

The 7 On 7 Off Schedule — Tommy

Cycle length: 14 days · Shift length: 12 hours · Average hours per week: 42 hours

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

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

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