

Week On, Week Off

One full week at each home, then switch. The fewest handoffs of any 50/50 schedule.

■ Home 1 ■ Home 2

1 handoff every 2 weeks

MON	TUE	WED	THU	FRI	SAT	SUN
1 Home 1	2 Home 1	3 Home 1	4 Home 1	5 Home 1	6 Home 1	7 Home 1
8 Home 2	9 Home 2	10 Home 2	11 Home 2	12 Home 2	13 Home 2	14 Home 2
15 Home 1	16 Home 1	17 Home 1	18 Home 1	19 Home 1	20 Home 1	21 Home 1
22 Home 2	23 Home 2	24 Home 2	25 Home 2	26 Home 2	27 Home 2	28 Home 2

How to use this

Print it, pin it up, and color in your real dates. Day 1 is wherever your cycle starts; the two-week rotation simply repeats. A one-off swap sits on top of the pattern for that day, and the rotation keeps running underneath.

Notes