

3-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"> BC Ch. 1 Proteins BC Ch. 2 Nonenzymatic protein function 1-2 CARS practice passages 	<ul style="list-style-type: none"> B Ch. 1 Genetics and evolution 1-2 CARS practice passages 	<ul style="list-style-type: none"> GC Ch. 1 Atoms and periodic trends 1-2 CARS practice passages 	<ul style="list-style-type: none"> P Ch. 1 MCAT math P Ch. 2 Thermodynamics 1-2 CARS practice passages 	<ul style="list-style-type: none"> PS Ch. 1 Behavior and biology PS Ch. 2 Psychological disorders 1-2 CARS practice passages 	<ul style="list-style-type: none"> B Ch. 2 Cells GC Ch. 2 Bonds and interactions 1-2 CARS practice passages 	<ul style="list-style-type: none"> Flexible day
Week 2	<ul style="list-style-type: none"> P Ch. 3 Kinematics PS Ch. 3 Consciousness, sensation, and perception 1-2 CARS practice passages 	<ul style="list-style-type: none"> B Ch. 3 Enzymes 1-2 CARS practice passages 	<ul style="list-style-type: none"> B Ch. 3 Nervous system B Ch. 4 Musculoskeletal system 1-2 CARS practice passages 	<ul style="list-style-type: none"> GC Ch. 3 Molecules and stoichiometry GC Ch. 4 Thermochemistry 1-2 CARS practice passages 	<ul style="list-style-type: none"> P Ch. 4 Work, energy, and force 1-2 CARS practice passages 	<ul style="list-style-type: none"> PS Ch. 4 Language and cognition PS Ch. 5 Learning and memory 1-2 CARS practice passages 	<ul style="list-style-type: none"> Flexible day
Week 3	<ul style="list-style-type: none"> BC Ch. 4 DNA 1-2 CARS practice passages 	<ul style="list-style-type: none"> B Ch. 5 Respiratory and cardiovascular systems B Ch. 6 Reproduction and development 1-2 CARS practice passages 	<ul style="list-style-type: none"> GC Ch. 5 Chemical equilibrium and kinetics P Ch. 5 Fluids 1-2 CARS practice passages 	<ul style="list-style-type: none"> PS Ch. 6 Emotion and stress PS Ch. 7 Motivation and identity 1-2 CARS practice passages 	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> FULL-LENGTH exam </div>		<ul style="list-style-type: none"> FULL-LENGTH review
Week 4	<ul style="list-style-type: none"> BC Ch. 5 RNA BC Ch. 6 Carbohydrates 1-2 CARS practice passages 	<ul style="list-style-type: none"> B Ch. 7 Immune system B Ch. 8 Endocrine system 1-2 CARS practice passages 	<ul style="list-style-type: none"> GC Ch. 6 Acid-base chemistry GC Ch. 7 Solutions and gases 1-2 CARS practice passages 	<ul style="list-style-type: none"> P Ch. 6 Electrostatics, magnetism, and circuits P Ch. 7 Light and optics 1-2 CARS practice passages 	<ul style="list-style-type: none"> PS Ch. 8 Social psychology, interaction, and behavior PS Ch. 9 Social structure 1-2 CARS practice passages 	<ul style="list-style-type: none"> BC Ch. 6 Carbohydrates BC Ch. 7 Lipids and membranes 1-2 CARS practice passages 	<ul style="list-style-type: none"> Flexible day
Week 5	<ul style="list-style-type: none"> B Ch. 9 Respiratory and cardiovascular systems B Ch. 10 Digestive and excretory systems 1-2 CARS practice passages 	<ul style="list-style-type: none"> GC Ch. 8 Redox reactions GC Ch. 9 Electrochemistry 1-2 CARS practice passages 	<ul style="list-style-type: none"> P Ch. 8 Waves and sound P Ch. 9 Atomic and nuclear physics 1-2 CARS practice passages 	<ul style="list-style-type: none"> PS Ch. 10 Social inequality and demographics 1-2 CARS practice passages 	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> Study all MQLs for an hour each 1-2 CARS practice passages </div>		<ul style="list-style-type: none"> FULL-LENGTH exam
Week 6	<ul style="list-style-type: none"> FULL-LENGTH review 	<ul style="list-style-type: none"> BC Ch. 8 Carbohydrate metabolism BC Ch. 9 Lipid and amino acid metabolism 1-2 CARS practice passages 	<ul style="list-style-type: none"> OC Ch. 1 Organic chemistry basics OC Ch. 2 Isomers 1-2 CARS practice passages 	<ul style="list-style-type: none"> OC Ch. 3 Important functional groups and how they react OC Ch. 4 Reactions and separations 1-2 CARS practice passages 	<ul style="list-style-type: none"> BC Ch. 10 Experimental techniques in biochemistry OC Ch. 5 Spectroscopy 1-2 CARS practice passages 	<ul style="list-style-type: none"> Study all MQLs for an hour each 1-2 CARS practice passages 	<ul style="list-style-type: none"> Flexible day
