

Week	2025		2026		2027		2028	
1	Jan 04	- Jan 11	Jan 03	- Jan 10	Jan 02	- Jan 09	Jan 01	- Jan 08
2	Jan 11	- Jan 18	Jan 10	- Jan 17	Jan 09	- Jan 16	Jan 08	- Jan 15
3	Jan 18	- Jan 25	Jan 17	- Jan 24	Jan 16	- Jan 23	Jan 15	- Jan 22
4	Jan 25	- Feb 01	Jan 24	- Jan 31	Jan 23	- Jan 30	Jan 22	- Jan 29
5	Feb 01	- Feb 08	Jan 31	- Feb 07	Jan 30	- Feb 06	Jan 29	- Feb 05
6	Feb 08	- Feb 15	Feb 07	- Feb 14	Feb 06	- Feb 13	Feb 05	- Feb 12
7	Feb 15	- Feb 22	Feb 14	- Feb 21	Feb 13	- Feb 20	Feb 12	- Feb 19
8	Feb 22	- Mar 01	Feb 21	- Feb 28	Feb 20	- Feb 27	Feb 19	- Feb 26
9	Mar 01	- Mar 08	Feb 28	- Mar 07	Feb 27	- Mar 06	Feb 26	- Mar 04
10	Mar 08	- Mar 15	Mar 07	- Mar 14	Mar 06	- Mar 13	Mar 04	- Mar 11
11	Mar 15	- Mar 22	Mar 14	- Mar 21	Mar 13	- Mar 20	Mar 11	- Mar 18
12	Mar 22	- Mar 29	Mar 21	- Mar 28	Mar 20	- Mar 27	Mar 18	- Mar 25
13	Mar 29	- Apr 05	Mar 28	- Apr 04	Mar 27	- Apr 03	Mar 25	- Apr 01
14	Apr 05	- Apr 12	Apr 04	- Apr 11	Apr 03	- Apr 10	Apr 01	- Apr 08
15	Apr 12	- Apr 19	Apr 11	- Apr 18	Apr 10	- Apr 17	Apr 08	- Apr 15
16	Apr 19	- Apr 26	Apr 18	- Apr 25	Apr 17	- Apr 24	Apr 15	- Apr 22
17	Apr 26	- May 03	Apr 25	- May 02	Apr 24	- May 01	Apr 22	- Apr 29
18	May 03	- May 10	May 02	- May 09	May 01	- May 08	Apr 29	- May 06
19	May 10	- May 17	May 09	- May 16	May 08	- May 15	May 06	- May 13
20	May 17	- May 24	May 16	- May 23	May 15	- May 22	May 13	- May 20
21	May 24	- May 31	May 23	- May 30	May 22	- May 29	May 20	- May 27
22	May 31	- Jun 07	May 30	- Jun 06	May 29	- Jun 05	May 27	- Jun 03
23	Jun 07	- Jun 14	Jun 06	- Jun 13	Jun 05	- Jun 12	Jun 03	- Jun 10
24	Jun 14	- Jun 21	Jun 13	- Jun 20	Jun 12	- Jun 19	Jun 10	- Jun 17
25	Jun 21	- Jun 28	Jun 20	- Jun 27	Jun 19	- Jun 26	Jun 17	- Jun 24
26	Jun 28	- Jul 05	Jun 27	- Jul 04	Jun 26	- Jul 03	Jun 24	- Jul 01
27	Jul 05	- Jul 12	Jul 04	- Jul 11	Jul 03	- Jul 10	Jul 01	- Jul 08
28	Jul 12	- Jul 19	Jul 11	- Jul 18	Jul 10	- Jul 17	Jul 08	- Jul 15
29	Jul 19	- Jul 26	Jul 18	- Jul 25	Jul 17	- Jul 24	Jul 15	- Jul 22
30	Jul 26	- Aug 02	Jul 25	- Aug 01	Jul 24	- Jul 31	Jul 22	- Jul 29
31	Aug 02	- Aug 09	Aug 01	- Aug 08	Jul 31	- Aug 07	Jul 29	- Aug 05
