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
Chicago 4.43 - CAR, @TOR, @FLA, @TB
St. Louis 4.30 - @NYI, CBJ, @CBJ, MON
Philadelphia 4.29 - BUF, @NYR, EDM, @TOR
Vancouver 4.14 - @LA, @ANA, @PHX, @SJ
Dallas 4.04 - @ANA, @LA, @SJ, CGY
Steer Clear
Detroit 1.94 - @PHX, LA
Carolina 2.00 - @CHI, ATL
Atlanta 2.05 - FLA, @CAR
Colorado 2.21 - EDM, @MIN
San Jose 2.66 - DAL, NAS, VAN
riday March 11, 2010
Best Bets

Washington 4.38 - @FLA, @TB, EDM, CAR
St. Louis 4.30 - @NYI, CBJ, @CBJ, MON
Philadelphia 4.29 - BUF, @NYR, EDM, @TOR
Edmonton 4.20 - @COL, @PHI, @WAS, @DET
Vancouver 4.14 - @LA, @ANA, @PHX, @SJ

Steer Clear

Pittsburgh 1.79 - @BOS, BUF
NY Rangers 1.91 - PHI, @ANA
Carolina 2.00 - ATL, @WAS
San Jose 2.66 - DAL, NAS, VAN
Phoenix 2.76 - DET, VAN, CGY

turday March 12, 2010

Best Bets

Washington 4.38 - @FLA, @TB, EDM, CAR
Philadelphia 4.29 - BUF, @NYR, EDM, @TOR
New Jersey 4.29 - @NYI, OTT, @ATL, NYI
Vancouver 4.20 - @ANA, @PHX, @SJ, @CGY
Nashville 4.10 - @CGY, @SJ, MIN, COL

Steer Clear

Phoenix 1.81 - VAN, CGY
Pittsburgh 1.86 - BUF, MON
Chicago 2.27 - @FLA, @TB
San Jose 2.60 - NAS, VAN, NYR
Montreal 2.76 - BOS, @STL, @PIT

nday March 13, 2010

Best Bets

Ottawa 4.48 - @NJ, @FLA, @TB, @BUF

Washington 4.23 - @TB, EDM, CAR, CHI
Los Angeles 4.21 - DAL, @DET, @CBJ, @DAL
St. Louis 4.06 - CBJ, @CBJ, MON, DET
Edmonton 3.99 - @PHI, @WAS, @DET, @PIT

Steer Clear

NY Rangers 2.10 - @ANA, @SJ
San Jose 2.60 - NAS, VAN, NYR
Montreal 2.76 - BOS, @STL, @PIT
Phoenix 2.86 - VAN, CGY, @ANA
Colorado 2.95 - @MIN, ANA, @NAS

onday March 14, 2010

Best Bets

Ottawa 4.48 - @NJ, @FLA, @TB, @BUF
Chicago 4.27 - @FLA, @TB, @WAS, SJ
Tampa Bay 4.22 - CHI, OTT, @FLA, @TOR
Vancouver 4.10 - @PHX, @SJ, @CGY, MIN
Toronto 4.06 - @NYI, PHI, BUF, TB

Steer Clear

NY Rangers 2.10 - @ANA, @SJ
Montreal 2.76 - BOS, @STL, @PIT
Dallas 2.79 - CGY, MIN, LA
Phoenix 2.86 - VAN, CGY, @ANA
Columbus 2.89 - STL, LA, @CAR

o Tuesday March 15, 2010

Best Bets

Tampa Bay 4.22 - CHI, OTT, @FLA, @TOR
Los Angeles 4.20 - @DET, @CBJ, @DAL, @NAS

Atlanta 4.20 - @CAR, NJ, @PHI, @NJ
Ottawa 4.18 - @FLA, @TB, @BUF, PIT
Carolina 4.10 - ATL, @WAS, CBJ, @BUF

Steer Clear

Colorado 1.90 - ANA, @NAS
Toronto 2.87 - PHI, BUF, TB
Florida 2.89 - OTT, TB, PHI
Nashville 2.89 - MIN, COL, LA
NY Islanders 2.90 - BOS, @NJ, @NYR

Wednesday March 16, 2010

Best Bets

Carolina 4.23 - @WAS, CBJ, @BUF, TOR
Ottawa 4.18 - @FLA, @TB, @BUF, PIT
Vancouver 4.10 - @SJ, @CGY, MIN, COL
Buffalo 3.96 - @BOS, @TOR, OTT, CAR

Washington 3.96 - CAR, CHI, @MON, @DET

Steer Clear

Edmonton 2.00 - @DET, @PIT
Chicago 2.00 - @SJ, WAS

NY Rangers 2.13 - @SJ, NYI
Columbus 2.70 - LA, @CAR, BOS
Dallas 2.79 - MIN, LA, SJ

ursday March 17, 2010

Best Bets
Detroit 4.31 - EDM, @STL, WAS, @CBJ
Tampa Bay 4.28 - OTT, @FLA, @MON, @TOR
Carolina 4.23 - @WAS, CBJ, @BUF, TOR
Toronto 4.16 - BUF, TB, @CAR, @FLA
New Jersey 4.15 - @ATL, NYI, ATL, @OTT

Steer Clear
NY Rangers 2.13 - @SJ, NYI
Nashville 2.70 - COL, LA, BOS
Calgary 2.85 - VAN, PHX, COL
NY Islanders 2.90 - BOS, @NJ, @NYR
Edmonton 2.95 - @DET, @PIT, PHX

Friday March 18, 2010

Best Bets
Phoenix 4.33 - @ANA, @CGY, @EDM, @VAN
Carolina 4.26 - CBJ, @BUF, TOR, NYI
Toronto 4.16 - BUF, TB, @CAR, @FLA
Washington 4.16 - CHI, @MON, @DET, @NJ
New Jersey 4.05 - NYI, ATL, @OTT, WAS

Steer Clear
Edmonton 1.90 - @PIT, PHX
Anaheim 1.90 - PHX, STL
Minnesota 2.00 - @VAN, @SJ
Boston 2.10 - @CBJ, @NAS
Nashville 2.70 - COL, LA, BOS

aturday March 19, 2010

Best Bets
Phoenix 4.33 - @ANA, @CGY, @EDM, @VAN
Washington 4.16 - CHI, @MON, @DET, @NJ
Ottawa 4.01 - @BUF, PIT, NJ, TB
San Jose 4.00 - @CHI, @DAL, MIN, STL
Toronto 3.97 - TB, @CAR, @FLA, BOS

Steer Clear
NY Rangers 1.99 - NYI, MON
Calgary 2.00 - PHX, COL
Pittsburgh 2.23 - EDM, @OTT

Nashville 2.60 - LA, BOS, DET
Columbus 2.76 - BOS, DET, @MIN