# 3-Month MCAT Plan



| TEST DATE | STUDY HOURS PER WEEK |
|---|---|
| | |

Weeks 1-6: content review, daily CARS, daily flashcards. Weeks 7-10: practice questions + one full-length a week. Weeks 11-12: official AAMC practice, deep review, then rest before test day.

| | FOCUS | CONTENT | QUESTIONS | FULL-LENGTH | WINS + MISSES |
|---|---|---|---|---|---|
| WEEK 1 | | | | | |
| WEEK 2 | | | | | |
| WEEK 3 | | | | | |
| WEEK 4 | | | | | |
| WEEK 5 | | | | | |
| WEEK 6 | | | | | |
| WEEK 7 | | | | | |
| WEEK 8 | | | | | |
| WEEK 9 | | | | | |
| WEEK 10 | | | | | |
| WEEK 11 | | | | | |
| WEEK 12 | | | | | |

# Score log + test week



A full-length is only as useful as the review after it. Give the review at least as long as the test took. You've got this!

## Before week 1

- [ ] Pick a test date (check the AAMC's current calendar)
- [ ] Check if you qualify for AAMC Fee Assistance first
- [ ] Take one diagnostic, untimed is fine
- [ ] List your resources (keep it short!)
- [ ] Block study hours on your calendar

## Full-length score log (date, score, top 3 misses)

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## Weak topics to revisit

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

## After every full-length

- [ ] Review every miss AND every guess
- [ ] Write why the right answer is right
- [ ] Add weak topics to next week's plan
- [ ] Rest the evening after

## Test week

- [ ] Light review only, no new content
- [ ] Confirm test center, time and ID rules
- [ ] Practice your test-day schedule once
- [ ] Pack snacks, water, layers
- [ ] Sleep is part of the plan!

## My test-day routine (wake-up, breakfast, break snacks)

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____