A tough decision can be made easier with these charts showing you the best five and worst five schedules for upcoming seven-day periods. Some of you used them last year but for the benefit of new readers here is a refresher. The number next to the team indicates the 'multiplier' to use on a player's point-per-game pace to give you an idea how many points to expect for that week.

Best Bets
NJ 4.06 - four games MTL, NYI, OTT, BUF
Carolina 3.90 - four games PHI, BOS, NYR, NYI
St.Louis 3.90 - four games ANA, CGY, VAN, EDM
Montreal 3.82 - four games NJ, NYR, FLA, TB
Philadelphia 3.28 - three games CAR, PIT, ATL
Steer Clear
Nashville 1.94 - two games COL, CLB
Boston 1.94 - two games OTT, CAR
Toronto 1.95 - two games FLA, LA
SJ 1.97 - two games BUF, CHI

Tbay 2.31 - two games ATL, MTL

o Friday January 29, 2010

Best Bets

Washington 4.29 - four games PHX, NYI, ANA, FLA
NJ 4.27 - four games NYI, OTT, BUF, TOR
Anaheim 4.13 - four games STL, ATL, WSH, TB
Detroit 3.97 - four games LA, PHX, MIN, NSH
Carolina 3.90 - four games PHI, BOS, NYR, NYI

Steer Clear

Nashville 1.88 - two games CLB, DET
Edmonton 1.97 - two games CHI, STL
SJ 1.97 - two games BUF, CHI
Ottawa 2.65 - three games BOS, NJ, PIT
Chicago 2.67 - three games VAN, EDM, SJ

Saturday January 30, 2010

Best Bets

Calgary 4.15 - four games STL, DAL, PHX, EDM
Carolina 3.90 - four games BOS, NYR, NYI, CHI
St.Louis 3.86 - four games CGY, EDM, VAN, CLB
Philadelphia 3.51 - three games PIT, ATL, NYI
Dallas 3.25 - three games COL, CGY, COL

Steer Clear

SJ 1.83 - two games CHI, MIN
Florida 2.06 - two games MTL, WSH
Tbay 2.13 - two games MTL, ANA
Buffalo 2.66 - three games VAN, NJ, BOS
Chicago 2.70 - three games EDM, SJ, CAR

Sunday January 31, 2010

Best Bets

Washington 4.41 - four games NYI, ANA, FLA, TB
NJ 4.19 - four games OTT, BUF, TOR, LA
Calgary 4.15 - four games STL, DAL, PHX, EDM
NYR 4.08 - four games PIT, CAR, PHX, COL
Phoenix 4.04 - four games DET, CGY, NYR, DAL

Steer Clear

SJ 1.83 - two games CHI, MIN
Boston 1.96 - two games BUF, LA
Philadelphia 2.46 - three games ATL, NYI
Buffalo 2.66 - three games VAN, NJ, BOS
Chicago 2.70 - three games EDM, SJ, CAR

o Monday February 1, 2010

Best Bets

Washington 4.41 - four games NYI, ANA, FLA, TB
Florida 4.34 - four games MTL, WSH, NYI, ANA
NJ 4.19 - four games OTT, BUF, TOR, LA
Calgary 4.18 - four games DAL, PHX, EDM, PHI
Anaheim 4.12 - four games ATL, WSH, TB, FLA

Steer Clear

SJ 1.83 - two games CHI, MIN
Boston 1.96 - two games BUF, LA
Vancouver 2.20 - two games STL, TOR
Chicago 2.70 - three games EDM, SJ, CAR
Buffalo 2.74 - three games NJ, BOS, PIT

7 to Tuesday February 2, 2010

Best Bets

NJ 4.42 - four games BUF, TOR, LA, TOR
Tbay 4.22 - four games MTL, ANA, WSH, ATL
Dallas 4.22 - four games CGY, COL, PHX, MIN
Calgary 4.18 - four games DAL, PHX, EDM, PHI
Washington 4.08 - four games ANA, FLA, TB, BOS

Steer Clear

Chicago 1.71 - two games SJ, CAR
Ottawa 2.03 - two games PIT, MTL
Toronto 2.73 - three games NJ, VAN, NJ
Buffalo 2.74 - three games NJ, BOS, PIT
NYI 2.77 - three games CAR, PHI, FLA

to Wednesday February 3, 2010

Best Bets

Philadelphia 4.43 - four games ATL, NYI, CGY, EDM
Carolina 4.15 - four games NYI, CHI, EDM, CGY
Calgary 4.15 - four games PHX, EDM, PHI, CAR
Edmonton 4.06 - four games STL, CGY, CAR, PHI
Phoenix 4.00 - four games CGY, NYR, DAL, NSH

Steer Clear

Montreal 1.91 - two games OTT, VAN
Vancouver 2.15 - two games TOR, MTL
Toronto 2.73 - three games NJ, VAN, NJ
Chicago 2.74 - three games SJ, CAR, STL
NYI 2.77 - three games CAR, PHI, FLA

hursday February 4, 2010

Best Bets

Nashville 4.44 - four games DET, ATL, PHX, COL
Tbay 4.37 - four games ANA, WSH, ATL, NYI
Boston 4.12 - four games BUF, LA, WSH, MTL
NYR 4.05 - four games PHX, COL, LA, WSH
Dallas 4.04 - four games COL, PHX, MIN, CLB

Steer Clear

Chicago 1.93 - two games CAR, STL
Pittsburgh 2.10 - two games DET, BUF
Atlanta 2.16 - two games NSH, TB
Montreal 2.69 - three games OTT, VAN, BOS
Toronto 2.73 - three games NJ, VAN, NJ

o Friday February 5, 2010

Best Bets

Washington 4.10 - four games TB, BOS, NYR, ATL
Calgary 4.06 - four games EDM, PHI, CAR, FLA
NYR 4.05 - four games PHX, COL, LA, WSH
Carolina 3.85 - four games CHI, EDM, CGY, BUF
Edmonton 3.83 - four games CGY, CAR, PHI, MIN

Steer Clear

Pittsburgh 2.10 - two games DET, BUF
Montreal 2.69 - three games OTT, VAN, BOS
Detroit 2.71 - three games PIT, SJ, ANA
Toronto 2.73 - three games VAN, NJx2
St.Louis 2.76 - three games CLB, CHI, SJ

Saturday February 6, 2010

Best Bets

Florida 4.48 - four games NYI, ANA, CGY, ATL
Tbay 4.41 - four games WSH, ATL, NYI, CGY
NJ 4.35 - four games LA, TORx2, NYR
Washington 4.10 - four games TB, BOS, NYR, ATL
Calgary 4.08 - four games PHI, CAR, FLA, TB

Steer Clear

St.Louis 2.69 - three games CHI, SJ, CHI
Vancouver 2.70 - three games MTL, OTT, BOS
Philadelphia 2.77 - three games CGY, EDM, MIN
Montreal 2.80 - three games VAN, BOS, PIT
Toronto 2.80 - three games NJx2, OTT