

LCU Shift Pattern

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
week 1	1300-2200	1300-2200	1300-2200	1300-2200	Rest Day	Rest Day	Rest Day
week 2	1300-2200	1300-2200	1300-2200	Rest Day	Rest Day	0800-1800	0800-1630
week 3	0800-1630	0800-1630	Rest Day	Rest Day	1400-0000	1400-0000	1300-2200
week 4	0900-1800	Rest Day	Rest Day	1300-2200	1400-0000	1400-0000	1400-0000
week 5	Rest Day	Rest Day	0800-1630	0800-1630	1400-0000	Rest Day	Rest Day
week 6	Rest Day	0800-1630	0800-1630	0800-1630	0800-1630	Rest Day	Rest Day
week 7	1300-2200	1300-2200	1300-2200	1300-2200	Rest Day	Rest Day	Rest Day
week 8	1300-2200	1300-2200	1300-2200	Rest Day	Rest Day	0800-1800	0800-1630
week 9	0800-1630	0800-1630	Rest Day	Rest Day	0800-1630	0800-1800	0800-1630
week 10	0800-1630	Rest Day	Rest Day	1300-2200	1400-0000	1400-0000	1400-0000
week 11	Rest Day	Rest Day	0800-1630	0800-1630	0800-1700	Rest Day	Rest Day
week 12	Rest Day	0800-1630	0800-1630	0800-1630	0800-1700	Rest Day	Rest Day

3 Team, 12 Week Cycle, Span of Hours 0800 – 0000hrs, Spinal Column points = 5