

Season	Week No.	2023 Check-In Days Saturday	2024 Check-In Days Saturday	2025 Check-In Days Saturday	2026 Check-In Days Saturday	2027 Check-In Days Saturday	2028 Check-In Days Saturday
LOW	1	Jan 14–Jan 21	Jan 13–Jan 20	Jan 11–Jan 18	Jan 10–Jan 17	Jan 9–Jan 16	Jan 8–Jan 15
	2	Jan 21–Jan 28	Jan 20–Jan 27	Jan 18–Jan 25	Jan 17–Jan 24	Jan 16–Jan 23	Jan 15–Jan 22
	3	Jan 28–Feb 4	Jan 27–Feb 3	Jan 25–Feb 1	Jan 24–Jan 31	Jan 23–Jan 30	Jan 22–Jan 29
	4	Feb 4–Feb 11	Feb 3–Feb 10	Feb 8–Feb 8	Jan 31–Feb 7	Jan 30–Feb 6	Jan 29–Feb 5
	5	Feb 11–Feb 18	Feb 10–Feb 17	Feb 8–Feb 15	Feb 7–Feb 14	Feb 6–Feb 13	Feb 5–Feb 12
	6	Feb 18–Feb 25	Feb 17–Feb 24	Feb 15–Feb 22	Feb 14–Feb 21	Feb 13–Feb 20	Feb 12–Feb 19
	7	Feb 25–Mar 4	Feb 24–Mar 2	Feb 22–Mar 1	Feb 21–Feb 28	Feb 20–Feb 27	Feb 19–Feb 26
MODERATE	8	Mar 4–Mar 11	Mar 2–Mar 9	Mar 1–Mar 8	Feb 28–Mar 7	Feb 27–Mar 6	Feb 26–Mar 4
	9	Mar 11–Mar 18	Mar 9–Mar 16	Mar 8–Mar 15	Mar 7–Mar 14	Mar 6–Mar 13	Mar 4–Mar 11
	10	Mar 18–Mar 25	Mar 16–Mar 23	Mar 15–Mar 22	Mar 14–Mar 21	Mar 13–Mar 20	Mar 11–Mar 18
	11	Mar 25–Apr 1	Mar 23–Mar 30	Mar 22–Mar 29	Mar 21–Mar 28	Mar 20–Mar 27	Mar 18–Mar 25
MEDIUM HIGH	12	Apr 1–Apr 8	Mar 30–Apr 6	Mar 29–Apr 5	Mar 28–Apr 4	Mar 27–Apr 3	Mar 25–Apr 1
	13	Apr 8–Apr 15	Apr 6–Apr 13	Apr 5–Apr 12	Apr 4–Apr 11	Apr 3–Apr 10	Apr 1–Apr 8
	14	Apr 15–Apr 22	Apr 13–Apr 20	Apr 12–Apr 19	Apr 12–Apr 18	Apr 10–Apr 17	Apr 8–Apr 15
	15	Apr 22–Apr 29	Apr 20–Apr 27	Apr 19–Apr 26	Apr 18–Apr 25	Apr 17–Apr 24	Apr 15–Apr 22
	16	Apr 29–May 6	Apr 27–May 4	Apr 26–May 3	Apr 25–May 2	Apr 24–May 1	Apr 22–Apr 29
	17	May 6–May 13	May 4–May 11	May 3–May 10	May 2–May 9	May 1–May 8	Apr 29–May 6
	18	May 13–May 20	May 11–May 18	May 10–May 17	May 9–May 16	May 8–May 15	May 6–May 13
	19	May 20–May 27	May 18–May 25	May 17–May 24	May 16–May 23	May 15–May 22	May 13–May 20
	20	May 27–Jun 3	May 25–Jun 1	May 24–May 31	May 23–May 30	May 22–May 29	May 20–May 27
	21	Jun 3–Jun 10	Jun 1–Jun 8	May 31–Jun 7	May 30–Jun 6	May 29–Jun 5	May 27–Jun 3
	22	Jun 10–Jun 17	Jun 8–Jun 15	Jun 7–Jun 14	Jun 6–Jun 13	Jun 5–Jun 12	Jun 3–Jun 10
HIGH	23	Jun 17–Jun 24	Jun 15–Jun 22	Jun 14–Jun 21	Jun 13–Jun 20	Jun 12–Jun 19	Jun 10–Jun 17
	24	Jun 24–Jul 1	Jun 22–Jun 29	Jun 21–Jun 28	Jun 20–Jun 27	Jun 19–Jun 26	Jun 17–Jun 24
	25	Jul 1–Jul 8	Jun 29–Jul 6	Jun 28–Jul 5	Jun 27–Jul 4	Jun 26–Jul 3	Jun 24–Jul 1
	26	Jul 8–Jul 15	Jul 6–Jul 13	Jul 5–Jul 12	Jul 4–Jul 11	Jul 3–Jul 10	Jul 1–Jul 8