32	Aug 09	- Aug 16	Aug 08	- Aug 15	Aug 07	- Aug 14	Aug 05	- Aug 12
33	Aug 16	- Aug 23	Aug 15	- Aug 22	Aug 14	- Aug 21	Aug 12	- Aug 19
34	Aug 23	- Aug 30	Aug 22	- Aug 29	Aug 21	- Aug 28	Aug 19	- Aug 26
35	Aug 30	- Sep 06	Aug 29	- Sep 05	Aug 28	- Sep 04	Aug 26	- Sep 02
36	Sep 06	- Sep 13	Sep 05	- Sep 12	Sep 04	- Sep 11	Sep 02	- Sep 09
37	Sep 13	- Sep 20	Sep 12	- Sep 19	Sep 11	- Sep 18	Sep 09	- Sep 16
38	Sep 20	- Sep 27	Sep 19	- Sep 26	Sep 18	- Sep 25	Sep 16	- Sep 23
39	Sep 27	- Oct 04	Sep 26	- Oct 03	Sep 25	- Oct 02	Sep 23	- Sep 30
40	Oct 04	- Oct 11	Oct 03	- Oct 10	Oct 02	- Oct 09	Sep 30	- Oct 07
41	Oct 11	- Oct 18	Oct 10	- Oct 17	Oct 09	- Oct 16	Oct 07	- Oct 14
42	Oct 18	- Oct 25	Oct 17	- Oct 24	Oct 16	- Oct 23	Oct 14	- Oct 21
43	Oct 25	- Nov 01	Oct 24	- Oct 31	Oct 23	- Oct 30	Oct 21	- Oct 28
44	Nov 01	- Nov 08	Oct 31	- Nov 07	Oct 30	- Nov 06	Oct 28	- Nov 04
45	Nov 08	- Nov 15	Nov 07	- Nov 14	Nov 06	- Nov 13	Nov 04	- Nov 11
46	Nov 15	- Nov 22	Nov 14	- Nov 21	Nov 13	- Nov 20	Nov 11	- Nov 18
47	Nov 22	- Nov 29	Nov 21	- Nov 28	Nov 20	- Nov 27	Nov 18	- Nov 25
48	Nov 29	- Dec 06	Nov 28	- Dec 05	Nov 27	- Dec 04	Nov 25	- Dec 02
49	Dec 06	- Dec 13	Dec 05	- Dec 12	Dec 04	- Dec 11	Dec 02	- Dec 09
50	Dec 13	- Dec 20	Dec 12	- Dec 19	Dec 11	- Dec 18	Dec 09	- Dec 16
51	Dec 20	- Dec 27	Dec 19	- Dec 26	Dec 18	- Dec 25	Dec 16	- Dec 23
52	Dec 27	- Jan 03	Dec 26	- Jan 02	Dec 25	- Jan 01	Dec 23	- Dec 30
53	-	-	-	-	-	-	Dec 30	- Jan 06

Week	2029		2030		2031	
1	Jan 06	- Jan 13	Jan 05	- Jan 12	Jan 04	- Jan 11
2	Jan 13	- Jan 20	Jan 12	- Jan 19	Jan 11	- Jan 18
3	Jan 20	- Jan 27	Jan 19	- Jan 26	Jan 18	- Jan 25
4	Jan 27	- Feb 03	Jan 26	- Feb 02	Jan 25	- Feb 01
5	Feb 03	- Feb 10	Feb 02	- Feb 09	Feb 01	- Feb 08
6	Feb 10	- Feb 17	Feb 09	- Feb 16	Feb 08	- Feb 15
7	Feb 17	- Feb 24	Feb 16	- Feb 23	Feb 15	- Feb 22
8	Feb 24	- Mar 03	Feb 23	- Mar 02	Feb 22	- Mar 01
9	Mar 03	- Mar 10	Mar 02	- Mar 09	Mar 01	- Mar 08
10	Mar 10	- Mar 17	Mar 09	- Mar 16	Mar 08	- Mar 15
11	Mar 17	- Mar 24	Mar 16	- Mar 23	Mar 15	- Mar 22
12	Mar 24	- Mar 31	Mar 23	- Mar 30	Mar 22	- Mar 29
