

MCAT Schedule 2015**Week 1**

Day 0: NextStep Diagnostic + Review Diagnostic

Day 1: ☐ TPR Physics Ch 2: Kinematics (skim + read)

☐ **KA:** 4A: Vectors, Speed & Velocity, Acceleration, & Newton's Laws of Eq.

☐ **AAMC Physics Question Pack 1st 1/4th**

☐ **VR: BR (ND: Set 1) 1-2**

Day 2: ☐ TPR Chemistry Ch 2: Basics (skim + read)

☐ **KA:** 4E: Periodic Table, Stoichiometry & Balancing Chemical Eq.

☐ **AAMC Chemistry Question Pack 1st 1/4th**

☐ **VR: BR (ND: Set 1) 3-4**

Day 3: ☐ TPR Psych Ch 3: Behavior Nervous & Endocrine (skim + read)

☐ **KA:** 7A: Behavior of Nervous, & Behavior & Genetics

☐ **AAMC Psych Question Pack 1st 1/4th**

☐ **VR: BR (ND: Set 1) 5-6**

☐ TPR Physics Ch 2: Kinematics (questions)

Day 4: ☐ TPR Biochemistry Ch 3: Biologically Important Molecules (skim + read)

☐ **KA** 1A: Amino Acids, 5D: Proteins, 1D: Carbohydrates, &
5C: Lipids, Carbs & Proteins

☐ **AAMC Biology Question Pack 1st 1/4th**

☐ **VR: BR (ND: Set 1) 7 (Set 2) 1**

☐ TPR Chemistry Ch 2: Basics (question's)

☐ TPR Psych Ch 3: Behavior Nervous & Endocrine (questions)

Day 5: ☐ TPR Organic Chemistry Ch 3: Structure & Bonding (skim + read)

☐ **KA:** 5B: Dot Structures, Stereochemistry & 4E: Balancing Equations

☐ **VR: BR (ND: Set 2) 2-3**

☐ TPR Physics Ch 2: Kinematics (re-read + questions)

☐ TPR Psych Ch 3: Behavior Nervous & Endocrine (re-read + questions)

☐ TPR Biochemistry Ch 3: Biologically Important Molecules (questions)

Day 6: ☐ Re-read chapters + **KA** Passages

☐ **VR: BR (ND: Set 2) 4-5**

☐ TPR Chemistry Ch 2: Basics (re-read + question's)

☐ TPR Biochemistry Ch 3: Biologically Important Molecules (re-read + questions)

☐ TPR Organic Chemistry Ch 3: Structure & Bonding (questions)

Day 7: Break

☐ Read (minimum) 2 journal articles

Week 2

- Day 8: ☐ TPR Physics Ch 3: Mechanics 1 (Inclined Planes, Pulleys) (skim + read)
- ☐ **KA:** 4A: Normal Force, Tension, & Inclined Planes
 - ☐ KA Practice Passages
 - ☐ **AAMC Physics Question Pack 2nd 1/4th**
 - ☐ **VR: BR (ND: Set 2) 6-8**
 - ☐ TPR Organic Chemistry Ch 3: Structure & Bonding (re-read + questions)
- Day 9: ☐ TPR Chemistry Ch 3: Atomic Structure (skim + read)
- ☐ **KA:** 4D: Electronic Structure, & Atomic Nucleus
 - ☐ KA Practice Passages
 - ☐ **AAMC Chemistry Question Pack 2nd 1/4th**
 - ☐ **VR: BR (ND: Set 3) 1-2**
 - ☐ TPR Physics Ch 3: Mechanics 1 (Inclined Planes, Pulleys) (questions)
- Day 10: ☐ TPR Psych Ch 4: Interaction w/the environment (skim + read)
- ☐ **KA:** 6A: Sensory Perception, Sight, Sound, Somatosensation, Taste and Smell & Sleep
 - ☐ KA Practice Passages
 - ☐ **AAMC Psych Question Pack 2nd 1/4th**
 - ☐ **VR: BR (ND: Set 3) 3-4**
 - ☐ TPR Physics Ch 3: Mechanics 1 (Planes, Pulleys) (re-read + questions)
 - ☐ TPR Chemistry Ch 3: Atomic Structure (questions)
- Day 11: ☐ TPR Biochemistry Ch 4: Biochemistry (skim + read)
- ☐ **KA:** 5C: Metabolism: Carbohydrates, Carb Metabolism, Krebs Cycle, & Fat and Protein Metabolism
 - ☐ KA Practice Passages
 - ☐ **AAMC Biology Question Pack 2nd 1/4th**
 - ☐ **VR: BR (ND: Set 3) 5-7**
 - ☐ TPR Chemistry Ch 3 + Psych Ch 4 (questions)
- Day 12: ☐ TPR Organic Chemistry Ch 4: Substitution and Elimination Reactions (skim)
- ☐ **KA:** 5B: Covalent Bonds, & 5D: Alpha-Carbon Chemistry
 - ☐ KA Practice Passages
 - ☐ **VR: BR (ND: Set 4) 1-2**
 - ☐ TPR Psych Ch 4: Interaction w/the environment (re-read + questions)
 - ☐ TPR Biochemistry Ch 4: Biochemistry (questions)
- Day 13: ☐ BR Physics **I & II** Passages 1-5 (Total: 10)
- ☐ BR Chemistry **I & II** 1-5 (Total: 10)
 - ☐ BR Organic Chemistry **I & II** Passages 1-5 (Total: 10)
 - ☐ BR Biology **IX** Passages 1-5 (Total: 5)
- Day 14: Break
- ☐ Read (minimum) 2 journal articles
 - ☐ Finish BR Passages from previous day

