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 used on a player's point-per-game pace to give you an idea how many points to expect for that week.

The Blues ten-day layoff ends on Friday when they open up with a home game against the clock-fixing Kings. The break for your Blues players is definitely over; they play six times in the next ten days and eight times over the next 14. That schedule is evenly split for home and away

games, so play them with a ton of confidence.

Another team with eight games over the next 14 days is the one that carries arguably the hottest player in the league right now, the New York Islanders and John Tavares. They have an equal split in home and road games over this stretch and it's interesting to look at how Tavares' production has varied in each setting. Through 23 games on the road, he has five goals and 19 assists. With 26 home games under his belt, his numbers skyrocket to 17 goals and 12 assists. So it is good to note that after Friday's game in Ottawa, the Islanders play four of five at home. Not that you would ever consider sitting Tavares; but that should help you decide whether or not you can sit his counterparts.

The Senators are looking to get things back on track after blowing the game against Boston earlier this week, giving them four straight losses. They haven't played at home since January 16; that being their only home game in their last ten. I expect them to come out flying to start their five-game homestand. Starting on Friday they face the Islanders, Leafs, Blues, Preds and Oilers.

The struggling Blackhawks hope to have gotten Toews and Sharp back at the right time this week. Tuesday's loss to Vancouver was the start of a nine-game road trip that sees them travel all over the place over the next 18 days. This will be making up for their home to road differential of seven games. While their goal differential at home is +22, it's all the way down to -8 on the road, leading to them having a 10-9-3 record away from the United Centre.

Friday Feb 3 to Thursday Feb 9, 2012

Best Bets

Toronto 4.39 - @Ott, Edm, @Win, @Phi

Los Angeles 4.30 - @StL, @Car, @TB, @Fla

St. Louis 4.11 - LA, @Nas, @Ott, @NJ

NY Islanders 4.09 - @Ott, Phi, @Buff, Mon

Calgary 4.05 - Chi, @Ana, @SJ, @Phx

Steer Clear

Colorado 1.79 - Van, Chi

Carolina 1.92 - LA, @Ana

Buffalo 2.02 - @NYI, Bos

San Jose 2.02 - @Phx, Cgy

Chicago 2.24 - @Cgy, @Col

Saturday Feb 4 to Friday Feb 10, 2012

Best Bets

Toronto 4.39 - @Ott, Edm, @Win, @Phi

Dallas 4.16 - Phx, Min, @CBJ, @Buf

Detroit 4.13 - @Edm, @Phx, Edm, Ana

Pittsburgh 4.04 - @Bos, @NJ, @Mon, Win

Philadelphia 4.00 - NJ, @NYR, NYI, Tor

Steer Clear

Columbus 1.96 - Min, Dal

Chicago 2.13 - @Col, @SJ

Tampa Bay 2.68 - Fla, LA, @NYR

Ottawa 2.76 - Tor, StL, Nash

Colorado 2.78 - Van, Chi, Car

Sunday Feb 5 to Saturday Feb 11, 2012

Best Bets

Montreal 4.21 - Win, Pit, @NYI, @Tor

Toronto 4.11 - Edm, @Win, @Phi, Mon

NY Rangers 4.09 - Phi, NJ, TB, @Phi

Calgary 3.97 - @Ana, @SJ, @Phx, Van

Phoenix 3.92 - Det, @Dal, Cgy, Chi

Steer Clear

San Jose 1.92 - Cgy, Chi

Carolina 2.26 - @Ana, @Col

Ottawa 2.76 - StL, Nash, Edm

NY Islanders 2.77 - @Phi, Mon, LA

Tampa Bay 2.78 - LA, @NYR, @Buf

Monday Feb 6 to Sunday Feb 12, 2012

Best Bets

Los Angeles 4.57 - @TB, @Fla, @NYI, @Dal
St. Louis 4.22 - @Ott, @NJ, Col, SJ
Anaheim 4.18 - Cgy, Car, @Det, @CBJ
Toronto 4.11 - Edm, @Win, @Phi, Mon
Florida 4.08 - @Wash, LA, @NJ, @NYI

Steer Clear

Boston 1.95 - @Buf, Nas

Carolina 2.26 - @Ana, @Col
New Jersey 2.71 - @NYR, StL, Fla
Ottawa 2.76 - StL, Nash, Edm
San Jose 2.86 - Cgy, Col, @StL

