The **FIRST** day of the pattern **MUST** be show in **RED** and in **BOLD**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Mon | Tues | Wed | Thu | Fri | Sat | Sun | Total Number of hours |
| **Week 1** | 1 | **0700x1900** | 0700x1900 | 0700x1900 | 0700x1900 | RD | RD | RD | **44** |
| **Week 2** | 8 | RD | 0800x2000 | 0800x2000 | 0800x2000 | 0800x2000 | RD | RD | **44** |
| **Week 3** | 15 | RD | RD | 0700x1900 | 0700x1900 | 0700x1900 | 0700x1730 | RD | **42.5** |
| **Week 4** | 22 | RD | RD | RD | 0800x2000 | 0800x2000 | 0830x1900 | 0830x1900 | **41** |
| **Week 5** | 29 | RD | RD | RD | RD | 0700x1900 | 0700x1730 | 0700x1730 | **30** |
| **Week 6** | 36 | 0700x1900 | RD | RD | RD | RD | 0830x1900 | 0830x1900 | **30** |
| **Week 7** | 43 | 0800x2000 | 0800x2000 | RD | RD | RD | RD | 0700x1730 | **31.5** |
| **Week 8** | 50 | 0700x1900 | 0700x1900 | 0700x1900 | RD | RD | RD | RD | **33** |
| **Week 9** | 57 | 0800x2000 | 0800x2000 | 0800x2000 | 0800x2000 | RD | RD | RD | **44** |
| **Week 10** | 64 | RD | 0700x1900 | 0700x1900 | 0700x1900 | 0700x1900 | RD | RD | **44** |
| **Week 11** | 71 | RD | RD | 0800x2000 | 0800x2000 | 0800x2000 | 0830x1900 | RD | **42.5** |
| **Week 12** | 78 | RD | RD | RD | 0700x1900 | 0700x1900 | 0700x1730 | 0700x1730 | **41** |
| **Week 13** | 85 | RD | RD | RD | RD | 0800x2000 | 0830x1900 | 0830x1900 | **30** |
| **Week 14** | 92 | 0800x2000 | RD | RD | RD | RD | 0700x1730 | 0700x1730 | **30** |
| **Week 15** | 99 | 0700x1900 | 0700x1900 | RD | RD | RD | RD | 0830x1900 | **31.5** |
| **Week 16** | 106 | 0700x1900 | 0700x1900 | RD | RD | RD | RD | 0830x1900 | **31.5** |
| **Week 17** | 113 |  |  |  |  |  |  |  |  |
| **Week 18** | 120 |  |  |  |  |  |  |  |  |
| **Week 19** | 127 |  |  |  |  |  |  |  |  |
| **Week 20** | 134 |  |  |  |  |  |  |  |  |
| **Week 21** | 141 |  |  |  |  |  |  |  |  |
| **Week 22** | 148 |  |  |  |  |  |  |  |  |
| **Week 23** | 155 |  |  |  |  |  |  |  |  |
| **Week 24** | 162 |  |  |  |  |  |  |  |  |
| **Week 25** | 169 |  |  |  |  |  |  |  |  |
| **Week 26** | 176 |  |  |  |  |  |  |  |  |
| **Week 27** | 183 |  |  |  |  |  |  |  |  |
| **Week 28** | 190 |  |  |  |  |  |  |  |  |
| **Week 29** | 197 |  |  |  |  |  |  |  |  |
| **Week 30** | 204 |  |  |  |  |  |  |  |  |
| **Week 31** | 211 |  |  |  |  |  |  |  |  |
| **Week 32** | 218 |  |  |  |  |  |  |  |  |
| **Week 33** | 225 |  |  |  |  |  |  |  |  |
| **Week 34** | 232 |  |  |  |  |  |  |  |  |
| **Week 35** | 239 |  |  |  |  |  |  |  |  |
| **Week 36** | 246 |  |  |  |  |  |  |  |  |
| **Week 37** | 253 |  |  |  |  |  |  |  |  |
| **Week 38** | 260 |  |  |  |  |  |  |  |  |
| **Week 39** | 267 |  |  |  |  |  |  |  |  |
| **Week 40** | 274 |  |  |  |  |  |  |  |  |
| **Week 41** | 281 |  |  |  |  |  |  |  |  |
| **Week 42** | 288 |  |  |  |  |  |  |  |  |
| **Week 43** | 295 |  |  |  |  |  |  |  |  |
| **Week 44** | 302 |  |  |  |  |  |  |  |  |
| **Week 45** | 309 |  |  |  |  |  |  |  |  |
| **Week 46** | 316 |  |  |  |  |  |  |  |  |
| **Week 47** | 323 |  |  |  |  |  |  |  |  |
| **Week 48** | 330 |  |  |  |  |  |  |  |  |
| **Week 49** | 337 |  |  |  |  |  |  |  |  |
| **Week 50** | 344 |  |  |  |  |  |  |  |  |
| **Week 51** | 351 |  |  |  |  |  |  |  |  |
| **Week 52** | 358 |  |  |  |  |  |  |  |  |