Week 3

Day 15: ☐ Review Study Guides

☐ TPR Organic Chemistry Ch 4 (re-read + questions)

☐ TPR Biochemistry Ch 4: Biochemistry (re-read + questions)

Day 16: ☐ **REPEAT:** TPR Biochemistry Ch 3: Biologically Important Molecules

☐ **SWB:** 36-45

☐ **REPEAT:** TPR Biochemistry Ch 4: Biochemistry

☐ **SWB:** 1-6

☐ BR Biology **IX** Passages 6-8

☐ **VR:** BR (ND: Set 4) 3-4

☐ TPR Organic Chemistry Ch 4 (questions)

Day 17: ☐ **REPEAT:** TPR Physics Ch 3: Mechanics 1 (Inclined Planes, Pulleys)

☐ **SWB:** 1,2,4,7

☐ BR I & II Passages 6-8

☐ **VR:** BR (ND: Set 4) 5-7

☐ TPR Organic Chemistry Ch 4 (re-read + questions)

Day 18: ☐ **REPEAT:** PSY: Interacting With The Environment

☐ **REPEAT:** TPR Chemistry Ch 3: Atomic Structure

☐ **SWB:** 18-32, 5-17

☐ BR I & II Passages 6-8

☐ **VR:** BR (D: Set 1) 1-2

Day 19: ☐ **REPEAT: KA:** 5D: Alpha-Carbon Chemistry

☐ BR I & II Passages 6-8

☐ **SWB:** 1-4

☐ **VR:** BR (D: Set 1) 1-2

Day 20: Break

☐ Read (minimum) 2 journal articles

Week 4

- Day 21: ☐ TPR Physics Ch 4: Mechanics II (Torque & Equilibrium) (skim + read)
☐ **KA:** 4A: Newton's Laws and Equilibrium
☐ **AAMC Physics Question Pack 3rd 1/4th**
☐ **VR: BR (D: Set 1) 3-4**
- Day 22: ☐ TPR Chemistry Ch 4: Periodic Trends & Bonding (skim + read)
☐ **KA:** 4D: Periodic Trends
☐ **AAMC Chemistry Question Pack 3rd 1/4th**
☐ **VR: BR (D: Set 1) 5-7**
☐ TPR Physics Ch 4: Mechanics II (Torque & Equilibrium) (questions)
- Day 23: ☐ TPR Psych Ch 5: Learning, Memory & Behavior (skim + read)
☐ **KA:** 6B: Memory 7B: Non-Normative Behavior, & 7C: Learning
☐ **AAMC Psych Question Pack 3rd 1/4th**
☐ **VR: BR (D: Set 2) 1-2**
☐ TPR Physics Ch 4: Mechanics II (Torque & Equilibrium) (reread + questions)
☐ TPR Chemistry Ch 4: Periodic Trends & Bonding (questions)
- Day 24: ☐ TPR Biochemistry Ch 5: Molecular Biology (skim + read)
☐ **KA:** 1B: DNA, Gene Control, IC: Mutations, DNA Technologies
☐ **AAMC Biology Question Pack 3rd 1/4th**
☐ **VR: BR (D: Set 2) 3-4**
☐ TPR Chemistry Ch 4: Periodic Trends & Bonding (reread + questions)
☐ TPR Psych Ch 5: Learning, Memory & Behavior (questions)
- Day 25: ☐ TPR Organic Chemistry Ch 5: Electrophilic Addition Reactions (skim + read)
☐ **KA:** 5D: Aldehydes & Ketones
☐ **VR: BR (D: Set 2) 5-7**
☐ TPR Psych Ch 5: Learning, Memory & Behavior (reread + questions)
☐ TPR Biochemistry Ch 5: Molecular Biology (questions)
- Day 26: ☐ Reread chapters
☐ **KA** Passages
☐ TPR Biochemistry Ch 5: Molecular Biology (reread + questions)
☐ TPR Organic Chemistry Ch 5: Electrophilic Addition Reactions (questions)
- Day 27: Break
☐ Read (minimum) 2 journal articles

