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.

Coming off a Thursday night win at home against the Bruins, Montreal starts out on a seven game road trip over the next 15 days. The stretch begins Sunday in Colorado, followed up by visits to Dallas , Carolina , Long Island , Washington , Tampa and

Florida
. The Habs are only 7-6 on the road thus far, and with the Bruins having two games in hand on them, I wouldn't be surprised if we had a new Northeast Division leader by the time 2011 rolls around.

Another team looking to improve on their road record is the Anaheim Ducks. In a trip that started with a win in Washington on Wednesday, followed handing the Islanders their second win in 22 games, the Ducks are off to Carolina, Boston, Buffalo, LA and Phoenix. They currently sit sixth in the West, but have played as many as six more games than some of the teams behind them. Even Chicago, who is in 12th, is only three points behind them with two games in hand. Yikes.

The Rangers and Flyers have been smoking as of late, both going 6-2 in the month of December. However, both teams only play seven games over the next 21 days going into the first week of January. For Philly, much of this has to do with hosting Florida this Monday and then not playing until Tuesday, December 28 in Vancouver. They are in the Steer Clear section for the next seven days in a row, including an ugly zero game week if you're in a Tuesday to Monday league.

The Rangers have a five and four day break coming up, but should feel comfort in the fact that they play Tampa Bay twice, New Jersey, Long Island, Florida and Carolina in their next seven.

Best Bets

Buffalo 4.29 - four games @FLA, @TB, ANA, FLA
Calgary 4.20 - four games MIN, @MIN, @CBJ, @DAL
New Jersey 4.14 - four games NAS, @ATL, @WAS, NYI
Los Angeles 4.10 - four games @NAS, @COL, @CHI, EDM
Tampa Bay 4.06 - four games BUF, CAR, @NYI, @NYR

Steer Clear

Philadelphia 1.88 - two games NYR, FLA
Toronto 1.99 - two games @VAN, ATL
Edmonton 2.04 - two games @SJ, @LA
NYR 2.07 - two games @PHI, TB
Chicago 2.62 - three games DET, LA, NAS

[redacted]3 to Friday December 24, 2010

Best Bets

Calgary 4.20 - four games MIN, @MIN, @CBJ, @DAL
Los Angeles 4.10 - four games @NAS, @COL, @CHI, EDM
Tampa Bay 4.06 - four games BUF, CAR, @NYI, @NYR
Vancouver 4.06 - four games TOR, @STL, @DET, @CBJ
St. Louis 3.84 - four games SJ, VAN, @ATL, DET

Steer Clear

Chicago 1.75 - two games LA, NAS
Philadelphia 1.88 - two games NYR, FLA
Ottawa 1.90 - two games WAS, @NAS
Toronto 1.99 - two games @VAN, ATL
Edmonton 2.04 - two games @SJ, @LA

[redacted]to Saturday December 25, 2010

Best Bets

Montreal 3.35 - three games @COL, @DAL, @CAR
Calgary 3.25 - three games @MIN, @CBJ, @DAL
Tampa Bay 3.22 - three games CAR, @NYI, @NYR
Los Angeles 3.15 - three games @CHI, @COL, EDM
Florida 3.02 - three games @PHI, @PIT, @BUF

Steer Clear

Philadelphia 1.00 - one games FLA
Toronto 1.04 - one game ATL
NY Rangers 1.06 - one game TB
Columbus 1.71 - two games CAL, VAN
Chicago 1.75 - two games LA, NAS

[redacted] to Sunday December 26, 2010

Best Bets

Tampa Bay 4.28 - four games CAR, @NYI, @NYR, @ATL

Vancouver 4.13 - four games @STL, @DET, @CBJ, EDM

Atlanta 4.02 - four games @TOR, STL, @BOS, TB
Pittsburgh 3.94 - four games PHO, FLA, @WAS, @OTT
St. Louis - 3.74 - four games VAN, @ATL, DET, NAS
Steer Clear
Philadelphia 1.00 - one games FLA
NY Rangers 1.06 - one game TB
Colorado 1.75 - two games LA, MIN
Chicago 1.85 - two games NAS, CBJ
Ottawa 1.90 - two games @NAS, PIT
[redacted] to Monday December 27, 2010
Best Bets
Los Angeles 4.39 - four games @COL, EDM, ANA, @SJ

