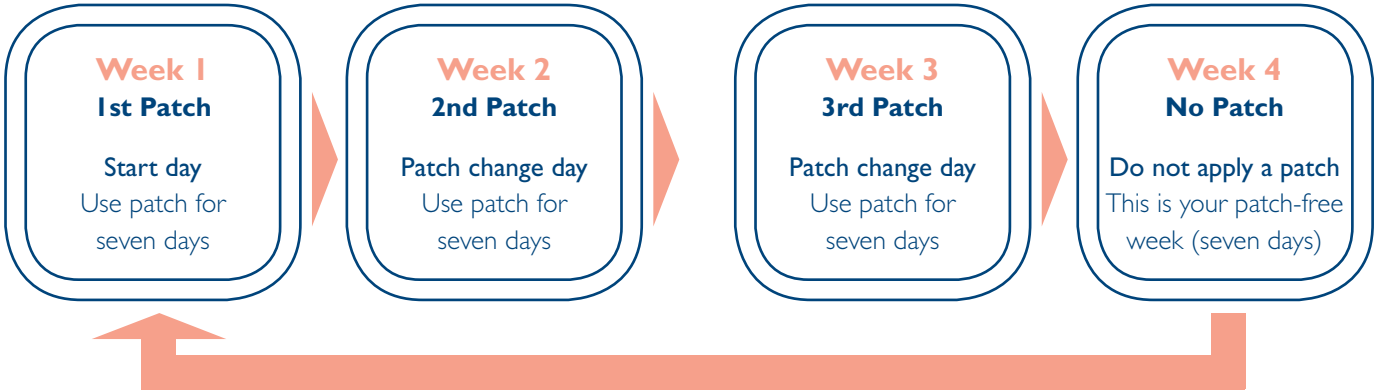
Week 1
1st Patch
Start day
Use patch for seven days
Week 2
2nd Patch
Patch change day
Use patch for seven days
Week 3
3rd Patch
Patch change day
Use patch for seven days
Week 4
No Patch
Do not apply a patch
This is your patch-free week (seven days)