Week 5 (Month 2)

Day 28: ☐ TPR Physics Ch 5: Mechanics III (Work & Energy) (skim + read)

☐ **KA:** 4A: Work & Energy

☐ **AAMC Physics Question Pack 4th 1/4th**

☐ KA Passages

☐ **VR: BR (D: Set 3) 1-2**

☐ TPR Organic Chemistry Ch 5: (reread + questions)

Day 29: ☐ TPR Chemistry Ch 5 Phases & Ch 6 Gases (skim + read)

☐ **KA:** 4B: Gas Phase, & Kinetics of Gas

☐ KA Passages

☐ **AAMC Chemistry Question Pack 4th 1/4th**

☐ **VR: BR (D: Set 3) 3-4**

☐ TPR Physics Ch 5: Mechanics III (Work & Energy) (questions)

Day 30: ☐ TPR Psych Ch 6 (1st 1/2): Personality & Motivation (skim + read)

☐ **KA:** 6B: Cognition, Drug Dependence, Attention, Language, Emotion, Stress & 7A: Theories of Personality

☐ KA Passages

☐ **AAMC Psych Question Pack 4th 1/4th**

☐ **VR: BR (D: Set 3) 5-7**

☐ TPR Physics Ch 5: Mechanics III (Work & Energy) (reread + questions)

☐ TPR Chemistry Ch 5 Phases & Ch 6 Gases (questions)

Day 31: ☐ TPR Biochemistry Ch 6: Microbiology (skim + read)

☐ **KA:** 2B: Viruses

☐ KA Passages

☐ **AAMC Biology Question Pack 4th 1/4th**

☐ **VR: BR (D: Set 4) 1-2**

☐ TPR Chemistry Ch 5 Phases & Ch 6 Gases (reread + questions)

Day 32: ☐ TPR Organic Chemistry Ch 6: Nucleophilic Addition Reactions (skim + read)

☐ **KA:** 5D: Alcohols and Phenols

☐ KA Passages

☐ **VR: BR (D: Set 4) 3-4**

☐ TPR Biochemistry Ch 6: Microbiology (questions)

Day 33: ☐ BR: Physics **III & V** Passages 1-5 (Total: 10)

☐ BR: Chemistry **VI & VII** Passages 1-5 (Total: 10)

☐ BR: Organic **V** Passages 1-5 (Total: 5)

☐ BR: Biology **VI** Passages 1-5 (Total: 5)

Day 34: Break

☐ Read (minimum) 2 journal articles

Week 6

Day 35: ☐ **REPEAT:** Physics Mechanics II & III

☐ **SWB:** 5,8,12,13

☐ BR II & III Passages 6-8

☐ **VR:** BR (D: Set 4) 5-7

☐ TPR Biochemistry Ch 6: Microbiology (reread + questions)

☐ TPR Organic Chemistry Ch 6: (questions)

Day 36: ☐ **REPEAT:** Psych Ch 5: Learning, Memory & Behavior

☐ **KA:** 6B: Cognition, Drug Dependence, Attention, Language, Emotion, Stress & 7A: Theories of Personality

☐ **REPEAT:** Biochemistry Ch 5: Molecular Biology, Microbiology

☐ **SWB:** 8-12, 3,6,13,14,16,18,20-22

☐ **VR:** BR (D: Set 5) 1-2

☐ TPR Organic Chemistry Ch 6: (reread + questions)