	27	Jul 15–Jul 22	Jul 13–Jul 20	Jul 12–Jul 19	Jul 11–Jul 18	Jul 10–Jul 17	Jul 8–Jul 15
	28	Jul 22–Jul 29	Jul 20–Jul 27	Jul 19–Jul 26	Jul 18–Jul 25	Jul 17–Jul 24	Jul 15–Jul 22
	29	Jul 29–Aug 5	Jul 27–Aug 3	Jul 26–Aug 2	Jul 25–Aug 1	Jul 24–Jul 31	Jul 22–Jul 29
	30	Aug 5–Aug 12	Aug 3–Aug 10	Aug 2–Aug 9	Aug 1–Aug 8	Jul 31–Aug 7	Jul 29–Aug 5
	31	Aug 12–Aug 19	Aug 10–Aug 17	Aug 9–Aug 16	Aug 8–Aug 15	Aug 7–Aug 14	Aug 5–Aug 12
	32	Aug 19–Aug 26	Aug 17–Aug 24	Aug 16–Aug 23	Aug 15–Aug 22	Aug 14–Aug 21	Aug 12–Aug 19
	33	Aug 26–Sep 2	Aug 24–Aug 31	Aug 23–Aug 30	Aug 22–Aug 29	Aug 21–Aug 28	Aug 19–Aug 26
MEDIUM HIGH	34	Sep 2–Sep 9	Aug 31–Sep 7	Aug 30–Sep 6	Aug 29–Sep 5	Aug 28–Sep 4	Aug 26–Sep 2
	35	Sep 9–Sep 16	Sep 7–Sep 14	Sep 6–Sep 13	Sep 5–Sep 12	Sep 4–Sep 11	Sep 2–Sep 9
	36	Sep 16–Sep 23	Sep 14–Sep 21	Sep 13–Sep 20	Sep 12–Sep 19	Sep 11–Sep 18	Sep 9–Sep 16
	37	Sep 23–Sep 30	Sep 21–Sep 28	Sep 20–Sep 27	Sep 19–Sep 26	Sep 18–Sep 25	Sep 16–Sep 23
	38	Sep 30–Oct 7	Sep 28–Oct 5	Sep 27–Oct 4	Sep 26–Oct 3	Sep 25–Oct 2	Sep 23–Sep 30
	39	Oct 7–Oct 14	Oct 5–Oct 12	Oct 4–Oct 11	Oct 3–Oct 10	Oct 2–Oct 9	Sep 30–Oct 7
	40	Oct 14–Oct 21	Oct 12–Oct 19	Oct 11–Oct 18	Oct 10–Oct 17	Oct 9–Oct 16	Oct 7–Oct 14
	41	Oct 21–Oct 28	Oct 19–Oct 26	Oct 18–Oct 25	Oct 17–Oct 24	Oct 16–Oct 23	Oct 14–Oct 21
	42	Oct 28–Nov 4	Oct 26–Nov 2	Oct 25–Nov 1	Oct 24–Oct 31	Oct 23–Oct 30	Oct 21–Oct 28
MODERATE	43	Nov 4–Nov 11	Nov 2–Nov 9	Nov 1–Nov 8	Oct 31–Nov 7	Oct 30–Nov 6	Oct 28–Nov 4
	44	Nov 11–Nov 18	Nov 9–Nov 16	Nov 8–Nov 15	Nov 7–Nov 14	Nov 6–Nov 13	Nov 4–Nov 11
	45	Nov 18–Nov 25	Nov 16–Nov 23	Nov 15–Nov 22	Nov 14–Nov 21	Nov 13–Nov 20	Nov 11–Nov 18
	46	Nov 25–Dec 2	Nov 23–Nov 30	Nov 22–Nov 29	Nov 21–Nov 28	Nov 20–Nov 27	Nov 18–Nov 25
LOW	47	Dec 2–Dec 9	Nov 30–Dec 7	Nov 29–Dec 6	Nov 28–Dec 5	Nov 27–Dec 4	Nov 25–Dec 2
	48	Dec 9–Dec 16	Dec 7–Dec 14	Dec 6–Dec 13	Dec 5–Dec 12	Dec 4–Dec 11	Dec 2–Dec 9
	49	Dec 16–Dec 23	Dec 14–Dec 21	Dec 13–Dec 20	Dec 12–Dec 19	Dec 11–Dec 18	Dec 9–Dec 16
MODERATE	50	Dec 23–Dec 30	Dec 21–Dec 28	Dec 20–Dec 27	Dec 19–Dec 26	Dec 18–Dec 25	Dec 16–Dec 23
	51	Dec 30–Jan 6, 2024	Dec 28–Jan 4, 2025	Dec 27–Jan 3, 2026	Dec 26–Jan 2, 2027	Dec 25–Jan 1, 2028	Dec 23–Dec 30
LOW	52	Jan 6–Jan 13, 2024	Jan 4–Jan 11, 2025	Jan 3–Jan 10, 2026	Jan 2–Jan 9, 2027	Jan 1–Jan 8, 2028	Dec 30–Jan 6, 2029
WEEK 53	53	–	–	–	–	–	–

Note: Week 1 begins on the second Saturday of each year.