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.

After Thursday’s games, Pittsburgh will have a league low 69 games played.

I'm going to take a quick look at the upcoming schedules of the teams fighting for their playoff lives as we speak. Seriously, it doesn't get any better than this; Thursday's games had the 7th, 8th, 9th and 10th seeds in the West all in action.

Eastern Conference

Boston – two games at home over the weekend (vs Phi, Tor) before heading out of a Pacific trip

Ottawa – two more vs Montreal this week, who they have yet to beat this year

Florida – five of their next eight after Thursday are on the road; 15-14-5 this season

Washington – ugly road trip over next week; @Winnipeg, Chicago, Detroit, Philadelphia

Western Conference

Dallas – four straight at home starting Saturday; 20-12-3 this season

Phoenix – three of next four are on the road, including games vs Dallas, Colorado and San Jose

San Jose – five of next six are at home; 19-11-3 this season

Los Angeles – four of next five at home

Detroit – seven of their final 11 games are at the Joe, including one vs Nashville

Nashville – six of their next eight are on the road; including in Pittsburgh, Chicago, St. Louis and Detroit

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
day Mar 23, 2012
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
urday Mar 24, 2012

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

[redacted]day Mar 25, 2012

Best Bets

Edmonton 4.46 - @Nas, @TB, @Fla, @CBJ
Vancouver 4.40 - @Min, @Chi, @Dal, @Col
Florida 4.39 - @Phi, @Car, Edm, NYI
Washington 4.12 - @Det, @Phi, Win, Min
Boston 4.09 - Tor, @SJ, @LA, @Ana

Steer Clear

Los Angeles 2.68 - SJ, StL, Bos
Anaheim 2.70 - @SJ, StL, Bos
Dallas 2.78 - Phx, Van, Cgy
Detroit 2.85 - Was, @NYR, Car
Philadelphia 2.87 - Fla, Was, Mon

[redacted]nday Mar 26, 2012

Best Bets

Edmonton 4.46 - @Nas, @TB, @Fla, @CBJ
Florida 4.39 - @Phi, @Car, Edm, NYI
Calgary 4.32 - @Col, @Min, @Dal, Dal
Vancouver 4.15 - @Chi, @Dal, @Col, LA
Nashville 4.05 - Edm, @Pit, Win, @Chi

Steer Clear

Anaheim 1.66 - StL, Bos
Buffalo 2.84 - Mon, @NYR, Min
Chicago 2.97 - @CBJ, Van, Nas
Detroit 2.99 - @NYR, Car, CBJ
NY Rangers 3.01 - Det, Buf, @Tor

Tuesday Mar 27, 2012

Best Bets

Carolina 4.31 - Fla, @CBJ, @Det, @Tor

Florida 4.31 - @Car, Edm, NYI, @Mon

Tampa Bay 4.19 - Edm, NYI, @Phi, @Bos

Vancouver 4.15 - @Chi, @Dal, @Col, LA

Boston 4.14 - @SJ, @LA, @Ana, TB

Steer Clear

Anaheim 1.66 - StL, Bos

Los Angeles 2.61 - StL, Bos, @Van

San Jose 2.79 - Bos, Phx, Col

Chicago 2.86 - Van, Nas, @NJ

Toronto 2.92 - @NJ, NYR, Car

ednesday Mar 28, 2012

Best Bets

Edmonton 4.46 - @TB, @Fla, @CBJ, Dal

NY Rangers 4.28 - Buf, @Tor, @Min, @Win

Tampa Bay 4.19 - Edm, NYI, @Phi, @Bos

Boston 4.14 - @SJ, @LA, @Ana, TB

Vancouver 4.12 - @Dal, @Col, LA, Col

Steer Clear

Anaheim 1.75 - Bos, SJ

Chicago 2.01 - Nas, @NJ

St. Louis 2.85 - @LA, @Phx, Nas

Toronto 2.92 - @NJ, NYR, Car

Buffalo 2.92 - @NYR, Min, @Wash

[redacted]sday Mar 29, 2012

Best Bets

Pittsburgh 4.35 - @Ott, NJ, NYI, @NYI
Florida 4.28 - Edm, NYI, @Mon, @Min

NY Rangers 4.28 - Buf, @Tor, @Min, @Win

Tampa Bay 4.25 - NYI, @Phi, @Bos, @NJ
San Jose 4.12 - Phx, Col, @Ana, @Phx

Steer Clear

Anaheim 1.75 - Bos, SJ
Phoenix 2.84 - @SJ, StL, SJ
Colorado 2.84 - Van, @SJ, @Van
Los Angeles 2.84 - Bos, @Van, @Cgy
Chicago 2.86 - Nas, @NJ, StL

[redacted]day Mar 30, 2012

Best Bets

Pittsburgh 5.40 - @Ott, NJ, NYI, @NYI, @Buf
Florida 4.44 - NYI, @Mon, @Min, @CBJ

NY Rangers 4.29 - @Tor, @Min, @Win, Mon

Tampa Bay 4.25 - @Phi, @Bos, @NJ
Detroit 4.19 - Car, CBJ, @CBJ, Nas

Steer Clear

Anaheim 1.75 - Bos, SJ
Ottawa 1.96 - Pit, @Win
Washington 2.81 - Min, Buf, @Bos
Phoenix 2.84 - @SJ, StL, SJ
Toronto 2.86 - NYR, Car, Phi

[redacted]rday Mar 31, 2012

Best Bets

Columbus 4.84 - Edm, @Det, Det, Fla, @StL

Florida 4.44 - NYI, @Mon, @Min, @CBJ
Boston 4.36 - @Ana, Tb, Was, @NYI
Pittsburgh 4.35 - NJ, NYI, @NYI, @Buf
Losa Angeles 4.26 - @Van ,@Cgy, @Edm, Min

Steer Clear

Ottawa 2.26 - @Win, @Phi
Anaheim 2.79 - Bos, Sj, @PHx
Phoenix 2.79 - StL, SJ, Ana
Montreal 2.91 - Fla, @NYR, @Was
Toronto 2.99 - Car, Phi, Buf