Day 37: ☐ **REPEAT:** Chemistry Ch 5 Phases & Ch 6 Gases

☐ **SWB:** 35-46, 71-78

☐ BR VI & VII Passages 6-8

☐ **VR:** BR (D: Set 5) 3-4

Day 38: ☐ **REPEAT: 5D:** Aldehydes & Ketones; 5D: Phenols & Alcohols

☐ **SWB:** 5-10

☐ BR V Passages 6-8

☐ **VR:** BR (D: Set 5) 5-7

Day 39: ☐ Biochemistry Ch 8: Genetics & Evolution

☐ **KA:** 1C: Mendelian Genetics, Chromosomal Inheritance, & Evolution

☐ **VR:** BR (D: Set 5) 1-2

Day 40: ☐ **MCGRAW-HILL Practice Exam 1**

Day 41: ☐ **Review** MCGRAW-HILL Practice Exam 1 (FL 1)

☐ Write down missed concepts

Week 7

Day 42: ☐ TPR Physics Ch 6: Fluids & Elasticity of Solids (skim + read)

☐ **KA:** 4B: Fluids at Rest & Fluids in Motion

☐ Official Guide 20 questions

☐ VR: BR (D: Set 5) 3-4

Day 43: ☐ TPR Chemistry Ch 7: Solutions (skim + read)

☐ **KA:** 5A: Solubility Eq.

☐ Official Guide 20 questions

☐ VR: BR (D: Set 5) 5-7

☐ TPR Physics Ch 6: Fluids & Elasticity of Solids (questions)

Day 44: ☐ TPR Psych Ch 6 (2nd half): Attitude & Disorders (skim + read)

☐ **KA:** 7A: Motivation and Attitudes, Disorders, & 7C: Theories of Attitude and Behavior Change

☐ Official Guide 20 questions

☐ VR: BR (D: Set 6) 1-2

☐ TPR Physics Ch 6: Fluids & Elasticity of Solids (reread + questions)

☐ TPR Chemistry Ch 7: Solutions (questions)

☐ TPR Psych Ch 6 (2nd half): Attitude & Disorders (questions)

Day 45: ☐ Biochemistry Ch 7: Eukaryotic Cells (skim + read)

☐ **KA:** 2A, 2B, 2C (CELLS)

☐ Official Guide 20 questions

☐ VR: BR (D: Set 6) 3-4

☐ Chemistry Ch 7: Solutions (reread + questions)

☐ TPR Psych Ch 6 (2nd half): Attitude & Disorders (reread + questions)

Day 46: ☐ **Continuation:** Biochemistry Ch 7: Eukaryotic Cells

☐ **KA:** 2A, 2B, 2C (CELLS)

☐ Official Guide 20 questions

☐ VR: BR (D: Set 6) 5-6

☐ Biochemistry Ch 7: Eukaryotic Cells (questions)

Day 47: ☐ Organic Chemistry Ch 7: Lab Techniques & Separations (skim + read)

☐ **KA:** 5C: Separation & Purification, IR and UV spectroscopy & 4D:NMR

☐ Official Guide 20 questions

☐ VR: BR (D: Set 6) 7-8

Day 48: Break

☐ Read (minimum) 2 journal articles

Week 8

Day 49: ☐ TPR Physics Ch 7: Electrostatics (skim + read)

- ☐ **KA:** 4C: Electrostatics
- ☐ KA Passages
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: BR (D: Set 7) 1-7**
- ☐ Organic Chemistry Ch 7: Lab Techniques & Separations (questions)

Day 50: ☐ TPR Chemistry Ch 8: Kinetics (skim + read)

- ☐ **KA:** 1A: Enzyme Structure, Enzyme Kinetics, 5D: Kinetics, Equilibrium, & Enzymes
- ☐ KA Passages
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: BR (D: Set 7) REVIEW 1-7**
- ☐ Organic Chemistry Ch 7: Lab Techniques & Separations (reread + questions)
- ☐ TPR Physics Ch 7: Electrostatics (questions)

Day 51: ☐ TPR Psych Ch 7: Self-Identity & Group Identity (skim + read)

- ☐ **KA:** 8: (Self-Identity, Perception, Prejudice and Bias, Attributing Behavior, Social Behavior, Social Interactions, Self-Presentation, Biological, Explanations of Behavior, & Discrimination).
- ☐ KA Passages
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: TPR 26-27**
- ☐ TPR Physics Ch 7 (reread + questions) - ☐ Chem Ch 8 (questions)

