| 2023 |  |  |
| :---: | :---: | :---: |
| Week Number | Thursday to Thursday |  |
| 1 | 5-Jan | 12-Jan |
| 2 | 12-Jan | 19-Jan |
| 3 | 19-Jan | 26-Jan |
| 4 | 26-Jan | 2 -Feb |
| 5 | 2-Feb | 9-Feb |
| 6 | 9-Feb | 16-Feb |
| 7 | 16-Feb | 23-Feb |
| 8 | 23-Feb | 2-Mar |
| 9 | 2-Mar | 9-Mar |
| 10 | 9-Mar | 16-Mar |
| 11 | 16-Mar | 23-Mar |
| 12 | 23-Mar | 30-Mar |
| 13 | 30-Mar | 6-Apr |
| 14 | 6-Apr | 13-Apr |
| 15 | 13-Apr | 20-Apr |
| 16 | 20-Apr | 27-Apr |
| 17 | 27-Apr | 4-May |
| 18 | 4-May | 11-May |
| 19 | 11-May | 18-May |
| 20 | 18-May | 25-May |
| 21 | 25-May | 1-Jun |
| 22 | 1-Jun | 8 -Jun |
| 23 | 8-Jun | 15-Jun |
| 24 | 15-Jun | 22-Jun |
| 25 | 22-Jun | 29-Jun |
| 26 | 29-Jun | 6-Jul |
| 27 | 6-Jul | 13-Jul |
| 28 | 13-Jul | 20-Jul |
| 29 | 20-Jul | 27-Jul |
| 30 | 27-Jul | 3-Aug |
| 31 | 3-Aug | 10-Aug |
| 32 | 10-Aug | 17-Aug |
| 33 | 17-Aug | 24-Aug |
| 34 | 24-Aug | 31-Aug |
| 35 | 31-Aug | 7-Sep |
| 36 | 7-Sep | 14-Sep |
| 37 | 14-Sep | 21-Sep |
| 38 | 21-Sep | 28-Sep |
| 39 | 28-Sep | 5-Oct |
| 40 | 5-Oct | 12-Oct |
| 41 | 12-Oct | 19-Oct |
| 42 | 19-Oct | 26-Oct |
| 43 | 26-Oct | 2-Nov |
| 44 | 2-Nov | $9-\mathrm{Nov}$ |
| 45 | 9 -Nov | 16-Nov |
| 46 | 16-Nov | 23-Nov |
| 47 | 23-Nov | 30-Nov |
| 48 | 30-Nov | 7-Dec |
| 49 | 7-Dec | 14-Dec |
| 50 | 14-Dec | 21-Dec |
| 51 | 21-Dec | 28-Dec |
| 52 | 28-Dec | 4-Jan |
| 53 |  |  |


| 2024 |  |  |
| :---: | :---: | :---: |
| Week Number | Thursday to Thursday |  |
| 1 | 4-Jan | 11-Jan |
| 2 | 11-Jan | 18-Jan |
| 3 | 18-Jan | 25-Jan |
| 4 | 25-Jan | 1-Feb |
| 5 | 1-Feb | 8 -Feb |
| 6 | 8 -Feb | 15-Feb |
| 7 | 15-Feb | 22-Feb |
| 8 | 22-Feb | 29-Feb |
| 9 | 29-Feb | 7-Mar |
| 10 | 7-Mar | 14-Mar |
| 11 | 14-Mar | 21-Mar |
| 12 | 21-Mar | 28-Mar |
| 13 | 28-Mar | 4-Apr |
| 14 | 4-Apr | 11-Apr |
| 15 | 11-Apr | 18-Apr |
| 16 | 18-Apr | 25-Apr |
| 17 | 25-Apr | 2-May |
| 18 | 2-May | 9-May |
| 19 | 9-May | 16-May |
| 20 | 16-May | 23-May |
| 21 | 23-May | 30-May |
| 22 | 30-May | 6-Jun |
| 23 | 6-Jun | 13-Jun |
| 24 | 13-Jun | 20-Jun |
| 25 | 20-Jun | 27-Jun |
