



4 ON 4 OFF SCHEDULE

BLUESHIFTS Police Calendar app

ROTATION

SHIFT LENGTH
12 hours

CYCLE
8 or 16 days

AVERAGE WEEK
42 hours

TEAMS
4

THE CYCLE 16 days, then it repeats



Day shift Night shift Day off

FILL IN YOUR OWN DATES start on any day of the cycle and carry on from there

SUN	MON	TUE	WED	THU	FRI	SAT



BLUESHIFTS Police Calendar app

www.policecalendarapp.com

Set it once. The calendar fills itself in.



iPhone



Android