

The Continental Shift Pattern — Tommy

Cycle length: 8 days · Shift length: 8 hours · Average hours per week: 42 hours

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

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

mytommy.com