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
Buffalo 5.23 - FIVE games OTT, TB, BOS, FLA, TOR
Columbus 4.28 - four games NYI, CHI, TB, DET
Carolina 4.26 - four games ATLx2, MTL, OTT
Toronto 4.16 - four games NYR, PIT, ATL, BUF
Nashville 4.05 - four games DET, FLA, LA, STL
Steer Clear
Montreal 1.92 - two games NJ, CAR
NYR 2.28 - two games TOR, NYI
Chicago 2.74 - three games CLB, STL, MIN
Dallas 2.77 - three games LA, ANA, SJ
NJ 2.79 - three games MTI, PHI, BOS

Friday April 2, 2010

Best Bets
Columbus 4.28 - four games NYI, CHI, TB, DET
Carolina 4.26 - four games ATLx2, MTL, OTT
Buffalo 4.19 - four games TB, BOS, FLA, TOR
Toronto 4.16 - four games NYR, PIT, ATL, BUF
Philadelphia 4.07 - four games PIT, NJ, NYI, MTL

Steer Clear
Minnesota 2.87 - three games LA, CHI, SJ
Montreal 2.87 - three games NJ, CAR, PHI
NYI 2.92 - three games CLB, NYR, PHI
Edmonton 2.93 - three games STL, DET, DAL
St.Louis 2.97 - three games EDM, CHI, NSH

aturday April 3, 2010

Best Bets
Washington 4.27 - four games CGY, OTT, ATL, CLB
Columbus 4.13 - four games CHI, TB, DET, WSH
St.Louis 4.10 - four games EDM, CHI, NSH, DAL
Atlanta 4.09 - four games CAR, TOR, WSH, PIT
Toronto 4.07 - four games PIT, ATL, BUF, BOS

Steer Clear
TB 2.82 - three games CLB, PIT, NYR
Minnesota 2.87 - three games LA, CHI, SJ
Colorado 2.95 - three games SJ, ANA, CGY
Phoenix 2.95 - three games VAN, CGY EDM
SJ 2.96 - three games COL, DAL, MIN

unday April 4, 2010

Best Bets
Atlanta 4.09 - four games CAR, TOR, WSH, PIT
Detroit 4.08 - four games EDM, CLB, NSH, PHI
Anaheim 4.06 - four games DAL, COL, VAN, LA
Boston 4.05 - four games BUF, NJ, FLA, TOR
Carolina 3.95 - four games ATL, MTL, OTT, NJ

Steer Clear
Pittsburgh 2.46 - two games TB, ATL
NJ 2.71 - three games BOS, CHI, CAR
TB 2.82 - three games CLB, PIT, NYR
SJ 2.85 - three games DAL, MIN, COL
Phoenix 2.95 - three games VAN, CGY EDM

Monday April 5, 2010

Best Bets
Columbus 4.21 - four games TB, DET, WSH, STL
Detroit 4.08 - four games EDM, CLB, NSH, PHI
Washington 4.04 - four games OTT, ATL, CLB, BOS
St.Louis 4.02 - four games CHI, NSH, DAL, CLB
Boston 4.00 - four games NJ, FLA, TOR, WSH

Steer Clear

Pittsburgh 2.46 - two games TB, ATL
Florida 2.67 - three games BUF, BOS, NYR
NJ 2.71 - three games BOS, CHI, CAR
TB 2.82 - three games CLB, PIT, NYR
Carolina 2.84 - three games MTI, OTT, NJ

to Tuesday April 6, 2010

Best Bets

Philadelphia 4.43 - four games NYI, MTI, DET, TOR
Buffalo 4.12 - four games FLA, TOR, MTI, NYR
Montreal 4.09 - four games CAR, PHI, BUF, NYI
Carolina 3.95 - four games MTL, OTT, NJ, TB
Washington 3.95 - four games ATL, CLB, BOS, PIT

Steer Clear

Nashville 2.00 - two games STL, DET
Phoenix 2.08 - two games CGY, EDM
Atlanta 2.85 - three games WSH, PIT, NJ
TB 2.90 - three games PIT, NYR, CAR
Edmonton 2.92 - three games DAL, PHX, MIN

ednesday April 7, 2010

Best Bets

Philadelphia 4.43 - four games NYI, MTI, DET, TOR
NYR 4.26 - four games TB, FLA, BUF, TOR
Edmonton 4.05 - four games DAL, PHX, MIN, COL
Detroit 4.00 - four games CLB, NSH, PHI, CLB
Chicago 3.98 - four games NJ, CGY, DAL, STL

Steer Clear

TB 1.95 - two games NYR, CAR
Phoenix 2.12 - two games EDM, NSH
Pitssburgh 2.31 - two games ATL, WSH
Minnesota 2.75 - three games SJ, VAN, EDM
Calgary 2.77 - three games COL, CHI, SJ

sday April 8, 2010

Best Bets

NYR 4.26 - four games TB, FLA, BUF, TOR
Edmonton 4.05 - four games DAL, PHX, MIN, COL
Dallas 4.02 - four games EDM, STL, CHI, ANA
Montreal 3.99 - four games PHI, BUF, NYI, CAR
Chicago 3.98 - four games NJ, CGY, DAL, STL

Steer Clear

Atlanta 1.87 - two games PIT, NJ

Nashville 1.98 - two games DET, PHX
Buffalo 2.71 - three games MTL, NYR, BOS
Washington 2.72 - three games CLB, BOS, PIT
Toronto 2.78 - three games BOS, PHI, NYR

day April 9, 2010

Best Bets

NYR 4.19 - four games FLA, BUF, TOR, PHI
Chicago 4.17 - four games CGY, DAL, STL, COL
Columbus 4.05 - four games WSH, STL, DETx2
St.Louis 4.05 - four games DAL, CLB, CHI, ANA
Washington 3.95 - four games CLB, BOS, PIT, ATL

Steer Clear

Nashville 1.98 - two games DET, PHX
TB 2.04 - two games CAR, OTT
Calgary 2.63 - three games CHI, SJ, MIN
Buffalo 2.71 - three games MTL, NYR, BOS
Toronto 2.78 - three games BOS, PHI, NYR

rday April 10, 2010

Best Bets

Chicago 4.17 - four games CGY, DAL, STL, COL
SJ 4.09 - four games COL, CGY, VAN, PHX
Minnesota 3.98 - four games VAN, EDM, CGY, DAL
Vancouver 3.92 - four games MIN, COL, SJ, CGY
St.Louis 3.84 - four games CLB, CHI, ANA, NSH

Steer Clear

Nashville 2.04 - two games PHX, STL
Buffalo 2.68 - three games NYR, BOS, OTT
Phoenix 2.77 - three games NSH, LA, SJ
Dallas 2.79 - three games CHI, ANA, MIN
NYI 2.87 - three games MTL, PIT, NJ