	Night	Off	Off	Off	Off
Team B	Evening	Evening	Evening	Evening	Evening	Off	Off	Off	Off	Off	Off	Night	Night	Night	Night	Night	Off	Off	Off	Off	Day	Day	Day	Day	Day	Off	Off	Off	Off
Team C	Night	Night	Night	Night	Night	Off	Off	Off	Off	Off	Off	Day	Day	Day	Day	Day	Off	Off	Off	Off	Evening	Evening	Evening	Evening	Evening	Off	Off	Off	Off

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

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