Week 7	<ul style="list-style-type: none"> Day 43 	<ul style="list-style-type: none"> Day 44 Chem QPack first half + review Review weak Chemistry chapter Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 45 Chem QPack second half + review Review weak Chemistry chapter Study B/B MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 46 Bio QPack first half + review Review weak Bio chapter Study P/S MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 47 Bio QPack second half + review Review weak Bio chapter 3-4 CARS practice passages 	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> Day 48 AAMC 1 </div>	
Week 8	<ul style="list-style-type: none"> Day 50 	<ul style="list-style-type: none"> Day 51 Bio QPack 2 first half + review Review weak Bio chapter Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 52 Bio QPack 2 second half + review Review weak Bio chapter Study B/B MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 53 Physics QPack 2 first half + review Review weak Physics chapter Study P/S MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 54 Physics QPack 2 second half + review Review weak Physics chapter 3-4 CARS practice passages 	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> Day 55 AAMC 2 </div>	
Week 9	<ul style="list-style-type: none"> Day 57 	<ul style="list-style-type: none"> Day 58 C/P section bank first half + review Review weak Chem chapter Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 59 C/P section bank second half + review Review weak Chem chapter Study B/B MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 60 B/B section bank first half + review Review weak Biochem chapter Study P/S MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 61 B/B section bank second half + review Review weak Biochem chapter 3-4 CARS practice passages 	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> Day 62 AAMC 3 </div>	
Week 10	<ul style="list-style-type: none"> Day 64 	<ul style="list-style-type: none"> Day 65 P/S section bank first half + review Review weak P/S chapter Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 66 P/S section bank second half + review Review weak P/S chapter Study B/B MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 67 Study all MQLs for an hour each Study P/S MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 68 Study all MQLs for an hour each 3-4 CARS practice passages 	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> Day 69 AAMC 4 </div>	
Week 11	<ul style="list-style-type: none"> Day 71 	<ul style="list-style-type: none"> Day 72 C/P official guide + review Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 73 CARS official guide + review Study B/B MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 74 B/B official guide + review Study P/S MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 75 P/S official guide + review Study all MQLs for an hour each 3-4 CARS practice passages 	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> Day 76 AAMC unscored </div>	
Week 12	<ul style="list-style-type: none"> Day 78 	<ul style="list-style-type: none"> Day 79 Review a weak C/P chapter Review amino acids Study C/P MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 80 Review a weak B/B chapter Review a strong B/B chapter Study B/B MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 81 Review a weak P/S chapter Review a strong P/S chapter Study P/S MQL for one hour 3-4 CARS practice passages 	<ul style="list-style-type: none"> Day 82 Rest day! 	<div style="background-color: #e0f2f1; padding: 5px;"> <ul style="list-style-type: none"> Day 83 MCAT test day!!! </div>	
	<ul style="list-style-type: none"> Day 84 						

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