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
Philadelphia 4.31 - four games BUF, TOR, NYI, BOS
Montreal 4.20 - four games LA, ANA, TB, EDM
Boston 4.18 - four games NYI, PIT, TOR, PHI
Minnesota 4.07 - four games EDM, CGY, FLA, DET
Carolina 4.06 - four games FLA, ATL, WSH, PIT
Steer Clear
Phoenix 2.02 - two games ANA, VAN
SJ 2.04 - two games CLB, NSH
St.Louis 2.14 - two games COL, NYI
Florida 2.82 - three games CAR, MIN, COL
NYI 2.84 - three games BOS, PHI, STL
riday March 12, 2010
Best Bets
Atlanta 5.01 - FIVE games TB, CAR, NSH, CLB, NYR
TB 4.35 - four games ATL, MTL, TOR, WSH
Washington 4.32 - four games NYR, DAL, CAR, TB
Montreal 4.20 - four games LA, ANA, TB, EDM
Boston 4.18 - four games NYI, PIT, TOR, PHI
Steer Clear
Phoenix 2.02 - two games ANA, VAN

SJ 2.04 - two games CLB, NSH
Chicago 2.10 - two games DET, LA
St.Louis 2.14 - two games COL, NYI
Calgary 2.81 - three games MIN, DET, OTT

turday March 13, 2010

Best Bets

Philadelphia 4.33 - four games TOR, NYI, BOS, CHI
Carolina 4.25 - four games ATL, WSH, PIT, PHX
Columbus 4.14 - four games LA, ANA, ATL, STL
Toronto 4.13 - four games PHI, BOS, TB, EDM
Montreal 4.13 - four games ANA, TB, EDM, BOS

Steer Clear

Phoenix 1.87 - two games VAN, CAR
Colorado 1.98 - two games VAN, FLA
St.louis 2.02 - two games NYI, CLB
SJ 2.05 - two games NSH, FLA
Pittsburgh 2.60 - three games BOS, CAR, NJ

nday March 14, 2010

Best Bets

Toronto 4.29 - four games BOS, TB, EDM, NYI
Washington 4.22 - four games DAL, CAR, TB, CHI
NYI 4.19 - four games PHI, STL, NJ, TOR
TB 4.18 - four games MTL, TOR, WSH, PIT
Vancouver 4.16 - four games COL, PHX, OTT, CGY

Steer Clear

Florida 2.63 - three games MIN, COL, SJ
St.Louis 2.82 - three games NYI, CLB, MIN
Ottawa 2.85 - three games EDM, CGY, VAN
Pittsburgh 2.85 - three games CAR, NJ, TB
Calgary 2.88 - three games DET, OTT, VAN

onday March 15, 2010

Best Bets

Columbus 4.30 - four games ANA, ATL, STL, EDM
Toronto 4.29 - four games BOS, TB, EDM, NYI
NYI 4.19 - four games PHI, STL, NJ, TOR
TB 4.18 - four games MTL, TOR, WSH, PIT
Vancouver 4.16 - four games COL, PHX, OTT, CGY

Steer Clear

Florida 2.63 - three games MIN, COL, SJ
St.Louis 2.82 - three games NYI, CLB, MIN

Ottawa 2.85 - three games EDM, CGY, VAN
Pittsburgh 2.85 - three games CAR, NJ, TB
LA 2.91 - three games CHI, DAL, NSH

to Tuesday March 16, 2010

Best Bets

Toronto 4.37 - four games TB, EDM, NYI, OTT
Vancouver 4.37 - four games PHX, OTT, CGY, NYI
TB 4.31 - four games TOR, WSH, PIT, PHX
NYI 4.12 - four games STL, NJ, TOR, VAN
Buffalo 4.10 - four games DAL, MIN, DET, ATL

Steer Clear

Anaheim 1.92 - two games NSH, SJ
Montreal 2.82 - three games EDM, BOS, NYR
Pittsburgh 2.85 - three games CAR, NJ, TB
Detroit 2.90 - three games MIN, BUF, CGY
LA 2.91 - three games CHI, DAL, NSH

Wednesday March 17, 2010

Best Bets

Toronto 4.37 - four games TB, EDM, NYI, OTT
TB 4.31 - four games TOR, WSH, PIT, PHX
NYI 4.12 - four games STL, NJ, TOR, VAN
NJ 4.07 - four games PIT, NYI, BOS, PIT
Colorado 4.07 - four games FLA, DAL, STL, CGY

Steer Clear

LA 2.06 - two games DAL, NSH
Montreal 2.82 - three games EDM, BOS, NYR
Anaheim 2.87 - three games NSH, SJ, CHI
Detroit 2.90 - three games MIN, BUF, CGY
Florida 2.92 - three games COL, SJ, WSH

ursday March 18, 2010

Best Bets

NJ 5.24 - FIVE games PIT, NYI, BOS, PIT, TOR
NYR 4.27 - four games ATL, PHI, MTL, STL
Vancouver 4.25 - four games OTT, CGY, NYI, SJ
TB 4.17 - four games WSH, PIT, PHX, BUF
Atlanta 4.14 - four games NYR, PHX, BUF, OTT

Steer Clear

Montreal 1.73 - two games BOS, NYR
Detroit 2.02 - two games BUF, CGY
Columbus 2.12 - two games STI, EDM

Anaheim 2.87 - three games NSH, SJ, CHI
Edmonton 2.88 - three games TOR, CLB, MIN

Friday March 19, 2010

Best Bets

SJ 4.86 - FIVE games FLA, ANA, DAL, VAN, CGY
Vancouver 4.25 - four games OTT, CGY, NYI, SJ
NJ 4.19 - four games NYI, BOS, PIT, TOR
Toronto 4.07 - four games EDM, NYI, OTT, NJ
Phoenix 4.05 - four games CAR, ATL, TB, FLA

Steer Clear

Montreal 1.73 - two games BOS, NYR
LA 1.97 - two games NSH, CHI
Washington 2.68 - three games CHI, FLA, CAR
Pittsburgh 2.73 - three games TB, NJ, BOS
Nashville 2.86 - three games LA, PHI, MIN

aturday March 20, 2010

Best Bets

Vancouver 4.28 - four games CGY, NYI, SJ, DET
TB 4.27 - four games PIT, PHX, BUF, WSH
Atlanta 4.23 - four games PHX, BUF, OTT, PHI
Dallas 4.12 - four games COL, SJ, PHI, OTT
NJ 4.11 - four games BOS, PIT, TOR, STL

Steer Clear

Montreal 2.03 - two games NYR, TOR
Edmonton 2.78 - three games CLB, MIN, DET
Boston 2.79 - three games NJ, CAR, PIT
Detroit 2.85 - three games CGY, EDM, VAN
Carolina 2.89 - three games BOS, WSH, PIT