Day 52: ☐ Biochemistry Ch 9: Nervous & Endocrine System (skim + read)

- ☐ **KA:** 3A: Nervous (Neural Cells, Membrane Pot., Synapses, & Biosignaling), & Endocrine
- ☐ KA Passages
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: TPR 28-29**
- ☐ TPR Chemistry Ch 8 (reread + questions) - ☐ Psych Ch 7 (questions)

Day 53: ☐ Organic Chemistry Ch 8: Biologically Important Molecules (skim + read)

- ☐ **KA:** 5C: Nucleic Acids, Lipids, & Carbohydrates
- ☐ KA Passages
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: TPR 30-31**

Day 54: ☐ BR: Physics Passages **VII** 1-5 (Total: 5)

- ☐ BR: Chemistry Passages **IX** 1-5 (Total: 5)
- ☐ BR: Biology Passages **I & VII** 1-5 (Total: 10)
- ☐ BR: O-Chem Passages **VI & VIII** 1-5 (Total: 5)

Day 56: Break

- ☐ Read (minimum) 2 journal articles
- ☐ Finish BR Passages

Week 9 (Month 3)

Day 57: ☐ **REPEAT:** Physics Ch 6: Fluids & Elasticity of Solids, Electrostatics

☐ **SWB:** 14-23

☐ BR VII Passages 6-8

☐ **VR:** TPR 32-33

☐ Biochemistry Ch 9: Nervous & Endocrine System (questions)

☐ Organic Chemistry Ch 8: Biologically Important Molecules (questions)

Day 58: ☐ **REPEAT:** Chemistry Solutions & Kinetics

☐ **SWB:** 51-61

☐ BR IX Passages 6-8

☐ **VR:** TPR 34-35

☐ Biochemistry Ch 9: Nervous & Endocrine System (reread + questions)

☐ TPR Psych Ch 7: Self-Identity & Group Identity (reread + questions)

Day 59: ☐ **REPEAT:** Biology Eukaryotic Cells & Genetics

☐ **SWB:** 23-29, 30-36

☐ BR I & VII Passages 6-8

☐ **VR:** TPR 36-37

☐ Organic Chemistry Ch 8 (reread + questions)

Day 60: ☐ **REPEAT:** Organic Chemistry Lab Techniques

☐ **SWB:** 31-35

☐ BR VI & VIII Passages 6-8

☐ **VR:** TPR 38-39

Day 61: ☐ **REPEAT:** Nervous & Endocrine System

☐ **SWB:** 37-46

☐ BR I Passages 6-8

☐ **VR:** TPR 40-41

Day 62: ☐ MCGRAW-HILL Practice Exam 2 (FL 2)

Day 63: ☐ **REVIEW** MCGRAW-HILL Practice Exam 2

Week 10

Day 64: ☐ TPR Physics Ch 8: Electricity & Magnetism (skim + read)

☐ **KA:** 4C: Magnetism, Current & Resistance & Capacitors

☐ KA Passages

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: TPR 42-43**

Day 65: ☐ TPR Chemistry Ch 9: Equilibrium (skim + read)

☐ **KA REVIEW** 5A: Solubility & 5D:Equilibrium

☐ KA Passages

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: BR (D: Set 8) 1-7**

☐ TPR Physics Ch 8: Electricity & Magnetism (questions)

Day 66: ☐ TPR Psych Ch 8: Social Structure (skim + read)

☐ **KA:** 9: (Social Structures, Demographics, & Culture)

☐ KA Passages

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 1) 1-3**

☐ TPR Physics Ch 8: Electricity & Magnetism (reread + questions)

☐ TPR Chemistry Ch 9: Equilibrium (questions)

Day 67: ☐ Biochemistry Ch 10: Circulatory, Lymphatic, & Systems (skim + read)

☐ **KA:** 3B: Circulatory, Hematologic, Lymphatic, & Immune

☐ KA Passages

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 1) 4-7**

☐ TPR Chemistry Ch 9: Equilibrium (reread + questions)

☐ TPR Psych Ch 8: Social Structure (questions)

Day 68: ☐ BR: Organic Chemistry: IV Hydrocarbon Reactions

☐ **KA:** 5D: Carboxylic Acid & Carboxylic Acid Derivatives

☐ KA Passages

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 1) 8-9**

☐ TPR Psych Ch 8: Social Structure (reread + questions)