13	Mar 31	- Apr 07	Mar 30	- Apr 06	Mar 29	- Apr 05
14	Apr 07	- Apr 14	Apr 06	- Apr 13	Apr 05	- Apr 12
15	Apr 14	- Apr 21	Apr 13	- Apr 20	Apr 12	- Apr 19
16	Apr 21	- Apr 28	Apr 20	- Apr 27	Apr 19	- Apr 26
17	Apr 28	- May 05	Apr 27	- May 04	Apr 26	- May 03
18	May 05	- May 12	May 04	- May 11	May 03	- May 10
19	May 12	- May 19	May 11	- May 18	May 10	- May 17
20	May 19	- May 26	May 18	- May 25	May 17	- May 24
21	May 26	- Jun 02	May 25	- Jun 01	May 24	- May 31
22	Jun 02	- Jun 09	Jun 01	- Jun 08	May 31	- Jun 07
23	Jun 09	- Jun 16	Jun 08	- Jun 15	Jun 07	- Jun 14
24	Jun 16	- Jun 23	Jun 15	- Jun 22	Jun 14	- Jun 21
25	Jun 23	- Jun 30	Jun 22	- Jun 29	Jun 21	- Jun 28
26	Jun 30	- Jul 07	Jun 29	- Jul 06	Jun 28	- Jul 05
27	Jul 07	- Jul 14	Jul 06	- Jul 13	Jul 05	- Jul 12
28	Jul 14	- Jul 21	Jul 13	- Jul 20	Jul 12	- Jul 19
29	Jul 21	- Jul 28	Jul 20	- Jul 27	Jul 19	- Jul 26
30	Jul 28	- Aug 04	Jul 27	- Aug 03	Jul 26	- Aug 02
31	Aug 04	- Aug 11	Aug 03	- Aug 10	Aug 02	- Aug 09
32	Aug 11	- Aug 18	Aug 10	- Aug 17	Aug 09	- Aug 16
33	Aug 18	- Aug 25	Aug 17	- Aug 24	Aug 16	- Aug 23
34	Aug 25	- Sep 01	Aug 24	- Aug 31	Aug 23	- Aug 30
35	Sep 01	- Sep 08	Aug 31	- Sep 07	Aug 30	- Sep 06
36	Sep 08	- Sep 15	Sep 07	- Sep 14	Sep 06	- Sep 13
37	Sep 15	- Sep 22	Sep 14	- Sep 21	Sep 13	- Sep 20
38	Sep 22	- Sep 29	Sep 21	- Sep 28	Sep 20	- Sep 27
39	Sep 29	- Oct 06	Sep 28	- Oct 05	Sep 27	- Oct 04
40	Oct 06	- Oct 13	Oct 05	- Oct 12	Oct 04	- Oct 11
41	Oct 13	- Oct 20	Oct 12	- Oct 19	Oct 11	- Oct 18
42	Oct 20	- Oct 27	Oct 19	- Oct 26	Oct 18	- Oct 25
43	Oct 27	- Nov 03	Oct 26	- Nov 02	Oct 25	- Nov 01
44	Nov 03	- Nov 10	Nov 02	- Nov 09	Nov 01	- Nov 08
45	Nov 10	- Nov 17	Nov 09	- Nov 16	Nov 08	- Nov 15
46	Nov 17	- Nov 24	Nov 16	- Nov 23	Nov 15	- Nov 22
47	Nov 24	- Dec 01	Nov 23	- Nov 30	Nov 22	- Nov 29
48	Dec 01	- Dec 08	Nov 30	- Dec 07	Nov 29	- Dec 06
49	Dec 08	- Dec 15	Dec 07	- Dec 14	Dec 06	- Dec 13
50	Dec 15	- Dec 22	Dec 14	- Dec 21	Dec 13	- Dec 20
51	Dec 22	- Dec 29	Dec 21	- Dec 28	Dec 20	- Dec 27
52	Dec 29	- Jan 05	Dec 28	- Jan 04	Dec 27	- Jan 03
53	-	-	-	-	-	-