

DuPont schedule: four teams, one 28-day cycle from 2026-10-26

A full 28-day DuPont cycle for four teams on 12-hour shifts, with hours computed as real elapsed time in America/New_York and each team's hours shown week by week.

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
2026-10-26	Mon	A	Night	19:00	07:00	12	
2026-10-26	Mon	D	Day	07:00	19:00	12	
2026-10-27	Tue	A	Night	19:00	07:00	12	
2026-10-27	Tue	D	Day	07:00	19:00	12	
2026-10-28	Wed	A	Night	19:00	07:00	12	
2026-10-28	Wed	D	Day	07:00	19:00	12	
2026-10-29	Thu	A	Night	19:00	07:00	12	
2026-10-29	Thu	C	Day	07:00	19:00	12	
2026-10-30	Fri	C	Day	07:00	19:00	12	
2026-10-30	Fri	D	Night	19:00	07:00	12	
2026-10-31	Sat	C	Day	07:00	19:00	12	
2026-10-31	Sat	D	Night	19:00	07:00	13	Clocks change: 13 real hours, not 12. Pay this figure.
2026-11-01	Sun	C	Day	07:00	19:00	12	
2026-11-01	Sun	D	Night	19:00	07:00	12	
2026-11-02	Mon	A	Day	07:00	19:00	12	
2026-11-02	Mon	B	Night	19:00	07:00	12	
2026-11-03	Tue	A	Day	07:00	19:00	12	
2026-11-03	Tue	B	Night	19:00	07:00	12	
2026-11-04	Wed	A	Day	07:00	19:00	12	
2026-11-04	Wed	B	Night	19:00	07:00	12	
2026-11-05	Thu	B	Night	19:00	07:00	12	
2026-11-05	Thu	D	Day	07:00	19:00	12	
2026-11-06	Fri	A	Night	19:00	07:00	12	
2026-11-06	Fri	D	Day	07:00	19:00	12	
2026-11-07	Sat	A	Night	19:00	07:00	12	
2026-11-07	Sat	D	Day	07:00	19:00	12	
2026-11-08	Sun	A	Night	19:00	07:00	12	
2026-11-08	Sun	D	Day	07:00	19:00	12	
2026-11-09	Mon	B	Day	07:00	19:00	12	

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
2026-11-09	Mon	C	Night	19:00	07:00	12	
2026-11-10	Tue	B	Day	07:00	19:00	12	
2026-11-10	Tue	C	Night	19:00	07:00	12	
2026-11-11	Wed	B	Day	07:00	19:00	12	
2026-11-11	Wed	C	Night	19:00	07:00	12	
2026-11-12	Thu	A	Day	07:00	19:00	12	
2026-11-12	Thu	C	Night	19:00	07:00	12	
2026-11-13	Fri	A	Day	07:00	19:00	12	
2026-11-13	Fri	B	Night	19:00	07:00	12	
2026-11-14	Sat	A	Day	07:00	19:00	12	
2026-11-14	Sat	B	Night	19:00	07:00	12	
2026-11-15	Sun	A	Day	07:00	19:00	12	
2026-11-15	Sun	B	Night	19:00	07:00	12	
2026-11-16	Mon	C	Day	07:00	19:00	12	
2026-11-16	Mon	D	Night	19:00	07:00	12	
2026-11-17	Tue	C	Day	07:00	19:00	12	
2026-11-17	Tue	D	Night	19:00	07:00	12	
2026-11-18	Wed	C	Day	07:00	19:00	12	
2026-11-18	Wed	D	Night	19:00	07:00	12	
2026-11-19	Thu	B	Day	07:00	19:00	12	
2026-11-19	Thu	D	Night	19:00	07:00	12	
2026-11-20	Fri	B	Day	07:00	19:00	12	
2026-11-20	Fri	C	Night	19:00	07:00	12	
2026-11-21	Sat	B	Day	07:00	19:00	12	
2026-11-21	Sat	C	Night	19:00	07:00	12	
2026-11-22	Sun	B	Day	07:00	19:00	12	
2026-11-22	Sun	C	Night	19:00	07:00	12	
Total real hours						673	
Real hours, team A						168	
Real hours, team B						168	
Real hours, team C						168	

