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.

My Look Ahead article two weeks ago is more important now than ever as a lot of your fantasy leagues will be starting playoffs this upcoming Monday. In Monday to Sunday leagues, two teams to stay away from are the Canucks and Wild who both play only two games. Minnesota also only plays two games in the Wednesday to Tuesday and Thursday to Wednesday schedules so beware of picking up the recently good, shootout specialist Devin Setoguchi.

Anyone counting the Tampa Bay Lightning out of the playoff race need to have a look at the schedule. After Thursday's game in Washington, they play their next seven at home where they are 20-10-2. It's common knowledge that their goaltending is awful and that doesn't really change at home, but their scoring prowess is significantly better as they've scored 27 more goals in two less home games. Add that to the fact that they play four bottom feeders in Carolina, Toronto, Long Island and Edmonton over this stretch and I think Buffalo and company should be worried.

The Capitals are one of the teams Tampa is trying to catch and they have a very scary road ahead considering the way they've played as of late and on the road all season. They play six of their next seven away from home where their record is less than impressive at 11-18-3. While Tampa has some easy games in their own building, Washington has to travel to some very tough places like Boston, Winnipeg, Chicago, Detroit and Philadelphia. All five rank in the top eight in home goals for.

Could things get any better for the Rangers this year? Starred and won in HBO's 24/7. Best goalie in the league. Top record in the Conference and NHL. No more Sean Avery and the advantage of having millions of dollars waste away on your minor league affiliate. Now after a double header in Ottawa and Chicago on Thursday and Friday, they get to head home for a seven game homestand. Suffice it to say they have been pretty damn good wherever they play this year, but their home stats are just a tiny amount better; 0.3 more goals scored and a disgusting 1.90 goals against at home. For those Lundqvist owners who are disheartened that Biron will be starting on Thursday, it is interesting to note that this will be the Rangers last back to back scenario for the rest of the year.

Best Bets
St. Louis 4.47 - CBJ, @CBJ, @Chi, @Car
Philadelphia 4.46 - @Tor, @NJ, NJ, @NYI

New Jersey 4.46 - @NYI, Phi, @Phi, Col

Toronto 4.35 - Phi, @Was, @Fla, @TB
Colorado 4.20 - Edm, Ana, @Buf, @NJ
Steer Clear
Vancouver 1.90 - Mon, Phx
Minnesota 1.98 - Cgy, Dal
Ottawa 2.02 - Buf, @Mon
Winnpeg 2.08 - @Cgy, Dal
Chicago 2.50 - NYR, LA, StL
day Mar 16, 2010
Best Bets
St. Louis 4.47 - CBJ, @CBJ, @Chi, @Car
Philadelphia 4.46 - @Tor, @NJ, NJ, @NYI

New Jersey 4.46 - @NYI, Phi, @Phi, Col

Toronto 4.35 - Phi, @Was, @Fla, @TB
Washington 4.25 - @Bos, Tor, @NYI, @Win
Steer Clear
Pittsburgh 1.72 - Bos, @NYR
Vancouver 1.90 - Mon, Phx

Winnpeg 1.95 - Dal, Was
Minnesota 1.98 - Cgy, Dal
Chicago 2.78 - LA, StL, @Dal

urday Mar 17, 2010

Best Bets
St. Louis 4.57 - @CBJ, @Chi, @Car, @TB
Toronto 4.36 - @Was, @Fla, @TB, @Ott
Boston 4.25 - @Pit, @TB, @Fla, Phi
Philadelphia 4.20 - @NJ, NJ, @NYI, @Bos
Montreal 4.15 - @Buf, Ott, @Ott, NYI

Steer Clear
Winnpeg 1.95 - Dal, Was
Vancouver 2.03 - Phx, CBJ
Tampa Bay 2.71 - Bos, Tor, StL
Chicago 2.78 - LA, StL, @Dal
Pittsburgh 2.82 - Bos, @NYR, @NJ

day Mar 18, 2010

Best Bets
Montreal 4.15 - @Buf, Ott, @Ott, NYI
Calgary 4.13 - SJ, Phx, @Edm, CBJ
Phoenix 4.09 - Nas, @Van, @Cgy, @Edm
Nashville 4.09 - @Phx, @SJ, @LA, @Ana
Colorado 4.06 - Ana, @Buf, @NJ, @NYR

