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.

Rest of the Year Look Ahead

Since there is only a week of regular season hockey in the month of April, I`ve turned the usual Monthly Look Ahead to a look at how many games each team will have left in their schedule as of March 1. The number in brackets indicates how many games that team has in the month of March.

21 Games: Boston (17), NYR (17)

20 Games: Florida (16), New Jersey (17), San Jose (17),

19 Games: Buffalo (16), Calgary (17), Carolina (16), Columbus (16), Edmonton (15), Minnesota (15), NYI (15), Phoenix (16), Pittsburgh (15), Tampa Bay (15), Washington (16)

18 Games: Anaheim (14), Colorado (16), Dallas (15), Detroit (14), Los Angeles (15), Montreal (15), Nashville (15), Philadelphia (16), St. Louis (15), Toronto (15), Vancouver (15)

17 Games: Chicago (14), Ottawa (13), Winnipeg (14)

Derek Roy`s resurgence might come a halt with Buffalo`s road trip; nine of 12 on the road (1.85 goals per game)

Losers of 11 of their last 13 on the road, Chicago plays five of next six away from the United Centre; at LA, Dal, Det, StL, Ott.

The Blue Jackets play.....wait, no one cares

Los Angeles actually scores slightly more on the road, so be happy that Jeff Carter could be arriving for a stretch of seven of ten away from home.

Pittsburgh doesn`t play until Saturday, but have six of their next eight at home.

The Blues six game road trip starts on Thursday night in Nashville. Completely different team at home (4th in goals) than on the road (29th in goals).

In the midst of a six game trip as well, Vancouver then plays seven at home, four on the road and then six of seven at home to finish the year.

Best Bets
Boston 4.31 - @Buf, @Ott, Ott, NJ
Colorado 4.30 - @CBJ, @Det, Ana, CBJ

St. Louis 4.29 - @Wpg, @Cgy, @Edm, @Van

Florida 4.26 - @Car, Mon, @Tor, @Win
NY Rangers 4.25 - @NYI, Buf, NJ, @Car
Steer Clear
Detroit 2.25 - Col, @CBJ
Carolina 2.67 - Fla, Nas, NYR
Dallas 2.68 - Min, Van, Pit
Ottawa 2.80 - Bos, NYI, @Bos
Nashville 2.80 - SJ, LA, @Car

day Mar 2, 2010

Best Bets

St. Louis 4.29 - @Wpg, @Cgy, @Edm, @Van
Florida 4.26 - @Car, Mon, @Tor, @Win
NY Rangers 4.25 - Buf, NJ, @Car, @TB
Chicago 4.19 - @LA, @Ana, Tor, @Ott
Anaheim 4.02 - Chi, @Col, Buf, Cgy

Steer Clear

Carolina 2.67 - Fla, Nas, NYR
Nashville 2.80 - SJ, LA, @Car
Winnipeg 2.80 - StL, Edm, Fla
Dallas 2.71 - Van, Pit, @Edm
Toronto 2.84 - Was, Fla, @Chi

urday Mar 3, 2010

Best Bets

Anaheim 4.93 - Chi, @Col, Buf, Cgy, @LA
Montreal 4.22 - @Fla, @TB, Min, Tor
St. Louis 4.11 - @Cgy, @Edm, @Van, @SJ
NY Islanders 4.08 - @Ott, @Wash, @Phi, @Bos
Florida 4.06 - Mon, @Tor, @Win, Nash

Steer Clear

Winnipeg 1.95 - Edm, Fla
Philadelphia 2.07 - @SJ, NYI
Washington 2.09 - NYI, NJ
Detroit 2.17 - @CBJ, Min
Dallas 2.81 - Van, Pit, @Edm

day Mar 4, 2010

Best Bets

Florida 4.23 - @Tor, @Win, Nas, Ott
St. Louis 4.11 - @Cgy, @Edm, @Van, @SJ
NY Rangers 4.11 - NJ, @Car, @TB, Bos
Boston 4.07 - Ott, NJ, NYI, @NYR
Colorado 4.01 - Ana, CBJ, Pit, @Min

