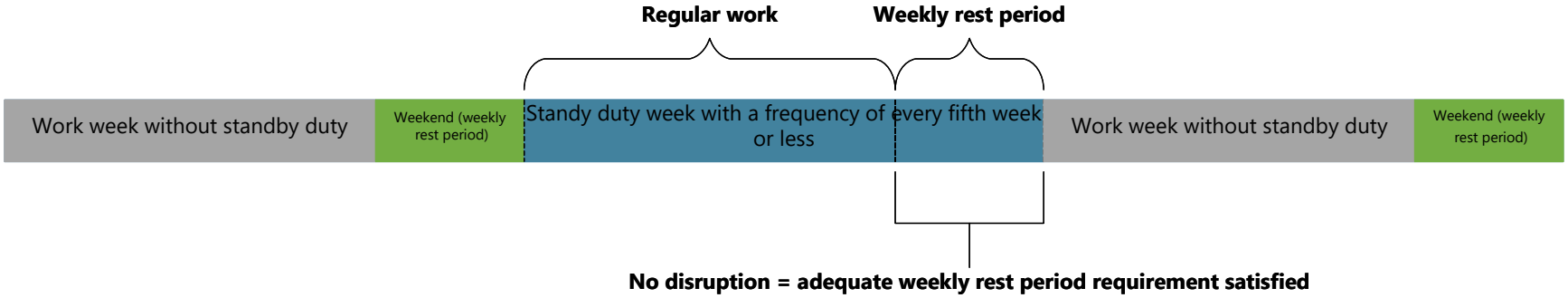Weekly rest period every fifth week or less