

# 4-MONTH MCAT STUDY SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	<ul style="list-style-type: none"> <li>Baseline exam</li> <li>Full-length exam (7.5 hours)</li> </ul>	<ul style="list-style-type: none"> <li>Reviewing baseline exam               <ul style="list-style-type: none"> <li>Identify areas of strength</li> <li>Identify areas of weakness</li> </ul> </li> <li>Complete MQLs</li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 1 Proteins</li> <li>BC Ch. 2 Nonenzymatic protein function</li> <li>Review MQLs for B/B</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 1 Genetics and evolution</li> <li>B Ch. 2 Cells and viruses</li> <li>Review MQLs for B/B</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 1 Atoms and periodic trends</li> <li>GC Ch. 2 Bonds and interactions</li> <li>Review MQLs for C/P</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>OC Ch. 1 Fundamentals of organic chemistry</li> <li>P Ch. 1 MCAT Math</li> <li>Review MQLs for P/S</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> <li>Anki</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>PS Ch. 2 Psychological disorders</li> <li>PS Ch. 1 Behavior and biology</li> <li>CARS Ch. 1 Introduction to CARS</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>CARS Ch. 2 Improving Reading Comp</li> <li>PS Ch. 3 Consciousness, sensation, and perception</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 3 Enzymes</li> <li>BC Ch. 4 DNA</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 3 Nervous system</li> <li>B Ch. 4 Musculoskeletal system</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 3 Molecules and stoichiometry</li> <li>GC Ch. 4 Thermochemistry</li> <li>Review MQLs for C/P</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>OC Ch. 2 Isomers</li> <li>P Ch. 2 Thermodynamics</li> <li>Review MQLs for P/S</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> <li>Anki</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>OC Ch. 3 Important functional groups</li> <li>P Ch. 3 Kinematics</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 5 RNA</li> <li>BC Ch. 6 Carbohydrates</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 5 Respiratory and cardiovascular system</li> <li>B Ch. 6 Reproduction and development</li> <li>Complete B MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 5 Chemical equilibrium and kinetics</li> <li>GC Ch. 6 Acids and bases</li> <li>Review MQLs for C/P</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Full-length exam</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> <li>Anki</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>Review FL exam from Saturday</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>CARS Ch. 3 Strategy</li> <li>CARS Ch. 4 Wrong Answer Choice Types</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 7 Lipids and membranes</li> <li>BC Ch. 8 Carbohydrate metabolism</li> <li>Complete BC MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 7 Immune system</li> <li>B Ch. 8 Endocrine system</li> <li>Complete B MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 7 Solutions and gases</li> <li>GC Ch. 8 Oxidation and reduction reactions</li> <li>Complete GC MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 4 Language and cognition</li> <li>PS Ch. 5 Memory and learning</li> <li>CARS Ch. 5 Reviewing CARS</li> <li>Complete MQLs</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 5	<ul style="list-style-type: none"> <li>P Ch. 4 Work, energy, and force</li> <li>OC Ch. 4 Reactions and separations</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>OC Ch. 5 Spectroscopy</li> <li>PS Ch. 8 Social psychology, interaction, and behavior</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>BC Ch. 9 Lipid and amino acid metabolism</li> <li>BC Ch. 10 Biochemistry lab techniques</li> <li>Complete BC MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>B Ch. 9 Digestive and excretory systems</li> <li>P Ch. 5 Fluid mechanics</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>GC Ch. 9 Electrochemistry</li> <li>P Ch. 9 Society and culture</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Full-length exam</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 6	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>P Ch. 6 Electrostatics, magnetism, and circuits</li> <li>P Ch. 7 Light and optics</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>CARS Ch. 6 Strategy Walkthroughs and circuits</li> <li>P Ch. 8 Waves and sound</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 6 Stress and emotion</li> <li>PS Ch. 7 Motivation and identity</li> <li>Complete B MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>P Mini-lesson: MCAT physics equations</li> <li>P Ch. 9 Atomic and nuclear physics</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>PS Ch. 10 Social inequality and demographics</li> <li>P Ch. 9 Atomic and nuclear physics</li> <li>Complete MQLs</li> <li>Anki</li> <li>1-2 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> <li>End of content phase</li> <li>Begin practice phase</li> </ul>
Week 7	<ul style="list-style-type: none"> <li>60 questions from Chemistry QPack</li> <li>Complete MQLs for Chemistry QPack</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>60 questions from Bio QPack 1</li> <li>Complete B/B MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>60 questions from Physics QPack 1</li> <li>Complete C/P MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Review MQLs</li> <li>Review 1 weak chapter for each section</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>AAMC unscored FL</li> </ul>	