Steer Clear

Winnipeg 1.95 - Edm, Fla
Pittsburgh 2.26 - @Dal, @Col
Vancouver 2.74 - Phx, StL, Buf
San Jose 2.76 - Phi, Buf, StL
Carolina 2.82 - Nas, NYR, TB

nday Mar 5, 2010

Best Bets
Florida 4.23 - @Tor, @Win, Nas, Ott
Buffalo 4.18 - @Ana, @SJ, @Van, @Win
Boston 4.07 - Ott, NJ, NYI, @NYR
Phoenix 3.97 - @Van, Cgy, CBJ, @Pit
NY Islanders 3.89 - @Was, @Phi, @Bos, NJ
Steer Clear
Winnipeg 1.90 - Fla, Buf
Los Angeles 2.07 - @Min, Ana
Nashville 2.15 - @Car, @Fla
Vancouver 2.74 - Phx, StL, Buf
San Jose 2.76 - Phi, Buf, StL
Tuesday Mar 6, 2010
Best Bets
Phoenix 4.23 - Cgy, CBJ, @Pit, @CBJ

NY Rangers 4.21 - @Car, @TB, Bos, @NJ

Minnesota 4.20 - @Mon, @Det, Col, @Col
Buffalo 4.18 - @Ana, @SJ, @Van, @Win

San Jose 4.12 - @Tor, @Nas, @Min, Phi
Steer Clear
Nashville 1.87 - @Fla, LA
Winnipeg 1.90 - Fla, Buf
Los Angeles 2.00 - Ana, @Nas
San Jose 2.80 - Buf, StL, Edm
Vancouver 2.80 - StL, Buf, Dal
dnesday Mar 7, 2010
Best Bets
Phoenix 4.23 - Cgy, CBJ, @Pit, @CBJ

NY Rangers 4.21 - @Car, @TB, Bos, @NJ

Minnesota 4.20 - @Mon, @Det, Col, @Col
Boston 4.10 - NJ, NYI, @NYR, @Tor

Buffalo 4.07 - @SJ, @Van, @Win, Car

Steer Clear

Nashville 1.87 - @Fla, LA
Winnipeg 1.90 - Fla, Buf
Los Angeles 2.00 - Ana, @Nas
Toronto 2.75 - @Mon, Bos, @Pit
San Jose 2.80 - Buf, StL, Edm

day Mar 8, 2010

Best Bets

NY Rangers 4.31 - @TB, Bos, @NJ, @Ott
Minnesota 4.23 - @Det, Col, @Col, @Phx

Phoenix 4.21 - CBJ, @Pit, @CBJ, Phx

New Jersey 4.07 - @Was, @NYI, NYR, NYI
Boston 4.06 - NYI, @NYR, @Tor, Buf

Steer Clear

Winnipeg 1.90 - Fla, Buf
Toronto 2.75 - @Mon, Bos, @Pit
Columbus 2.80 - @Phx, Phx, LA
Philadelphia 2.80 - @Was, Det, Fla
St. Louis 2.91 - @SJ, Chi, Ana

ay Mar 9, 2010

Best Bets

Phoenix 4.21 - CBJ, @Pit, @CBJ, Phx
Los Angeles 4.20 - Ana, @Nas, @CBJ, @Det
NY Rangers 4.13 -Bos, @NJ, @Ott, @CHi
Boston 4.06 - NYI, @NYR, @Tor, Buf
Pittsburgh 4.04 - @Col, Phx, Tor, Fla

Steer Clear

Toronto 2.75 - @Mon, Bos, @Pit

Chicago 2.76 - @Det, @StL, NYR
Columbus 2.80 - @Phx, Phx, LA
Philadelphia 2.80 - @Was, Det, Fla
Detroit 2.80 - Chi, @Phi, LA

[redacted]rday Mar 10, 2010

Best Bets

New Jersey 4.34 - @Nyi, NYR, NYI, @NYI
Buffalo 4.23 - @Win, Car, @Bos, @Ott
Edmonton 4.14 - @Ana, @SJ, Mon, @Col
NY Rangers 4.13 -Bos, @NJ, @Ott, @CHi
Ottawa 4.03 - @Fla, @TB, NYR, Buf

Steer Clear

Columbus 2.70 - Phx, LA, @StL
Toronto 2.70 - Bos, @Pit, Phi
Chicago 2.76 - @Det, @StL, NYR
Nashville 2.77 - LA, Col, Det
Pittsburgh 2.89 - Phx, Tor, Fla