

Day	Task (Content, Practice, Review, etc.)	Notes
0	Read, understand, and work through the EK Reasoning Skills Book	This will help establish a solid foundation for strategies to use while reviewing content should be completed in about 3 days. Also read through mcatmatt's blog for study strategies. Read the Preface to TBR Biology 1 book.
1	TBR General Chemistry 1 - Stoichiometry and passages	For all new content (and for subsequent review of that content 1-2 weeks later), I did 3-5 practice passages with in-depth grading/review. Do 2 Verbal passages from TPRH and other material everyday before starting content review. Use KA videos if you're having difficulty grasping certain concepts.
2	TBR Biology 2 - Structure and Function in Cells and Viruses and passages	Review amino acid flash cards often until you memorize structures, three-letter abbreviations, and one-letter abbreviations.
3	TBR Physics 1 - Translational Motion and passages (I did passages on new content for every section below, so I won't continue to note it below)	
4	TBR Organic Chemistry 1 - Molecular Structure	
5	Kaplan Behavioral Sciences - Biology & Behavior, Anki for new terms	I reviewed some Anki Psych/Soc flash cards almost every-day. If I found a Kaplan Section to be confusing, I used the Princeton Review to clarify or, more often than not, just used Wikipedia. I did the discrete questions for each Kaplan chapter and also mixed in the TPR passages.
6	TBR General Chemistry 1 - Atomic Structure	
7	Break - Light studying / Review concepts you need to work on.	Still should be doing 2 verbal passages Might also work ahead if I need to make room in schedule for life commitments.
8	TBR Biology 2 - Metabolic Components	

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9	TBR Physics 1 - Forces and Torque	
10	TBR Organic Chemistry 1 - Isomers and Stereochemistry	
11	Kaplan Behavioral Sciences - Sensation and Perception	At this point I started doing passages on the previous weeks' topics, fitting them in where I could amid the new stuff. I continued this throughout the course of study.
12	TBR General Chemistry 1 - Periodic Trends	
13	TBR Biology 2 - Metabolic Pathways	
14	Break - Light studying / Review concepts you need to work on.	
15	TBR Physics 1 - Work and Energy	
16	TBR Organic Chemistry 1 - Spectroscopy	
17	Kaplan Behavioral Sciences - Learning and Memory	
18	TBR General Chemistry 1 - Electrochemistry	
19	TBR Biology 2 - Genetic Information	
20	TBR Physics 1 - Periodic Motion	
21	Break - Light studying / Review concepts you need to work on.	
22	TBR Organic Chemistry 1 - Lab Techniques	
23	Kaplan Behavioral Sciences - Cognition, Consciousness, and Language	
24	TBR General Chemistry 1 - Gases and Gas Laws	
25	TBR Biology 2 - Expression of Genetic Information	
26	TBR Physics 1 - Fluids and Fluid Dynamics	
27	TBR Organic Chemistry 2 - Lipids	
28	Break - Light studying / Review concepts you need to work on.	
29	Kaplan Behavioral Sciences - Motivation, Emotion, and Stress	
30	TBR General Chemistry 1 - Phases and Phase Changes	

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31	TBR Biology 1 - Nerve and Muscles	
32	TBR Physics 2 - Electrostatics and Magnetism	
33	TBR Organic Chemistry 2 - Carbonyls and Alcohols	
34	Kaplan Behavioral Sciences - Identity and Personality	
35	Break - Light studying / Review concepts you need to work on.	
36	TBR General Chemistry 2 - Solubility	
37	TBR Biology 1 - Heart and Lung	
38	TBR Physics 2 - Electricity and Circuits	
39	TBR Organic Chemistry 2 - Carbohydrates	
40	Kaplan Behavioral Sciences - Psychological Disorders	
41	TBR General Chemistry 2 - Acids and Bases	
42	Break - Light studying / Review concepts you need to work on.	
43	TBR Biology 1 - Gastrointestinal Tract and Kidney	
44	TBR Physics 2 - Sound and Doppler Effect	
45	TBR Organic Chemistry 2 - Nitrogen Chemistry	
46	Kaplan Behavioral Sciences - Social Processes, Attitudes, and Behavior; Social Interaction	Notice I did two chapters. For all the remaining Psychology and Sociology sections, I was using Princeton Review in conjunction with Kaplan. Not the most efficient way to do it probably, but by the end I felt pretty good about all the content.
47	TBR General Chemistry 2 - Titration Curves	
48	TBR Biology 1 - Reproduction and Development	
49	Break - Light studying / Review concepts you need to work on.	
50	TBR Physics 2 - Light and Radiation	
51	Kaplan Behavioral Sciences - Social Thinking; Social Structure and Demographics	Notice I did two chapters.
52	TBR General Chemistry 2 - Equilibrium	

