1. To use, find the date of the effective date of reassignment into the demo, enter 0, then go to the effective date of your last WIGI for the number of weeks in step.
2. To use this table again and again, DO NOT SAVE your calculation. Just record the number of weeks on a separate paper.

1997		1998		1999		2000		2001		2002	
29 Dec-4 Jan	312	4-10 Jan	260	3-9 Jan	208	2-8 Jan	156	31 Dec-6 Jan	104	30 Dec-5 Jan	52
5 –11 Jan	311	11-17 Jan	259	10-16 Jan	207	9-15 Jan	155	7 –13 Jan	103	6-12 Jan	51
12-18 Jan	310	18-24 Jan	258	17-23 Jan	206	16-22 Jan	154	14-20 Jan	102	13-19 Jan	50
19-25 Jan	309	25-31 Jan	257	24-30 Jan	205	23-29 Jan	153	21-27 Jan	101	20-26 Jan	49
26 Jan-1 Feb	308	1-7 Feb	256	31 Jan - 6 Feb	204	30Jan-5 Feb	152	28 Jan –3 Feb	100	27 Jan-2 Feb	48
2-8 Feb	307	8-14 Feb	255	7 –13 Feb	203	6-12 Feb	151	4 – 10 Feb	99	3-9 Feb	47
9-15 Feb	306	15-21 Feb	254	14-20 Feb	202	13-19 Feb	150	11-17 Feb	98	10-16 Feb	46
16-22 Feb	305	22-28 Feb	253	21-27 Feb	201	20-26 Feb	149	18-24 Feb	97	17-23 Feb	45
23 Feb -1 Mar	304	1-7 Mar	252	28 Feb 6 Mar	200	27 Feb-4Mar	148	25 Feb-3Mar	96	24 Feb-2 Mar	44
2-8 Mar	303	8-14 Mar	251	7 – 13 Mar	199	5-11 Mar	147	4-10 Mar	95	3-9 Mar	43
9-15 Mar	302	15-21 Mar	250	14-20 Mar	198	12-18 Mar	146	11-17 Mar	94	10-16 Mar	42
16-22 Mar	301	22-28 Mar	249	21 –27 Mar	197	19-25 Mar	145	18-24 Mar	93	17-23 Mar	41
23-29 Mar	300	29 Mar-4Apr	248	28 Mar-3Apr	196	26 Mar-1 Apr	144	25-31 Mar	92	24-30 Mar	40
30 Mar-5 Apr	299	5-11 Apr	247	4-10 Apr	195	2-8 Apr	143	1-7 Apr	91	31 Mar-6 Apr	39
6 –12 Apr	298	12-18 Apr	246	11-17 Apr	194	9-15 Apr	142	8-14 Apr	90	7-13 Apr	38
13-19 Apr	297	19-25 Apr	245	18-24 Apr	193	16-22 Apr	141	15-21 Apr	89	14-20 Apr	37
20-26 Apr	296	26Apr– 2May	244	25Apr–1 May	192	23-29 Apr	140	22-28 Apr	88	21-27 Apr	36
27Apr-3 May	295	3 – 9 May	243	2-8 May	191	30 Apr–6May	139	29 Apr-5May	87	28 Apr-4 May	35
4-10 May	294	10-16 May	242	9-15 May	190	7-13 May	138	6 – 11 May	86	5 -11 May	34
11-17 May	293	17-23 May	241	16-22 May	189	14-20 May	137	12-18 May	85	12-18 May	33
18-24 May	292	24-30 May	240	23-29 May	188	21-27 May	136	19-25 may	84	19-25 May	32
25-31 May	291	31May-6 Jun	239	30May-5Jun	187	28May-3Jun	135	26 May–2 Jun	83	26 May-1 Jun	31
1-7 Jun	290	7 - 13 Jun	238	6 –12 Jun	186	4 –10 Jun	134	3-9 Jun	82	2-8 Jun	30
8-14 Jun	289	14-20 Jun	237	13-19 Jun	185	11-17 Jun	133	10-16 Jun	81	9-15 Jun	29