☐ Biochemistry Ch 10: Circulatory, Lymphatic, & Systems (questions)

Day 69: Break

☐ Read (minimum) 2 journal articles

Week 11

- Day 70: ☐ **REPEAT:** TPR Physics Ch 8: Electricity & Magnetism
☐ **KA:** 4C: Magnetism, 4C: Current & Resistance, & 4C: Capacitors
☐ **SWB:** 26-37
☐ **M-Prep Q-Bank:** 5 passages
☐ **VR: EK (Exam 2) 1-2**
☐ Biochemistry Ch 10: Circulatory, Lymphatic, & Systems (reread + questions)
- Day 71: ☐ Chemistry Ch 10: Acids & Bases (skim + read)
☐ **KA:** 5A: Acid & Base Eq. & Titrations
☐ KA Passages
☐ **M-Prep Q-Bank:** 5 passages
☐ **VR: EK (Exam 2) 3-4**
- Day 72: ☐ **KA:** Social Psychology & 10A: Social Inequality (skim + read)
☐ KA Passages
☐ **M-Prep Q-Bank:** 5 passages
☐ **VR: EK (Exam 2) 5-6**
☐ Chemistry Ch 10: Acids & Bases (questions)
- Day 73: ☐ **REPEAT:** Biochemistry Ch 10: Circulatory, Lymphatic, Immune Systems
☐ **KA:** 3B: Circulatory, Hematologic, Lymphatic, & Immune
☐ **M-Prep Q-Bank:** 5 passages
☐ **VR: EK (Exam 2) 7-9**
☐ Chemistry Ch 10: Acids & Bases (reread + questions)
- Day 74: ☐ Biochemistry Ch 11: Excretory & Digestive Systems
☐ **KA:** 3B: GI Tract, Renal System, & Renal Regulation of BP
☐ KA Passages
☐ **M-Prep Q-Bank:** 5 passages
☐ **VR: EK (Exam 3) 1-2**
- Day 75: ☐ BR: Physics **VIII & IX** Passages 1-5 (Total: 10)
☐ BR: Chemistry **III & IV** Passages 1-5 (Total: 15)
☐ BR: Biology **II, III, V** Passages 1-5 (Total: 15)
☐ BR: Organic Chemistry **VII** Passages 1-5 (Total: 5)
- Day 76: Break
☐ Read (minimum) 2 journal articles
☐ Finish BR Passages + Review Passages

Week 12

Day 77: ☐ **REPEAT:** TPR Physics Ch 8: Electricity & Magnetism

☐ **SWB:** 26-37

☐ BR VIII & IX Passages 6-8

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 3) 3-4**

Day 78: ☐ **REPEAT:** Chemistry Ch 10: Acids & Bases

☐ **KA:** 5A: Acids & Bases, & 5A: Titrations

☐ **SWB:** 62-70

☐ BR III, IV & V Passages 6-8

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 3) 5-6**

Day 79: ☐ **REPEAT:** Circulatory, Hematologic, Lymphatic, Immune, & GI

☐ **SWB:** 47-63

☐ BR I, III & V Passages 6-8

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 3) 7-9**

Day 80: ☐ **REPEAT:** Social Identity (KA: 10) & Organic Chemistry: CA

☐ **SWB:** 5-10

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 4) 1-2**

Day 81: ☐ GOLD STANDARD Practice Exam 1 **(FL 3)**

Day 82: ☐ **REVIEW** GOLD STANDARD Practice Exam 1

Day 83: Break

☐ Read (minimum) 2 journal articles

Week 13 (Month 4)

Day 84: ☐ TPR Physics Ch 9: Waves, Light & Optics (skim + read)

☐ **KA:** 4D (Light and electromagnetic radiation, Thin lenses, mirrors, & reflection and refraction).

