

Rotating Shift Schedules — Tommy

Cycle length: 21 days · Shift length: 8 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
Team A	Day	Day	Day	Day	Day	Off	Off	Evening	Evening	Evening	Evening	Evening	Off	Off	Night	Night	Night	Night	Night	Off	Off
Team B	Evening	Evening	Evening	Evening	Evening	Off	Off	Night	Night	Night	Night	Night	Off	Off	Day	Day	Day	Day	Day	Off	Off
Team C	Night	Night	Night	Night	Night	Off	Off	Day	Day	Day	Day	Day	Off	Off	Evening	Evening	Evening	Evening	Evening	Off	Off

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