Steer Clear
Minnesota 1.98 - Dal, Car
Vancouver 2.03 - Phx, CBJ
Tampa Bay 2.71 - Bos, Tor, StL
Florida 2.80 - Tor, Bos, Buf
NY Rangers 2.89 - Car, Pit, Col

nday Mar 19, 2010

Best Bets
Washington 4.38 - @NYI, @Win, @Chi, @Det
Boston 4.35 - @TB, @Fla, Phi, Tor
Toronto 4.20 - @Fla, @TB, @Ott, @Bos
Calgary 4.13 - SJ, Phx, @Edm, CBJ
Detroit 4.00 - @LA, @Ana, @SJ, Was

Steer Clear
Florida 2.80 - Tor, Bos, Buf
Minnesota 2.84 - Dal, Car, Van
Chicago 2.91 - StL, @Dal, Was

Los Angeles 2.91 - Det, @Ana, Nas
Winnipeg 2.94 - Dal, Was, Car

Tuesday Mar 20, 2010

Best Bets

Calgary 4.34 - SJ, Phx, @Edm, CBJ, @Col

Phoenix 4.29 - @Van, @Cgy, @Edm, @Dal

Toronto 4.25 - @Fla, @TB, @Ott, @Bos, NYI
Pittsburgh 4.16 - @NYR, @NJ, @Phi, Win

Columbus 4.16 - @Edm, @Van, @Cgy, Chi

Steer Clear

Minnesota 1.84 - Car, Van
St. Louis 2.30 - @Car, @TB
Tampa Bay 2.85 - Tor, StL, Buf
NY Rangers 2.90 - Phi, Col, NJ
Florida 2.91 - Bos, Buf, @Was

ednesday Mar 21, 2010

Best Bets

Calgary 4.34 - Phx, @Edm, CBJ, @Col

Toronto 4.25 - @Fla, @TB, @Ott, @Bos, NYI
Pittsburgh 4.16 - @NYR, @NJ, @Phi, Win

Chicago 4.12 - @Dal, Was, @CBJ, Van

Nashville 4.09 - @SJ, @LA, @Ana, Edm
Steer Clear
Minnesota 1.84 - Car, Van
Dallas 1.91 - Chi, Phx
Tampa Bay 2.85 - Tor, StL, Buf
Winnipeg 2.89 - Was, Car, @Pit
Detroit 2.90 - @SJ, Was, @NYR
[redacted]sday Mar 22, 2010
Best Bets
Calgary 4.47 - @Edm, CBJ, @Col, @Min
Vancouver 4.33 - CBJ, @Min, @Chi, @Dal

Washington 4.33 - @Win, @Chi, @Det, @Phi

Pittsburgh 4.16 - @NJ, @Phi, Win, Nas
Edmonton 4.13 - Cgy, Phx, @Nas, @TB
Steer Clear
NY Islanders 2.23 - @Mon, @Tor
Dallas 2.76 - Chi, Phx, Van
New Jersey 2.81 - Pit, @NYR, @Ott
Minnesota 2.83 - Car, Van, Cgy
Tampa Bay 2.85 - StL, Buf, Edm
[redacted]day Mar 23, 2010
Best Bets
Vancouver 4.33 - CBJ, @Min, @Chi, @Dal
Carolina 4.33 - @Min, @Win, Fla, @CBJ

Florida 4.25 - Buf, @Phi, @Car, Edm

Washington 4.22 - @Chi, @Det, @Phi, Win
Edmonton 4.16 - Phx, @Nas, @TB, @Fla
Steer Clear
Dallas 1.76 - Phx, Van

NY Islanders 2.23 - @Mon, @Tor
Los Angeles 2.71 - Nas, SJ, STL
Anaheim 2.80 - Nas, @SJ, StL
Minnesota 2.83 - Car, Van, Cgy

[redacted]urday Mar 24, 2010

Best Bets

Calgary 4.42 - CBJ, @Col, @Min, @Dal
Vancouver 4.40 - @Min, @Chi, @Dal, @Col
Phoenix 4.34 - @Edm, @Dal, Col, @SJ
Carolina 4.26 - @Win, Fla, @CBJ, @Det
Washington 4.22 - @Chi, @Det, @Phi, Win

Steer Clear

St.Louis 2.01 - @Ana, @LA
NY Islanders 2.36 - @Tor, @TB
Los Angeles 2.60 - SJ, StL, Bos
Dallas 2.78 - Phx, Van, Cgy
Anaheim 2.80 - Nas, @SJ, StL