

The Two-Shift System — Tommy

Cycle length: 14 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
Team A	Day	Day	Day	Day	Day	Off	Off	Evening	Evening	Evening	Evening	Evening	Off	Off
Team B	Evening	Evening	Evening	Evening	Evening	Off	Off	Day	Day	Day	Day	Day	Off	Off

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

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