Detroit 3.90 - four games VAN, @STL, @MIN, @COL

NY Islanders 3.90 - four games TB, @NJ, MON, @NYR
Columbus 3.71 - four games CAL, VAN, @CHI, MIN
Montreal 3.39 - three games @DAL, @CAR, @NYI
Steer Clear
Philadelphia 0.00 - zero games
Toronto 0.95 - one game @NJ
Chicago 1.81 - two games NAS, CBJ
Carolina 1.86 - two games MON, PIT
Ottawa 1.90 - two games @NAS, PIT
[redacted]r 22 to Tuesday December 28, 2010
Best Bets
Pittsburgh 4.16 - four games FLA, @WAS, @OTT, ATL
Tampa Bay 4.14 - four games @NYI, @NYR, @ATL, BOS

Vancouver 4.10 - four games @DET, @CBJ, EDM, PHI
Nashville 4.00 - four games @CHI, OTT, @STL, DAL
Detroit 3.90 - four games VAN, @STL, @MIN, @COL

Steer Clear

Philadelphia 0.90 - one games @VAN
San Jose 1.72 - two games PHO, LA
Colorado 1.75 - two games MIN, DET
Toronto 1.90 - two games @NJ, CAR
Anaheim 1.90 - two games @LA, @PHO

[redacted]3 to Wednesday December 29, 2010

Best Bets

Pittsburgh 4.36 - four games @WAS, @OTT, ATL, @NYI
Detroit 4.19 - four games @STL, @MIN, @COL, @DAL
Los Angeles - four games EDM, ANA, @SJ, @PHO
Carolina 4.14 - four games MON, WAS, @TOR, OTT
Phoenix 4.11 - four games @SJ, @DAL, ANA, LA

Steer Clear

Philadelphia 0.90 - one games @VAN
Colorado 1.75 - two games MIN, DET
Florida 1.75 - two games @BUF, BOS
Chicago 1.90 - two games CBJ, @STL
Toronto 1.90 - two games @NJ, CAR

[redacted]o Thursday December 30, 2010

Best Bets

Los Angeles 3.90 - four games ANA, @SJ, @PHO, PHI
Boston 3.43 - three games @FLA, @TB, @ATL
Montreal 3.41 - three games @NYI, @WAS, @TB
Pittsburgh 3.31 - three games @OTT, ATL, @NYI
Detroit 3.25 - three games @MIN, @COL, @DAL

Steer Clear

Florida 0.82 - one game BOS
Calgary 0.84 - one game BUF
St. Louis 1.81 - two games NAS, CHI
Anaheim 1.90 - two games @LA, @PHO
Ottawa 1.92 - two games PIT, CAR

[redacted]5 to Friday December 31, 2010

Best Bets

Montreal 4.51 - four games @NYI, @WAS, @TB, @FLA
Detroit 4.32 - four games @MIN, @COL, @DAL, NYI
Columbus 4.08 - four games @CHI, MIN, @TOR, OTT

Phoenix 4.01 - four games @DAL, ANA, LA, @STL
Los Angeles 3.90 - four games ANA, @SJ, @PHO, PHI

Steer Clear

Florida 1.73 - two games BOS, MON
Calgary 1.89 - two games BUF, COL
Washington 1.96 - two games @CAR, MON
NY Rangers 2.02 - two games NYI, @NJ
Buffalo 2.33 - two games @CAL, @EDM

[redacted]to Saturday January 1, 2010

Best Bets

Los Angeles 4.85 - five games ANA, @SJ, @PHO, PHI, SJ
Montreal 4.51 - four games @NYI, @WAS, @TB, @FLA
Boston 4.36 - four games @FLA, @TB, @ATL, @BUF
Detroit 4.32 - four games @MIN, @COL, @DAL, NYI
Pittsburgh 4.26 - four games @OTT, ATL, @NYI, WAS

Steer Clear

Florida 1.73 - two games BOS, MON
St. Louis 2.63 - three games NAS, CHI, PHO
Anaheim 2.82 - three games @LA, @PHO, PHI
Chicago 2.85 - three games CBJ, @STL, SJ
Nashville 2.93 - three games @STL, DAL, @MIN