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
Real hours, team D						169	
Team members (type names)	Team	Name	Name	Name	Name	Name	Name
Team A	A						
Team B	B						
Team C	C						
Team D	D						
Coverage check: shifts per date	Weekday	Day	Night			Covered?	Each date needs exactly one Day, one Night
2026-10-26	Mon	1	1			Yes	
2026-10-27	Tue	1	1			Yes	
2026-10-28	Wed	1	1			Yes	
2026-10-29	Thu	1	1			Yes	
2026-10-30	Fri	1	1			Yes	
2026-10-31	Sat	1	1			Yes	
2026-11-01	Sun	1	1			Yes	
2026-11-02	Mon	1	1			Yes	
2026-11-03	Tue	1	1			Yes	
2026-11-04	Wed	1	1			Yes	
2026-11-05	Thu	1	1			Yes	
2026-11-06	Fri	1	1			Yes	
2026-11-07	Sat	1	1			Yes	
2026-11-08	Sun	1	1			Yes	
2026-11-09	Mon	1	1			Yes	
2026-11-10	Tue	1	1			Yes	
2026-11-11	Wed	1	1			Yes	
2026-11-12	Thu	1	1			Yes	
2026-11-13	Fri	1	1			Yes	
2026-11-14	Sat	1	1			Yes	
2026-11-15	Sun	1	1			Yes	
2026-11-16	Mon	1	1			Yes	

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
2026-11-17	Tue	1	1			Yes	
2026-11-18	Wed	1	1			Yes	
2026-11-19	Thu	1	1			Yes	
2026-11-20	Fri	1	1			Yes	
2026-11-21	Sat	1	1			Yes	
2026-11-22	Sun	1	1			Yes	
Real hours per team, week by week	Team	Week 1 (from 2026-10-26)	Week 2 (from 2026-11-02)	Week 3 (from 2026-11-09)	Week 4 (from 2026-11-16)	4-week total	
Team A	A	48	72	48	0	168	
Team B	B	0	48	72	48	168	
Team C	C	48	0	48	72	168	
Team D	D	73	48	0	48	169	

How to use this sheet

1. Four teams on the 28-day DuPont cycle. One team's cycle is four nights, three off, three days, one off, three nights, three off, four days, then seven consecutive days off. The other three teams run the same cycle seven, fourteen and twenty-one days later, so every date has one day team (07:00–19:00) and one night team (19:00–07:00).
2. Every team works fourteen 12-hour shifts in 28 days, which averages 42 hours a week. The weeks are nothing like the average: the block from row 101 shows each team's real hours week by week, and the heaviest week in this sheet is 73 hours. A week over 60 is shaded. Check how your overtime is counted before adopting the pattern.
3. Hours are real elapsed time in America/New_York, not the difference between two wall clocks. On an ordinary night 19:00–07:00 is 12 hours. The night the clocks go back it is 13, and the night they go forward it is 11.
4. 1 shift in this sheet crosses a clocks change. The Note column says so, and the Real hours column already accounts for it.
5. The coverage check from row 71 counts the day and night shifts on each date and says "No: check" in red when a date does not have exactly one of each. If you swap a team on a row, it and the weekly hours re-check themselves; if you change a row's shift, change its times and hours too, because those come from the generator and do not recalculate.
6. The totals from row 59 add up the Real hours column, overall and per team, over 4 weeks. Write who is in each team in the Team members block.
7. Change the range or the timezone with the start and tz options on the download link.
8. Filled in? You don't have to type it again. Upload this file at medicalstaffscheduling.com/upload and it becomes a live schedule: everyone sees their shifts on their phone, and every change is checked against licences, rest and overtime. Fourteen days free, no card.