| 26 | 27-Jun | 4-Jul |
| 27 | 4-Jul | 11-Jul |
| 28 | 11-Jul | 18-Jul |
| 29 | 18-Jul | $25-\mathrm{Jul}$ |
| 30 | 25-Jul | 1-Aug |
| 31 | 1-Aug | 8-Aug |
| 32 | 8-Aug | 15-Aug |
| 33 | 15-Aug | 22-Aug |
| 34 | 22-Aug | 29-Aug |
| 35 | 29-Aug | 5-Sep |
| 36 | 5-Sep | 12-Sep |
| 37 | 12-Sep | 19-Sep |
| 38 | 19-Sep | 26-Sep |
| 39 | 26-Sep | 3-Oct |
| 40 | 3 -Oct | 10-Oct |
| 41 | 10-Oct | 17-Oct |
| 42 | 17-Oct | 24-Oct |
| 43 | 24-Oct | 31-Oct |
| 44 | 31-Oct | 7-Nov |
| 45 | 7-Nov | 14-Nov |
| 46 | 14-Nov | 21-Nov |
| 47 | 21-Nov | 28-Nov |
| 48 | 28-Nov | 5-Dec |
| 49 | 5-Dec | 12-Dec |
| 50 | 12-Dec | 19-Dec |
| 51 | 19-Dec | 26-Dec |
| 52 | 26-Dec | 2-Jan |
| 53 |  |  |


| 2025 |  |  |
| :---: | :---: | :---: |
| Week Number | Thursday to Thursday |  |
| 1 | 2-Jan | 9-Jan |
| 2 | 9-Jan | 16-Jan |
| 3 | 16-Jan | 23-Jan |
| 4 | 23-Jan | 30-Jan |
| 5 | 30-Jan | 6-Feb |
| 6 | 6-Feb | 13-Feb |
| 7 | 13-Feb | $20-\mathrm{Feb}$ |
| 8 | 20-Feb | 27-Feb |
| 9 | 27-Feb | 6-Mar |
| 10 | 6-Mar | 13-Mar |
| 11 | 13-Mar | 20-Mar |
| 12 | 20-Mar | 27-Mar |
| 13 | 27-Mar | 3-Apr |
| 14 | 3-Apr | 10-Apr |
| 15 | 10-Apr | 17-Apr |
| 16 | 17-Apr | 24-Apr |
| 17 | 24-Apr | 1-May |
| 18 | 1-May | 8-May |
| 19 | 8-May | 15-May |
| 20 | 15-May | 22-May |
| 21 | 22-May | 29-May |
| 22 | 29-May | 5-Jun |
| 23 | 5-Jun | 12-Jun |
| 24 | 12-Jun | 19-Jun |
| 25 | 19-Jun | 26-Jun |
| 26 | 26-Jun | 3-Jul |
| 27 | 3-Jul | 10-Jul |
| 28 | 10-Jul | 17-Jul |
| 29 | 17-Jul | 24-Jul |
| 30 | 24-Jul | 31-Jul |
| 31 | 31-Jul | 7-Aug |
| 32 | 7-Aug | 14-Aug |
| 33 | 14-Aug | 21-Aug |
| 34 | 21-Aug | 28-Aug |
| 35 | 28-Aug | 4-Sep |
| 36 | 4-Sep | 11-Sep |
| 37 | 11-Sep | 18-Sep |
| 38 | 18-Sep | 25-Sep |
| 39 | 25-Sep | 2-Oct |
| 40 | 2-Oct | 9-Oct |
| 41 | $9-\mathrm{Oct}$ | 16-Oct |
| 42 | 16-Oct | 23-Oct |
| 43 | 23-Oct | 30-Oct |
| 44 | 30-Oct | 6-Nov |
| 45 | 6-Nov | 13-Nov |
| 46 | 13-Nov | 20-Nov |
| 47 | 20-Nov | 27-Nov |
| 48 | 27-Nov | 4-Dec |
| 49 | 4-Dec | 11-Dec |
| 50 | 11-Dec | 18-Dec |
| 51 | 18-Dec | 25-Dec |
| 52 | 25-Dec | 1-Jan |
| 53 |  |  |

