

6 MONTH MCAT STUDY SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	• Diagnostic exam <input type="checkbox"/>	• Diagnostic exam review <input type="checkbox"/>	• BC Ch. 1 Proteins • 1 CARS passage <input type="checkbox"/>	• B Ch. 1 Genetics and evolution • 1 CARS passage <input type="checkbox"/>	• GC Ch. 1 Atoms and periodic trends • 1 CARS passage <input type="checkbox"/>	• P Ch. 1 MCAT math • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 2	• PS Ch. 1 Behavior and biology • 1 CARS passage <input type="checkbox"/>	• BC Ch. 2 Nonenzymatic protein function • 1 CARS passage <input type="checkbox"/>	• B Ch. 2 Cells • 1 CARS passage <input type="checkbox"/>	• GC Ch. 2 Bonds and interactions • 1 CARS passage <input type="checkbox"/>	• P Ch. 2 Thermodynamics • 1 CARS passage <input type="checkbox"/>	• PS Ch. 2 Psychological disorders • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 3	• BC Ch. 3 Enzymes • 1 CARS passage <input type="checkbox"/>	• B Ch. 3 Nervous system • 1 CARS passage <input type="checkbox"/>	• GC Ch. 3 Molecules and stoichiometry • 1 CARS passage <input type="checkbox"/>	• P Ch. 3 Kinematics • 1 CARS passage <input type="checkbox"/>	• PS Ch. 3 Consciousness, sensation, and perception • 1 CARS passage <input type="checkbox"/>	• FULL-LENGTH exam <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 4	• FULL-LENGTH review <input type="checkbox"/>	• BC Ch. 4 DNA • Review Biochem chapters 1-4 • 1 CARS passage <input type="checkbox"/>	• B Ch. 4 Musculoskeletal system • Review Bio chapters 1-4 • 1 CARS passage <input type="checkbox"/>	• GC Ch. 4 Thermochemistry • Review Gen Chem chapters 1-4 • 1 CARS passage <input type="checkbox"/>	• P Ch. 4 Work, energy, and force • Review Physics chapters 1-4 • 1 CARS passage <input type="checkbox"/>	• PS Ch. 4 Language and cognition • Review Psych/Soc chapters 1-4 • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 5	• BC Ch. 5 RNA • 1 CARS passage <input type="checkbox"/>	• B Ch. 5 Respiratory and cardiovascular systems • 1 CARS passage <input type="checkbox"/>	• GC Ch. 5 Chemical equilibrium and kinetics • 1 CARS passage <input type="checkbox"/>	• P Ch. 5 Fluids • 1 CARS passage <input type="checkbox"/>	• PS Ch. 5 Learning and memory • 1 CARS passage <input type="checkbox"/>	• BC Ch. 6 Carbohydrates • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 6	• B Ch. 6 Reproduction and development • Study C/P MQL for 1 hr <input type="checkbox"/>	• GC Ch. 6 Acid-base chemistry • Study B/B MQL for 1 hr <input type="checkbox"/>	• P Ch. 6 Electrostatics, magnetism, and circuits • Study P/S MQL for 1 hr <input type="checkbox"/>	• PS Ch. 6 Emotion and stress • 4 CARS passages <input type="checkbox"/>	• Study each MQL for 1 hr each <input type="checkbox"/>	• FULL-LENGTH exam <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 7	• FULL-LENGTH review <input type="checkbox"/>	• BC Ch. 7 Lipids and membranes • 1 CARS passage <input type="checkbox"/>	• B Ch. 7 Immune system • 1 CARS passage <input type="checkbox"/>	• GC Ch. 7 Solutions and gases • 1 CARS passage <input type="checkbox"/>	• P Ch. 7 Light and optics • 1 CARS passage <input type="checkbox"/>	• PS Ch. 7 Motivation and identity • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 8	• BC Ch. 8 Carbohydrate metabolism • 1 CARS passage <input type="checkbox"/>	• B Ch. 8 Endocrine system • 1 CARS passage <input type="checkbox"/>	• GC Ch. 8 Redox reactions • 1 CARS passage <input type="checkbox"/>	• P Ch. 8 Waves and sound • 1 CARS passage <input type="checkbox"/>	• PS Ch. 8 Social psychology, interaction, and behavior • 1 CARS passage <input type="checkbox"/>	• BC Ch. 9 Lipid and amino acid metabolism • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 9	• B Ch. 9 Respiratory and cardiovascular systems • Study C/P MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• GC Ch. 9 Electrochemistry • Study B/B MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• P Ch. 9 Atomic and nuclear physics • Study P/S MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• PS Ch. 9 Social structure • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• FULL-LENGTH exam <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 10	• FULL-LENGTH review <input type="checkbox"/>	• BC Ch. 10 Experimental techniques in biochemistry • 1 CARS passage <input type="checkbox"/>	• B Ch. 10 Digestive and excretory systems • 1 CARS passage <input type="checkbox"/>	• OC Ch. 1 Organic chemistry basics • 1 CARS passage <input type="checkbox"/>	• OC Ch. 2 Isomers • 1 CARS passage <input type="checkbox"/>	• PS Ch. 10 Social inequality and demographics • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 11	• OC Ch. 3 Important functional groups and how they react • 1 CARS passage <input type="checkbox"/>	• OC Ch. 4 Reactions and separations • 1 CARS passage <input type="checkbox"/>	• OC Ch. 5 Spectroscopy • 1 CARS passage <input type="checkbox"/>	• Review Psych/Soc content • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• AAMC 1 <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 12	• FULL-LENGTH review <input type="checkbox"/>	• Review Biochem content • 1 CARS passage <input type="checkbox"/>	• Review Bio content • 1 CARS passage <input type="checkbox"/>	• Review chemistry content • 1 CARS passage <input type="checkbox"/>	• Review physics content • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 13	• 1/4 of Biology QPack 1 • 1 CARS passage <input type="checkbox"/>	• 1/4 of Biology QPack 1 • 1 CARS passage <input type="checkbox"/>	• 1/4 of Biology QPack 1 • 1 CARS passage <input type="checkbox"/>	• 1/4 of Biology QPack 1 • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• FULL-LENGTH exam <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 14	• FULL-LENGTH review <input type="checkbox"/>	• 1/4 of Biology QPack 2 • 1 CARS passage <input type="checkbox"/>	• 1/4 of Biology QPack 2 • 1 CARS passage <input type="checkbox"/>	• 1/4 of Biology QPack 2 • 1 CARS passage <input type="checkbox"/>	• 1/4 of Biology QPack 2 • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 15	• 1/4 of Chem QPack • 1 CARS passage <input type="checkbox"/>	• 1/4 of Chem QPack • 1 CARS passage <input type="checkbox"/>	• 1/4 of Chem QPack • 1 CARS passage <input type="checkbox"/>	• 1/4 of Chem QPack • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• FULL-LENGTH exam <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 16	• FULL-LENGTH review <input type="checkbox"/>	• 1/4 of Physics QPack • 1 CARS passage <input type="checkbox"/>	• 1/4 of Physics QPack • 1 CARS passage <input type="checkbox"/>	• 1/4 of Physics QPack • 1 CARS passage <input type="checkbox"/>	• 1/4 of Physics QPack • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 17	• 1/4 of C/P Section Bank • 1 CARS passage <input type="checkbox"/>	• 1/4 of C/P Section Bank • 1 CARS passage <input type="checkbox"/>	• 1/4 of C/P Section Bank • 1 CARS passage <input type="checkbox"/>	• 1/4 of C/P Section Bank • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• AAMC 2 <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 18	• FULL-LENGTH review <input type="checkbox"/>	• 1/4 of B/B Section Bank • 1 CARS passage <input type="checkbox"/>	• 1/4 of B/B Section Bank • 1 CARS passage <input type="checkbox"/>	• 1/4 of B/B Section Bank • 1 CARS passage <input type="checkbox"/>	• 1/4 of B/B Section Bank • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 19	• 1/4 of P/S Section Bank • 1 CARS passage <input type="checkbox"/>	• 1/4 of P/S Section Bank • 1 CARS passage <input type="checkbox"/>	• 1/4 of P/S Section Bank • 1 CARS passage <input type="checkbox"/>	• 1/4 of P/S Section Bank • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• AAMC 3 <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 20	• FULL-LENGTH review <input type="checkbox"/>	• C/P Official Guide • Review weak Chem chapter • 1 CARS passage <input type="checkbox"/>	• Review two weak Chem chapters • Study C/P MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• CARS Official Guide • Review weak Chem chapter • 1 CARS passage <input type="checkbox"/>	• Review two weak Biochem chapters • Study C/P MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• Review two weak P/S chapters • Study P/S MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 21	• B/B Official Guide • Review weak Bio chapter • 1 CARS passage <input type="checkbox"/>	• Review two weak Bio chapters • Study B/B MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• P/S Official Guide • Review weak P/S chapter • 1 CARS passage <input type="checkbox"/>	• Review two weak P/S chapters • Study P/S MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• AAMC 4 <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 22	• FULL-LENGTH review <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• Review two weak Chem chapters • Study C/P MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• Review two weak Biochem chapters • Study B/B MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• Review two weak P/S chapters • Study P/S MQL for 1 hr • 1 CARS passage <input type="checkbox"/>	• Repeat entire official guide <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 23	• C/P section bank repeat • 1 CARS passage <input type="checkbox"/>	• B/B section bank repeat • 1 CARS passage <input type="checkbox"/>	• P/S section bank repeat • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• AAMC unscored <input type="checkbox"/>	• Flexible day <input type="checkbox"/>
Week 24	• FULL-LENGTH review <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• Study each MQL for 1 hr each • 1 CARS passage <input type="checkbox"/>	• Rest day! <input type="checkbox"/>	• MCAT test day!! <input type="checkbox"/>	

Items to include:

- Class/work
- Tests at school
- Personal/flexible days
- Content (book chapters)
- Practice questions
- CARS daily practice
- Full-length practice

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