☐ KA Passages

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 4) 3-9**

Day 85: ☐ Chemistry Ch 11: Thermodynamics (skim → read)

☐ **KA:** 5D: Thermodynamics, Bioenergetics, & Thermochemistry

☐ KA Passages

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 5) 1-9**

☐ TPR Physics Ch 9: Waves, Light & Optics (questions)

Day 86: ☐ **Review** Psychology and Sociology

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 5) REVIEW 1-9**

☐ TPR Physics Ch 9: Waves, Light & Optics (reread + questions)

☐ Chemistry Ch 11: Thermodynamics (questions)

Day 87: ☐ TPR Biochemistry Ch 12: Muscular & Skeletal System (skim → read)

☐ **KA:** 3B: Muscular System & Skeletal System

☐ KA Passages

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 6) 1-9**

☐ Chemistry Ch 11: Thermodynamics (reread + questions)

Day 88: ☐ **Review** TPR Organic Chemistry

☐ KA videos:

☐ **M-Prep Q-Bank:** 5 passages

☐ **VR: EK (Exam 6) REVIEW 1-9**

☐ TPR Biochemistry Ch 12: Muscular & Skeletal System (questions)

Day 89: Break

☐ Read (minimum) 2 journal articles

Week 14

Day 90: ☐ TPR Physics Ch 10: Sound (skim → read)

- ☐ **KA:** 4D: Sound
- ☐ KA Passages
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: EK (Exam 7) 1-9**
- ☐ TPR Biochemistry Ch 12: Muscular & Skeletal System (reread + questions)

Day 91: ☐ TPR Chemistry Ch 12: Electrochemistry (skim → read)

- ☐ **KA:** 4C: Electrochemistry, Atomic Nucleus, & Redox Reactions
- ☐ KA Passages
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: EK (Exam 7) REVIEW 1-9**
- ☐ TPR Physics Ch 10: Sound (questions)

Day 92: ☐ TPR Biochemistry Ch 13: Respiratory & Skin (skim + read)

- ☐ **KA:** Respiratory System, & Integumentary System
- ☐ KA Passages
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: EK (Exam 8) 1-9**
- ☐ TPR Physics Ch 10: Sound (reread + questions)
- ☐ TPR Chemistry Ch 12: Electrochemistry (questions)

Day 93: ☐ TPR Biochemistry Ch 14: Reproductive System (skim → read)

- ☐ **KA:** 3B: Reproductive System, 2C: Embryology, & 7A: Human Development
- ☐ KA Passages
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: EK (Exam 8) REVIEW 1-9**
- ☐ TPR Chemistry Ch 12: Electrochemistry (reread + questions)

Day 94: ☐ **REVIEW** Reproductive System

- ☐ **KA:** 3B: Reproductive System, 2C: Embryology, & 7A: Human Development
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR: EK (Exam 9) 1-9**
- ☐ TPR Biochemistry Ch 13: Respiratory & Skin (questions)

Day 95: ☐ BR Physics **VIII & X** Passages 1-5 (Total: 5)

- ☐ BR Chemistry **VIII & X** Passages 1-5 (Total: 5)
- ☐ BR Biology **II & IV** Passages 1-5 (Total: 10)

Day 96: Break

- ☐ Read (minimum) 2 journal articles
- ☐ Finish BR Passages

Week 15

Day 97: ☐ **REPEAT:** Physics Waves, Sound, Light & Optics

- ☐ **SWB:** 52-62, 39-49
- ☐ BR VI & X Passages 6-8
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR:** NS
- ☐ TPR Biochemistry Ch 13: Respiratory & Skin (reread + questions)

Day 98: ☐ **REPEAT:** Chemistry Electrochemistry

- ☐ **SWB:** 80-93
- ☐ BR VIII & X Passages 6-8
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR:** NS
- ☐ TPR Biochemistry Ch 14: Reproductive System (questions)

Day 99: ☐ **REPEAT:** Respiratory & Skin

- ☐ **SWB:** 70-80
- ☐ BR II & IV Passages 6-8
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR:** NS
- ☐ TPR Biochemistry Ch 14: Reproductive System (reread + questions)

Day 100: ☐ **REPEAT:** Reproductive System

- ☐ **SWB:** 81-87
- ☐ BR IV Passages 6-8
- ☐ **M-Prep Q-Bank:** 5 passages
- ☐ **VR:** NS

Day 101: ☐ GOLD STANDARD Practice Exam 2 (FL 4)

Day 102: ☐ **REVIEW** GOLD STANDARD Practice Exam 2

Day 103: Break

- ☐ Read (minimum) 2 journal articles

*****END OF CONTENT REVIEW*****

Week 16

Day 104: ☐ TPR Practice Exam 1 (FL 5)

Day 105: ☐ **REVIEW** TPR Practice Exam 1

Day 106: Break

☐ VR: NS

Day 107: ☐ NS Strategy Book: **Section 1** Chemistry/Physics

☐ NS Strategy Book: **Section 1** BI/Biochemistry

☐ NS Strategy Book: **Section 1** Psychology/Sociology

☐ VR: NS

Day 108: ☐ **Review** Section 1 (Chemistry/Physics)