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53	TBR Biology 1 - Endocrinology and Immunology	
54	TBR Physics 2 - Geometrical Optics	
55	Kaplan Behavioral Sciences - Social Stratification; Examcrackers chapter on Laboratory Techniques	I didn't use a lot of Examcrackers content (I did use all of their 30 minute exams), but I thought that their two Organic Chemistry chapters and their Laboratory Techniques chapter were excellent. You can get a lot of easy points on the test just by knowing the lab techniques.
56	Break - Light studying / Review concepts you need to work on.	
57	TBR General Chemistry 2 - Thermochemistry	
58	TBR General Chemistry 2 - Chemical Kinetics	
	Content review is over! Move on to practice, practice and more practice!	Except for practice exam days, don't forget to do two verbal passages per day.
59	Examcrackers Chem Ch. 2 and 3 - 30 Minute Exams and in-depth review	
60	9 passages, timed, from the AAMC CARS Question Pack; 60 questions, timed, from the AAMC Biology 1 Question Pack	Spend a good amount of time reviewing questions you missed. Another good resource is the AAMC Section Bank (with 300 Qs) around this time in order to practice biochemistry and psychology/sociology. According to mcatmatt, these are more impactful questions to do than the other AAMC Question Packs.
61	60 questions from the AAMC Chemistry and Physics Question Packs	
62	AAMC Official Sample Test	
63	Break Day - Do some very light content review if you wish.	
64	Review test and address weaknesses	See mcatmatt's post on how to review practice passages and practice tests for more information on his methods.
65	Review test	

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66	Review test	
67	Review test	
68	60 questions from the AAMC Biology Question Packs, and 60 Questions from the Chemistry Question Pack	
69	60 questions from the AAMC Physics Question pack; and 9 passages, timed, from the AAMC CARS Question Packs	
70	Break Day - Do some very light content review if you wish.	
71	60 Questions from the AAMC Official Guide, with thorough review	
72	60 Questions from the AAMC Official guide, with thorough review	
73	AAMC Official MCAT Practice Exam (Scored) 1	mcاتم used the TPR full-length test at this point but would not recommend it again. The scored practice exam was not available at the time.
74	Review test	While reviewing, work on relevant passages to practice areas of weakness. Do this for subsequent tests as well.
75	Review test	
76	Review test	
77	Break Day - Do some very light content review if you wish.	
78	60 Questions from the AAMC Biology Question Packs	
79	TBR Passages on earlier topics and areas of weakness; Examkrackers 30 minute exams on various topics	By the end, you should have done all of the Examkrackers 30 minute exams as they are very helpful.
80	TBR Passages on earlier topics and areas of weakness; Examkrackers 30 minute exams on various topics	
81	Examkrackers Full Length #1	
82	Review test	
83	Review test	
84	Review test	

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85	Review test	
86	Break - Light studying / Review concepts you need to work on.	
87	TBR Passages on earlier topics and areas of weakness; Examrackers 30 minute exams on various topics	
88	Examrackers Full Length #2	
89	Review test	
90	Review test	
91	Review test	
92	Review test	
93	Break Day - Do some very light content review if you wish.	
94	TBR Passages on earlier topics and areas of weakness; Examrackers 30 minute exams on various topics	
95	Examrackers Full Length #3	
96	Review test	
97	Review test	
98	Review test	
99	Review test	
100	TBR Biology Practice Test (from the back of the TBR Biology Book I)	
101	TBR Biology Practice Test (from the back of the TBR Biology Book II)	
102	Examrackers Full Length #4	
103	Review test	
104	Review test	
105	60 Questions from the AAMC Biology Question Pack	
106	TBR Passages on earlier topics and areas of weakness; Examrackers 30 minute exams on various topics	
107	TBR Passages on earlier topics and areas of weakness; Examrackers 30 minute exams on various topics	
108	TBR Passages on earlier topics and areas of weakness; Examrackers 30 minute exams on various topics	

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109	9 passages, timed, from the AAMC CARS Question Pack	
110	Review AAMC Sample Test	I re-read all of the passages and reviewed some of the questions/answers.
111	Continue reviewing AAMC Sample Test	
112	9 passages, timed, from the AAMC CARS Question Pack	
113	Review big picture psychology and sociology topics, high-yield physics formulas, and other random topics. Absolutely no new passages.	
114	Break Day - relax	
115	Break Day - relax	
116	TIME TO FUCK THINGS UP YOU DONT SCORE UNTIL YOU SCORE!	