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 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

unday March 21, 2010

Best Bets

Florida 4.45 - four games WSH, PHX, BUF, TB
Philadelphia 4.30 - four games NSH, DAL, ATLx2
TB 4.15 - four games PHX, BUF, WSH, FLA
NJ 4.11 - four games BOS, PIT, TOR, STL
Dallas 4.10 - four games SJ, PHI, OTT, PHX

Steer Clear

Montreal 2.03 - two games NYR, TOR
LA 2.17 - two games CHI, NYI
Pittsburgh 2.61 - three games NJ, BOS, CAR
NYI 2.76 - three games VAN, ANA, LA
Detroit 2.85 - three games CGY, EDM, VAN

Monday March 22, 2010

Best Bets

Florida 4.45 - four games WSH, PHX, BUF, TB
Ottawa 4.41 - four games TOR, ATL, DAL, MTL
Philadelphia 4.30 - four games NSH, DAL, ATLx2
TB 4.15 - four games PHX, BUF, WSH, FLA
Dallas 4.10 - four games SJ, PHI, OTT, PHX

Steer Clear

Columbus 1.81 - two games MIN, NSH
Calgary 2.72 - three games COL, SJ, MIN
NYI 2.76 - three games VAN, ANA, LA

Edmonton 2.76 - three games MIN, DET, SJ
Chicago 2.89 - three games ANA, LA, PHX

to Tuesday March 23, 2010

Best Bets
Florida 4.54 - four games PHX, BUF, TB, TOR
Philadelphia 4.31 - four games DAL, ATLx2, OTT
Anaheim 4.30 - four games CHI, NYI, COL, CGY
NJ 4.26 - four games PIT, TOR, STL, CLB
Carolina 4.17 - four games WSH, PIT, BUF, TB

Steer Clear
NYR 1.81 - two games STL, BOS
NYI 1.88 - two games ANA, LA
Washington 2.01 - two games CAR, TB
Montreal 2.21 - two games TOR, OTT
Columbus 2.65 - three games MIN, NSH, NJ

Wednesday March 24, 2010

Best Bets
Florida 4.54 - four games PHX, BUF, TB, TOR
LA 4.33 - four games CHI, NYI, COLx2
Philadelphia 4.31 - four games DAL, ATLx2, OTT
Anaheim 4.22 - four games NYI, COL, CGY, VAN
Carolina 4.17 - four games WSH, PIT, BUF, TB

Steer Clear
Columbus 2.65 - three games MIN, NSH, NJ
Calgary 2.74 - three games SJ, MIN, ANA
NYI 2.75 - three games ANA, LA, NYR
Colorado 2.91 - three games ANA, LAx2
Edmonton 2.93 - three games DET, SJ, VAN

ursday March 25, 2010

Best Bets
Florida 4.40 - four games BUF, TB, TOR, MTL
LA 4.32 - four games NYI, COLx2, STL
Anaheim 4.22 - four games NYI, COL, CGY, VAN
Nashville 4.19 - four games CLB, STL, DAL, PHX
Carolina 4.17 - four games WSH, PIT, BUF, TB

Steer Clear
NYR 2.84 - three games BOS, NYI, NJ
Buffalo 2.91 - three games FLA, CAR, MTL
Colorado 2.91 - three games ANA, LAx2
Edmonton 2.93 - three games DET, SJ, VAN

Pittsburgh 2.95 - three games CAR, DET, WSH

Friday March 26, 2010

Best Bets

Florida 4.40 - four games BUF, TB, TOR, MTL
LA 4.32 - four games NYI, COLx2, STL
Nashville 4.19 - four games CLB, STL, DAL, PHX
Carolina 4.17 - four games PIT, BUF, TB, WSH
Philadelphia 4.16 - four games ATLx2, OTT, MIN

Steer Clear

Columbus 2.71 - three games NSH, NH, CHI
NYR 2.84 - three games BOS, NYI, NJ
NYI 2.89 - three games LA, NYR, CGY
Edmonton 2.91 - three games SJ, VAN, ANA
Colorado 2.91 - three games ANA, LAx2

aturday March 27, 2010

Best Bets

Carolina 4.45 - four games BUF, TB, WSH, ATL
Boston 4.39 - four games NYR, ATL, TB, CGY
Florida 4.32 - four games TB, TOR, MTL, OTT
Buffalo 4.25 - four games CAR, MTL, OTT, TB
Nashville 4.25 - four games Stl, DAL, PHX, DET

Steer Clear

Washington 1.95 - two games PIT, CAR
Chicago 2.03 - two games PHX, CLB
Vancouver 2.85 - three games EDM, ANA, SJ
NYI 2.87 - three games NYR, CGY, CLB
Edmonton 2.91 - three games SJ, VAN, ANA