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.

Wednesday’s win over the Oilers finally put the Blues over the .500 mark on the road for the season. They’ve now won four consecutive road games going into Vancouver on Thursday, and play nine of their next 11 away from home.

After not making any blockbuster deals by selling away their big pieces at the deadline, Buffalo has actually left themselves in a position to challenge for a playoff spot. Although their record may not show, they have been playing marginally better on the road lately winning four of their last six games.

The games in hand that everyone keep talking about the Jets having are about to disappear as after Thursday's game they only play four games over the next 14 days . At that point (March 14), Toronto and Washington will be a game ahead of Winnipeg.

Chicago, who sits 28th in goals allowed on the road, begins another miniature road trip on Friday night against three of the league's best home teams. They start against Ottawa (10th in home goals), then head to the Joe (1st) and finish off against the seemingly unbeatable Blues (6th).

If you live in the GTA, you know what the stat 1-9-1 is referring to. The Leafs are in a tailspin at a time when they're usually just starting to pick things up to ensure their mediocre spot in the Draft. The worse news is that their upcoming schedule is pretty horrific. The best matchup on it would have to be against the Habs on Saturday, but it's in Montreal and I seriously throw all stats and records out the door when these two teams play. After that they face Boston, Philly, Pittsburgh, Washington, Florida. Yikes.

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
day 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
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

[redacted]day Mar 11, 2010

Best Bets

Carolina 4.36 - @Wash, @Buf, @TB, @Fla
NY Rangers 4.32 - @NJ, @Ott, @Chi, NYI
LA 4.27 - @Nas, @CBJ, @Det, @Chi
St. Louis 4.27 - Chi, Ana, CBJ, @CBJ
Buffalo 4.23 - @Win, Car, @Bos, @Ott

Steer Clear

Chicago 2.59 - @StL, NYR, LA
Nashville 2.77 - LA, Col, Det
Dallas 2.88 - @Van, SJ, Ana
Vancouver 2.96 - Dal, Win, Mon
Detroit 2.97 - @Phi, LA, @Nas

[redacted]day Mar 12, 2010

Best Bets

Carolina 4.36 - @Wash, @Buf, @TB, @Fla
San Jose 4.34 - Edm, @Dal, @Phx, @Edm
NY Rangers 4.32 - @NJ, @Ott, @Chi, NYI
LA 4.27 - @Nas, @CBJ, @Det, @Chi
St. Louis 4.27 - Chi, Ana, CBJ, @CBJ

Steer Clear

Winnipeg 2.93 - @Van, @Cgy
Chicago 2.59 - @StL, NYR, LA
Pittsburgh 2.80 - Tor, Fla, Bos
Dallas 2.88 - @Van, SJ, Ana
Vancouver 2.96 - Dal, Win, Mon

Tuesday Mar 13, 2010

Best Bets

New Jersey 4.51 - NYI, @NYI, Phi, @Phi

San Jose 4.38 - @Dal, @Phx, @Edm. @Cgy

St. Louis 4.37 - Ana, CBJ, @CBJ, @Chi
Washington 4.24 - TB, @Bos, Tor, @NYI

Carolina 4.22 - @Buf, @TB, @Fla, @NYR

Steer Clear

Ottawa 1.77 - NYR, Buf
Vacounver 1.97 - Win, Mon
Winnipeg 2.03 - @Van, @Cgy
Chicago 2.50 - NYR, LA, StL
Columbus 2.62 - LA, @StL, StL

dnesday Mar 14, 2010

Best Bets

New Jersey 4.51 - NYI, @NYI, Phi, @Phi

San Jose 4.38 - @Dal, @Phx, @Edm. @Cgy

St. Louis 4.37 - Ana, CBJ, @CBJ, @Chi
Washington 4.24 - TB, @Bos, Tor, @NYI

NY Rangers 4.21 - @Ott, @Chi, NYI, Car

Steer Clear

Pittsburgh 1.76 - Fla, Bos
Chicago 2.50 - NYR, LA, StL
Ottawa 2.84 - NYR, Buf, @Mon

Tampa Bay 2.85 - @Was, Car, Bos
Vancouver 2.90 - Win, Mon, Phx

day Mar 15, 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
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