Tuesday Feb 7 to Monday Feb 13, 2010

Best Bets

Los Angeles 4.57 - @TB, @Fla, @NYI, @Dal
St. Louis 4.22 - @Ott, @NJ, Col, SJ
Vancouver 4.19 - @Nas, @Min, @Cgy, @Phx
Montreal 4.16 - Pit, @NYI, @Tor, Car
Florida 4.08 - @Wash, LA, @NJ, @NYI
Steer Clear
Boston 1.95 - @Buf, Nas
Edmonton 2.18 - @Det, @Ott
New Jersey 2.71 - @NYR, StL, Fla
Ottawa 2.76 - StL, Nash, Edm
Calgary 2.87 - @SJ, @Phx, Van

Wednesday Feb 8 to Tuesday Feb 14, 2010

Best Bets

Anaheim 4.26 - Car, @Det, @CBJ, @Min
St. Louis 4.24 - @NJ, Col, SJ, @CBJ
Dallas 4.08 - @CBJ, @Buf, LA, @Det
Tampa Bay 3.98 - @NYR, @Buf, @Pit, Ott
Detroit 3.94 - Edm, Ana, Phi, Dal
Steer Clear
Colorado 1.94 - Car, @StL
Pittsburgh 2.14 - Wpg, TB
Edmonton 2.18 - @Det, @Ott
Phoenix 2.77 - Cgy, Chi, Van
Boston 2.77 - @Buf, Nas, NYR

Thursday Feb 9 to Wednesday Feb 15, 2010

Best Bets

St. Louis 4.24 - @NJ, Col, SJ, @CBJ
Vancouver 4.22 - @Min, @Cgy, @Phx, Col
Anaheim 4.22 - @Det, @CBJ, @Min, @Pit
Florida 4.21 - LA, @NJ, @NYI, Ott
Ottawa 4.16 - Nas, Edm, @TB, @Fla
Steer Clear
Carolina 2.15 - @Col, @Mon
Buffalo 2.02 - @NYI, Bos
Edmonton 2.18 - @Ott, Tor
Boston 2.72 - Nas, NYR, @Mon
Philadelphia 2.82 - Tor, NYR, @Det

Friday Feb 10 to Thursday Feb 16, 2010

Best Bets

St. Louis 4.23 - Col, SJ, @CBJ, NYI
Anaheim 4.22 - @Det, @CBJ, @Min, @Pit
Buffalo 4.14 - Dal, TB, NJ, @Phi
San Jose 4.03 - Chi, @StL, @Was, @TB
Tampa Bay 3.95 - @Buf, @Pit, Ott, SJ
Steer Clear
Washington 1.79 - @NYR, SJ
Nashville 1.83 - @Bos, Chi
New Jersey 2.00 - Fla, @Buf
Carolina 2.15 - @Col, @Mon
Edmonton 2.18 - @Ott, Tor

Saturday Feb 11 to Friday Feb 17, 2010

Best Bets

Anaheim 4.32 - @CBJ, @Min, @Pit, @NJ
Florida 4.24 - @NJ, @NYI, Ott, Was
St. Louis 4.23 - Col, SJ, @CBJ, NYI
San Jose 4.19 - @StL, @Was, @TB, @Car
Buffalo 4.04 - TB, NJ, @Phi, Mon
Steer Clear
Carolina 1.88 - @Mon, SJ
Pittsburgh 2.09 - TB, Ana
Phoenix 2.70 - Chi, Van, @LA

Philadelphia 2.77 - NYR, @Det, Buf
Dallas 2.80 - LA, @Det, Cgy

Sunday Feb 12 to Saturday Feb 18, 2010

Best Bets

Anaheim 4.32 - @CBJ, @Min, @Pit, @NJ
San Jose 4.19 - @StL, @Was, @TB, @Car
St. Louis 4.15 - SJ, @CBJ, NYI, Min
Washington 4.05 - @NYR, SJ, @Fla, @TB
NY Isalnders 4.04 - Fla, @Wpg, @StL, Car
Steer Clear
Nashville 1.93 - Chi, @Det
Edmonton 2.04 - Tor, Col
Colorado 2.05 - @Van, @Edm
New Jersey 2.05 - @Buf, Ana
Ottawa 2.26 - @TB, @Fla