

MON	TUE	WEN	THU	FRI	SAT	SUN
X	X	X	X	X	X	X

MON	TUE	WEN	THU	FRI	SAT	SUN
X				X		

MON	TUE	WEN	THU	FRI	SAT	SUN
					X	X

MON	TUE	WEN	THU	FRI	SAT	SUN
		X				

Once a week  
Twice a week  
Every day  
On weekends