☐ **Review** Section 1 (BI)

☐ VR: NS

Day 109: ☐ **Review** Section 1 (BI)

☐ **Review** Section 1 (Psychology/Sociology)

☐ VR: NS

Day 110: ☐ BR BI I-V 9-15

☐ BR CH I (9-12), II (9-14), III (9-14), IV (9-13), V (9-15)

☐ BR PH I-V 9-10

☐ BR O-Chem I-V (9-13/14)

☐ VR: NS

Week 17 (Month 5)

Day 111: ☐ GOLD STANDARD Practice Exam 3 (FL 5)

Day 112: ☐ **REVIEW** GOLD STANDARD Practice Exam 3

Day 113: ☐ NS Strategy Book: **Section 2** Chemistry/Physics

☐ NS Strategy Book: **Section 2** BI/Biochemistry

☐ NS Strategy Book: **Section 2** Psychology/Sociology

☐ VR: NS

Day 114: ☐ **REVIEW** All Section 2 NS

☐ VR: NS

Day 115: Break

Day 116: NEXTSTEP Practice Exam 1 (FL 6)

Day 117: **REVIEW** NEXTSTEP Practice Exam 1

Week 18

Day 118: ☐ NS Strategy Book: **Section 3** Chemistry/Physics
☐ NS Strategy Book: **Section 3** BI/Biochemistry
☐ NS Strategy Book: **Section 3** Psychology/Sociology
☐ VR: NS

Day 119: ☐ **Review** All Section 3 NS
☐ VR: NS

Day 120: ☐ VR: NS

Day 121: NEXTSTEP Practice Exam 2 (FL 7)

Day 122: **REVIEW** NEXTSTEP Practice Exam 2

Day 123: Break

Week 19

Day 124: ☐ NS Strategy Book: **Section 4** Chemistry/Physics
☐ NS Strategy Book: **Section 4** BI/Biochemistry
☐ NS Strategy Book: **Section 4** Psychology/Sociology
☐ VR: NS

Day 125: ☐ **Review** All Section 4
☐ VR: NS

Day 126: ☐ GOLD STANDARD Practice Exam 4 (FL 8)

Day 127: ☐ **REVIEW** GOLD STANDARD Practice Exam 4

Day 128: Break

Day 129: ☐ BR BI VI-X 9-15
☐ BR CH VI-X (9-complete)
☐ BR PH VI-X 9-10
☐ BR O-Chem VI-VIII 9-13
☐ VR: NS

Day 130: ☐ **Review** BR Passages/Finish
☐ VR: NS

Week 19

Day 131: Break

Day 132: ☐ NEXTSTEP Practice Exam 4 (FL 10)

Day 133: ☐ **REVIEW** NEXTSTEP Practice Exam 4

Day 134: ☐ VR: NS

Day 135: ☐ GOLD STANDARD Practice Exam 5 (FL 11)

Day 136: ☐ **REVIEW** GOLD STANDARD Practice Exam 5

Day 137: Break/Review

Week 20 (Month 6)

Day 138: Break

Day 139: ☐ NEXTSTEP Practice Exam 5 (FL 12)

Day 140: ☐ **REVIEW** NEXTSTEP Practice Exam 5

Day 141: ☐ VR: NS

Day 142: ☐ AAMC Practice Exam (FL 13)

Day 143: ☐ **REVIEW** AAMC Practice Exam

Day 144: Break

Week 21

Day 145: Break

Day 146: ☐ TPR Practice Exam 2 (FL 14)

Day 147: ☐ REVIEW TPR Practice Exam 2

Day 148: ☐ VR: NS

Day 149: ☐ VR: NS

Day 150: ☐ VR: NS

Day 151: Break

*Continue to do practice exams until fully prepared

Things I will need:

- ☐ AAMC Q Pack \$72.00
- ☐ NextStep Strategy & Practice Books \$119
- ☐ Q-Bank (6-months) \$96
- ☐ NextStep CARS Book (look up price)

Exams:

- ☐ McGraw-Hill 2 exams (x)
- ☐ NextStep 5 exams \$150
- ☐ Gold Standard 5 exams \$175 (3 month access)
- ☐ AAMC Test I
- ☐ TPR 3 exams