

The Millennial Plan Channel Guide

| STATION | CHANNEL | HD/SD | LANGUAGE |
|------------------------|----------|-------|----------|
| ABC East (Detroit) | 18 & 153 | HD | English |
| ABC West (Seattle) | 155 | HD | English |
| AMI Audio | 195 | SD | French |
| AMI Télé | 652 | SD | French |
| AMI TV | 900 | SD | English |
| AMI TV-West | 901 | SD | English |
| APTN | 70 & 295 | HD | English |
| APTN West | 296 | SD | English |
| CBC Calgary (CBRT) | 131 | HD | English |
| CBC Edmonton (CBXT) | 128 | HD | English |
| CBC Edmonton (CBXFT) | 604 | SD | French |
| CBC Montreal (CBMT) | 125 | HD | English |
| CBC Ottawa (CBOT) | 124 | HD | English |
| CBC Ottawa (CBOFT) | 602 | HD | French |
| CBC Toronto | 6 & 127 | HD | English |
| CBC Vancouver (CBUT) | 132 | SD | English |
| CBC Vancouver (CBUFT) | 606 | SD | French |
| CBC Windsor (CBET) | 126 | HD | English |
| CBS East (Detroit) | 16 & 145 | HD | English |
| CBS West (Seattle) | 147 | HD | English |
| CHCH Hamilton | 11 & 121 | HD | English |
| CHNU INDEP | 173 | SD | English |
| Citytv Calgary (CKAL) | 140 | HD | English |
| Citytv Edmonton (CKEM) | 134 | HD | English |

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| Citytv Kamloops (CFJC) | 142 | HD | English |
| Citytv Montreal (CJNTD) | 143 | HD | English |
| Citytv Toronto | 7 & 133 | HD | English |
| Citytv Vancouver (CKVU) | 135 | HD | English |
| CP24 | 24 & 192 | HD | English |
| CTV 2 Alberta | 139 | HD | English |
| CTV 2 London (CFPL-TV) | 123 | HD | English |
| CTV 2 Ottawa (CHRO) | 137 | HD | English |
| CTV 2 Toronto | 20 & 136 | HD | English |
| CTV 2 Victoria (CIVI) | 138 | HD | English |
| CTV 2 Windsor (CHWI) | 122 | HD | English |
| CTV Calgary (CFCN) | 111 | HD | English |
| CTV Edmonton (CFRN) | 110 | HD | English |
| CTV Kingston (CKWS) | 107 | HD | English |
| CTV Kitchener (CKCO) | 109 | HD | English |
| CTV Montreal (CFCFD) | 113 | HD | English |
| CTV North Bay (CKNY) | 115 | SD | English |
| CTV Ottawa (CJOH) | 106 | HD | English |
| CTV Sudbury (CICI) | 114 | SD | English |
| CTV Toronto | 8 & 108 | HD | English |
| CTV Vancouver (CIVT) | 112 | HD | English |
| Fox East (Rochester) | 28 & 157 | HD | English |
| Fox West (Tacoma) | 159 | HD | English |
| Global BC (CHAN) | 119 | HD | English |

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| Global Calgary (CICT) | 118 | HD | English |
| Global Durham (CHEX-2) | 129 | SD | English |
| Global Edmonton (CITV) | 117 | HD | English |
| Global Okanogan (CHBC) | 120 | HD | English |
| Global Peterborough (CHEX) | 130 | HD | English |
| Global Toronto (CIII) | 3 & 116 | HD | English |
| Ici RDI | 612 | HD | French |
| Knowledge Network | 211 | HD | English |
| MétéoMédia | 636 | SD | French |
| NBC East (Detroit) | 17 & 149 | HD | English |
| NBC West (Seattle) | 151 | HD | English |
| Noovo | 605 | SD | French |
| Omni 1 | 4 & 169 | HD | English |
| Omni 2 | 14 & 171 | HD | English |
| PBS East (Buffalo) | 61 & 161 | SD | English |
| PBS West (Seattle) | 164 | SD | English |
| Sportsnet 360 | 411 | SD | English |
| Sportsnet East | 403 | HD | English |
| Sportsnet ONE | 394 | HD | English |
| Sportsnet Ontario | 402 | HD | English |
| Sportsnet Pacific | 405 | HD | English |
| Sportsnet West | 404 | HD | English |
| Télé-Québec Montreal (CIVM) | 603 | SD | French |
| TFO | 13 & 608 | HD | French |

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| The Weather Network | 23 & 91 | HD | English |
| TSN | 406 | HD | English |
| TSN 2 | 407 | HD | English |
| TSN 3 | 408 | HD | English |
| TSN 4 | 409 | HD | English |
| TSN 5 | 410 | HD | English |
| TV5 East | 103 & 650 | SD | French |
| TV5 West | 651 | SD | French |
| TVA Gatineau | 609 | SD | French |
| TVO | 2 & 141 | HD | English |
| YesTV | 9 & 238 | HD | English |