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 8	<ul style="list-style-type: none"> <li>60 questions from Chemistry QPack</li> <li>Complete MQLs for Chemistry QPack</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>60 questions from Bio QPack 1</li> <li>Complete B/B MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>1/2 of the P/S Section Bank</li> <li>Complete P/S MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Review MQLs</li> <li>Review 1 weak chapter for each section</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>AAMC FL 1</li> </ul>	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 9	<ul style="list-style-type: none"> <li>60 questions from Bio QPack 2</li> <li>Complete B/B MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>1/2 C/P Section bank</li> <li>Complete C/P MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>60 questions from Physics QPack 1</li> <li>Complete C/P MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Review MQLs</li> <li>Review 1 weak chapter for each section</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>AAMC FL 2</li> </ul>	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 10	<ul style="list-style-type: none"> <li>60 questions from Bio QPack 2</li> <li>Complete B/B MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>1/2 C/P Section bank</li> <li>Complete C/P MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>1/2 of P/S section bank</li> <li>Complete P/S MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Review MQLs</li> <li>Review 1 weak chapter for each section</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>AAMC FL 3</li> </ul>	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 11	<ul style="list-style-type: none"> <li>1/2 B/B Section bank</li> <li>Complete B/B MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Official Guide for C/P</li> <li>Complete C/P MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Official Guide for P/S</li> <li>Complete P/S MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Review MQLs</li> <li>Review 1 weak chapter for each section</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>AAMC FL 4</li> </ul>	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 12	<ul style="list-style-type: none"> <li>1/2 B/B Section bank</li> <li>Complete B/B MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Official guide for CARS</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Official guide for B/B</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Review MQLs</li> <li>Review 1 weak chapter for each section</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>AAMC Scored FL (sample test)</li> </ul>	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 13	<ul style="list-style-type: none"> <li>60 questions from Chemistry QPack</li> <li>Complete MQLs for Chemistry QPack</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>60 questions from Bio QPack 1</li> <li>Complete B/B MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>60 questions from Physics QPack 1</li> <li>Complete C/P MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Review MQLs</li> <li>Review 1 weak chapter for each section</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>AAMC FL 1 repeat</li> </ul>	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 14	<ul style="list-style-type: none"> <li>60 questions from Chemistry QPack</li> <li>Complete MQLs for Chemistry QPack</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>60 questions from Bio QPack 1</li> <li>Complete B/B MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>1/2 of the P/S Section Bank</li> <li>Complete P/S MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Review MQLs</li> <li>Review 1 weak chapter for each section</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>AAMC FL 2 repeat</li> </ul>	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 15	<ul style="list-style-type: none"> <li>60 questions from Bio QPack 2</li> <li>Complete B/B MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>1/2 C/P Section bank</li> <li>Complete C/P MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>60 questions from Physics QPack 1</li> <li>Complete C/P MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Review MQLs</li> <li>Review 1 weak chapter for each section</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>AAMC FL 3 repeat</li> </ul>	<ul style="list-style-type: none"> <li>Review full-length exam</li> <li>Complete MQLs</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>
Week 16	<ul style="list-style-type: none"> <li>B/B official guide</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>P/S official guide</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>C/P official guide</li> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Anki</li> <li>3-4 CARS passages</li> </ul>	<ul style="list-style-type: none"> <li>Rest day!</li> </ul>	<ul style="list-style-type: none"> <li>Test day @ 8 AM</li> </ul>	<ul style="list-style-type: none"> <li>Flexible day</li> </ul>

**Items to include:**

- Class/work
- Tests at school
- Personal/flexible days
- Rest day before test day

- Content (book chapters)
- Practice questions
- CARS daily practice (free from JW website)
- Full-length practice
- Missed question logs (MQLs) review

B = Biology  
 BC = Biochemistry  
 GC = General Chemistry  
 OC = Organic Chemistry  
 P = Physics  
 PS = Psychology/Sociology

C/P = Chemistry/Physics  
 CARS = Critical Analysis and Reasoning Skills  
 B/B = Biology/Biochemistry  
 P/S = Psychology/Sociology  
 MQL = Missed Questions Log  
 QPack, section bank, official guide = AAMC practice resources