15-21 Jun	288	21-27 Jun	236	20-26 Jun	184	18-24 Jun	132	17-23 Jun	80	16-22 Jun	28
22-28 Jun	287	27Jun-4Jul	235	27 Jun-3 Jul	183	25Jun-1Jul	131	24-30 Jun	79	23-29 Jun	27
29 Jun-5 Jul	286	5-11 Jul	234	4-10 Jul	182	2-8 Jul	130	1-7 Jul	78	30 Jun-6 Jul	26
6-12 Jul	285	12-18 Jul	233	11-17 Jul	181	9-15 Jul	129	8-14 Jul	77	7-13 Jul	25
13-19 Jul	284	19-25 Jul	232	18-24 Jul	180	16-22 Jul	128	15-21 Jul	76	14-20 Jul	24
20-26 Jul	283	26Jul-1Aug	231	25-31 Jul	179	23-29 Jul	127	22-28 Jul	75	21-27 Jul	23
27 Jul-2 Aug	282	2Aug-8Aug	230	1-7 Aug	178	30Jul-5Aug	126	29 Jul-4 Aug	74	28 Jul-3 Aug	22
3-9 Aug	281	9 –15 Aug	229	8-14 Aug	177	6-12 Aug	125	5-11 Aug	73	4-10 Aug	21
10-16 Aug	280	16-22 Aug	228	15-21 Aug	176	13-19 Aug	124	12-18 Aug	72	11-17 Aug	20
17-23 Aug	279	23-29 Aug	227	22-28 Aug	175	20-26 Aug	123	19-25 Aug	71	18-24 Aug	19
24-30 Aug	278	30Aug -5 Sep	226	29Aug-4Sep	174	27Aug-2Sep	122	26Aug-1Sep	70	25-31 Aug	18
31 Aug-6 Sep	277	6 – 12 Sep	225	5-11 Sep	173	3 –9 Sep	121	2-8 Sep	69	1-7 Sep	17
7 –13 Sep	276	13-19 Sep	224	12-18 Sep	172	10-16 Sep	120	9-15 Sep	68	8-14 Sep	16
14-20 Sep	275	20-26 Sep	223	19-25 Sep	171	17-23 Sep	119	16-22 Sep	67	15-21 Sep	15
21-27 Sep	274	27 Sep-3Oct	222	26Sep – 2Oct	170	24-30 Sep	118	23-29 Sep	66	22-28 Sep	14
28 Sep-4 Oct	273	4 –10 Oct	221	3-9 Oct	169	1-7 Oct	117	30 Sep-6 Oct	65	29 Sep-5 Oct	13
5-11 Oct	272	11-17 Oct	220	10-16 Oct	168	8-14 Oct	116	7-13 Oct	64	6-12 Oct	12
12-18 Oct	271	18-24 Oct	219	17-23 Oct	167	15-21 Oct	115	14-20 Oct	63	13-19 Oct	11
19-25 Oct	270	25 –31 Oct	218	24-30 Oct	166	22-28 Oct	114	21-27 Oct	62	20-26 Oct	10
26 Oct-1 Nov	269	1 – 7 Nov	217	31 Oct- 6 Nov	165	29Oct-4 Nov	113	28 Oct-3 Nov	61	27 Oct-2 Nov	9
2-8 Nov	268	8 – 14 Nov	216	7 –13 Nov	164	5-11 Nov	112	4-10 Nov	60	3-9 Nov	8
9-15 Nov	267	15 – 21 Nov	215	14 – 20 Nov	163	12-18 Nov	111	11-17 Nov	59	10-16 Nov	7
16-22 Nov	266	22 – 28 Nov	214	21-27 Nov	162	19-25 Nov	110	18-24 Nov	58	17-23 Nov	6
23-29 Nov	265	29Nov –5Dec	213	28 Nov-4 Dec	161	26Nov-2Dec	109	25Nov-1 Dec	57	24-30 Nov	5
30 Nov-6 Dec	264	6 – 12 Dec	212	5-11 Dec	160	3-9 Dec	108	2-8 Dec	56	1-7 Dec	4
7-13 Dec	263	13-19 Dec	211	12-18 Dec	159	10-16 Dec	107	9-15 Dec	55	8-14 Dec	3
14-20 Dec	262	20-26 Dec	210	19-25 Dec	158	17-23 Dec	106	16-22 Dec	54	15-21 Dec	2
21-27 Dec	261	27 Dec- 2 Jan	209	26Dec – 1Jan	157	24-30 Dec	105	23-29Dec	53	22-28 Dec	1
28 Dec-3 Jan	260										