

Season	Week No.	2020 Check-In Days Saturday	2021 Check-In Days Saturday	2022 Check-In Days Saturday	2023 Check-In Days Saturday	2024 Check-In Days Saturday	2025 Check-In Days Saturday
LOW	1	Jan 11 – Jan 18	Jan 9 – Jan 16	Jan 8 – Jan 15	Jan 14 – Jan 21	Jan 13 – Jan 20	Jan 11 – Jan 18
	2	Jan 18 – Jan 25	Jan 16 – Jan 23	Jan 15 – Jan 22	Jan 21 – Jan 28	Jan 20 – Jan 27	Jan 18 – Jan 25
	3	Jan 25 – Feb 1	Jan 23 – Jan 30	Jan 22 – Jan 29	Jan 28 – Feb 4	Jan 27 – Feb 3	Jan 25 – Feb 1
	4	Feb 1 – Feb 8	Jan 30 – Feb 6	Jan 29 – Feb 5	Feb 4 – Feb 11	Feb 3 – Feb 10	Feb 1 – Feb 8
	5	Feb 8 – Feb 15	Feb 6 – Feb 13	Feb 5 – Feb 12	Feb 11 – Feb 18	Feb 10 – Feb 17	Feb 8 – Feb 15
	6	Feb 15 – Feb 22	Feb 13 – Feb 20	Feb 12 – Feb 19	Feb 18 – Feb 25	Feb 17 – Feb 24	Feb 15 – Feb 22
	7	Feb 22 – Feb 29	Feb 20 – Feb 27	Feb 19 – Feb 26	Feb 25 – Mar 4	Feb 24 – Mar 2	Feb 22 – Mar 1
MODERATE	8	Feb 29 – Mar 7	Feb 27 – Mar 6	Feb 26 – Mar 5	Mar 4 – Mar 11	Mar 2 – Mar 9	Mar 1 – Mar 8
	9	Mar 7 – Mar 14	Mar 6 – Mar 13	Mar 5 – Mar 12	Mar 11 – Mar 18	Mar 9 – Mar 16	Mar 8 – Mar 15
	10	Mar 14 – Mar 21	Mar 13 – Mar 20	Mar 12 – Mar 19	Mar 18 – Mar 25	Mar 16 – Mar 23	Mar 15 – Mar 22
	11	Mar 21 – Mar 28	Mar 20 – Mar 27	Mar 19 – Mar 26	Mar 25 – Apr 1	Mar 23 – Mar 30	Mar 22 – Mar 29
MEDIUM HIGH	12	Mar 28 – Apr 4	Mar 27 – Apr 3	Mar 26 – Apr 2	Apr 1 – Apr 8	Mar 30 – Apr 6	Mar 29 – Apr 5
	13	Apr 4 – Apr 11	Apr 3 – Apr 10	Apr 2 – Apr 9	Apr 8 – Apr 15	Apr 6 – Apr 13	Apr 5 – Apr 12
	14	Apr 11 – Apr 18	Apr 10 – Apr 17	Apr 9 – Apr 16	Apr 15 – Apr 22	Apr 13 – Apr 20	Apr 12 – Apr 19
	15	Apr 18 – Apr 25	Apr 17 – Apr 24	Apr 16 – Apr 23	Apr 22 – Apr 29	Apr 20 – Apr 27	Apr 19 – Apr 26
	16	Apr 25 – May 2	Apr 24 – May 1	Apr 23 – Apr 30	Apr 29 – May 6	Apr 27 – May 4	Apr 26 – May 3
	17	May 2 – May 9	May 1 – May 8	Apr 30 – May 7	May 6 – May 13	May 4 – May 11	May 3 – May 10
	18	May 9 – May 16	May 8 – May 15	May 7 – May 14	May 13 – May 20	May 11 – May 18	May 10 – May 17
	19	May 16 – May 23	May 15 – May 22	May 14 – May 21	May 20 – May 27	May 18 – May 25	May 17 – May 24
	20	May 23 – May 30	May 22 – May 29	May 21 – May 28	May 27 – Jun 3	May 25 – Jun 1	May 24 – May 31
	21	May 30 – Jun 6	May 29 – Jun 5	May 28 – Jun 4	Jun 3 – Jun 10	Jun 1 – Jun 8	May 31 – Jun 7
	22	Jun 6 – Jun 13	Jun 5 – Jun 12	Jun 4 – Jun 11	Jun 10 – Jun 17	Jun 8 – Jun 15	Jun 7 – Jun 14
HIGH	23	Jun 13 – Jun 20	Jun 12 – Jun 19	Jun 11 – Jun 18	Jun 17 – Jun 24	Jun 15 – Jun 22	Jun 14 – Jun 21
	24	Jun 20 – Jun 27	Jun 19 – Jun 26	Jun 18 – Jun 25	Jun 24 – Jul 1	Jun 22 – Jun 29	Jun 21 – Jun 28
	25	Jun 27 – Jul 4	Jun 26 – Jul 3	Jun 25 – Jul 2	Jul 1 – Jul 8	Jun 29 – Jul 6	Jun 28 – Jul 5
	26	Jul 4 – Jul 11	Jul 3 – Jul 10	Jul 2 – Jul 9	Jul 8 – Jul 15	Jul 6 – Jul 13	Jul 5 – Jul 12
	27	Jul 11 – Jul 18	Jul 10 – Jul 17	Jul 9 – Jul 16	Jul 15 – Jul 22	Jul 13 – Jul 20	Jul 12 – Jul 19
	28	Jul 18 – Jul 25	Jul 17 – Jul 24	Jul 16 – Jul 23	Jul 22 – Jul 29	Jul 20 – Jul 27	Jul 19 – Jul 26
	29	Jul 25 – Aug 1	Jul 24 – Jul 31	Jul 23 – Jul 30	Jul 29 – Aug 5	Jul 27 – Aug 3	Jul 26 – Aug 2
	30	Aug 1 – Aug 8	Jul 31 – Aug 7	Jul 30 – Aug 6	Aug 5 – Aug 12	Aug 3 – Aug 10	Aug 2 – Aug 9
	31	Aug 8 – Aug 15	Aug 7 – Aug 14	Aug 6 – Aug 13	Aug 12 – Aug 19	Aug 10 – Aug 17	Aug 9 – Aug 16
	32	Aug 15 – Aug 22	Aug 14 – Aug 21	Aug 13 – Aug 20	Aug 19 – Aug 26	Aug 17 – Aug 24	Aug 16 – Aug 23
	33	Aug 22 – Aug 29	Aug 21 – Aug 28	Aug 20 – Aug 27	Aug 26 – Sep 2	Aug 24 – Aug 31	Aug 23 – Aug 30
MEDIUM HIGH	34	Aug 29 – Sep 5	Aug 28 – Sep 4	Aug 27 – Sep 3	Sep 2 – Sep 9	Aug 31 – Sep 7	Aug 30 – Sep 6
	35	Sep 5 – Sep 12	Sep 4 – Sep 11	Sep 3 – Sep 10	Sep 9 – Sep 16	Sep 7 – Sep 14	Sep 6 – Sep 13
	36	Sep 12 – Sep 19	Sep 11 – Sep 18	Sep 10 – Sep 17	Sep 16 – Sep 23	Sep 14 – Sep 21	Sep 13 – Sep 20
	37	Sep 19 – Sep 26	Sep 18 – Sep 25	Sep 17 – Sep 24	Sep 23 – Sep 30	Sep 21 – Sep 28	Sep 20 – Sep 27
	38	Sep 26 – Oct 3	Sep 25 – Oct 2	Sep 24 – Oct 1	Sep 30 – Oct 7	Sep 28 – Oct 5	Sep 27 – Oct 4
	39	Oct 3 – Oct 10	Oct 2 – Oct 9	Oct 1 – Oct 8	Oct 7 – Oct 14	Oct 5 – Oct 12	Oct 4 – Oct 11
	40	Oct 10 – Oct 17	Oct 9 – Oct 16	Oct 8 – Oct 15	Oct 14 – Oct 21	Oct 12 – Oct 19	Oct 11 – Oct 18
	41	Oct 17 – Oct 24	Oct 16 – Oct 23	Oct 15 – Oct 22	Oct 21 – Oct 28	Oct 19 – Oct 26	Oct 18 – Oct 25
	42	Oct 24 – Oct 31	Oct 23 – Oct 30	Oct 22 – Oct 29	Oct 28 – Nov 4	Oct 26 – Nov 2	Oct 25 – Nov 1
MODERATE	43	Oct 31 – Nov 7	Oct 30 – Nov 6	Oct 29 – Nov 5	Nov 4 – Nov 11	Nov 2 – Nov 9	Nov 1 – Nov 8
	44	Nov 7 – Nov 14	Nov 6 – Nov 13	Nov 5 – Nov 12	Nov 11 – Nov 18	Nov 9 – Nov 16	Nov 8 – Nov 15
	45	Nov 14 – Nov 21	Nov 13 – Nov 20	Nov 12 – Nov 19	Nov 18 – Nov 25	Nov 16 – Nov 23	Nov 15 – Nov 22
	46	Nov 21 – Nov 28	Nov 20 – Nov 27	Nov 19 – Nov 26	Nov 25 – Dec 2	Nov 23 – Nov 30	Nov 22 – Nov 29
LOW	47	Nov 28 – Dec 5	Nov 27 – Dec 4	Nov 26 – Dec 3	Dec 2 – Dec 9	Nov 30 – Dec 7	Nov 29 – Dec 6
	48	Dec 5 – Dec 12	Dec 4 – Dec 11	Dec 3 – Dec 10	Dec 9 – Dec 16	Dec 7 – Dec 14	Dec 6 – Dec 13
	49	Dec 12 – Dec 19	Dec 11 – Dec 18	Dec 10 – Dec 17	Dec 16 – Dec 23	Dec 14 – Dec 21	Dec 13 – Dec 20
MODERATE	50	Dec 19 – Dec 26	Dec 18 – Dec 25	Dec 17 – Dec 24	Dec 23 – Dec 30	Dec 21 – Dec 28	Dec 20 – Dec 27
	51	Dec 26 – Jan 2, 2021	Dec 25 – Jan 1, 2022	Dec 24 – Dec 31	Dec 30 – Jan 6, 2024	Dec 28 – Jan 4, 2025	Dec 27 – Jan 3, 2026
LOW	52	Jan 2 – Jan 9, 2021	Jan 1 – Jan 8, 2022	Dec 31 – Jan 7, 2023	Jan 6 – Jan 13, 2024	Jan 4 – Jan 11, 2025	Jan 3 – Jan 10, 2026
WEEK 53	53	–	–	Jan 7 – Jan 14, 2023	–	–	–

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