

# August

\*\* This MCAT schedule is meant for **non-traditional students** who have been out of school for at least 1 year and need a refresher for their pre-requisites. This schedule is meant to be **FLEXIBLE**. You **DON'T HAVE** to start in August 2024 and you can also spread this over the course of a year if you're working full time (which is what I suggest). \*\*

# 2024

This review is based on whatever resource you decide to use (Kaplan, TPR, Blueprint, etc)

## MCAT Study Schedule

### Content Review

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>AAMC Sample Test</b> (assess strengths/weaknesses)	2 Review your sample test	3 <b>BREAK</b>
4 <b>BREAK</b>	5 Read & Take Notes Biochemistry Chapters 1&2 (Supplement with Khan Academy/Ninja Nerd)	6 Read & Take Notes Biology Chapters 1&2	7 Supplement Information with anki/flashcards for an hour	8 Read & Take Notes Biochemistry Ch. 3 Supplement information with anki/flashcards	9 Supplement information with anki/flashcards	10 <b>BREAK</b>
11 <b>BREAK</b>	12 1 CARS Passage from Jack Westin Read & Take Notes Biochemistry Ch. 4&5	13 Read & Take Notes Biology Chapter 3 Supplement Information with anki/flashcards	14 <b>BREAK</b>	15 Read & Take Notes Biochemistry 6&7 <b>Start 15 AAMC Biology Practice Questions</b>	16 1 CARS Passage Supplement Information with anki/flashcards	17 Supplement learned information with anki/flashcards from the week
18 Supplement learned information with anki/flashcards from the week	19 Read & Take Notes Biology Ch. 4&5	20 Read & Take Notes Biochemistry Ch. 8&9 <b>15 AAMC Biology Questions</b>	21 Supplement learned information with anki/flashcards from the week	22 2 CARS Passages from AAMC Read & Take Notes Biochemistry Ch. 10	23 Supplement info with anki/flashcards	24 <b>BREAK</b>
25 <b>BREAK</b>	26 Read & Take Notes Biology Chapter 6&7 Supplement info with anki/flashcards	27 Read & Take Notes Biochemistry Ch. 11	28 2 CARS Passages from Jack-Westin Supplement learned info with anki/flashcards	29 Read & Take Notes Biochemistry Chapter 12	30 2 CARS Passages from AAMC <b>15 AAMC Biology Practice Questions</b>	31 <b>BREAK</b>

*I recommend that you purchase a set of 7-subject review books from amazon for the low. I also recommend that you purchase an outside set of practice exams, AAMC practice exams (the full bundle if possible) and an outside set of practice questions. I know that this can get pricey, but it is worth it (you should also check to see if you qualify for the fee assistance program). I recommend a MINIMUM of 4 practice exams before taking the real thing! Good luck!*

# September

# 2024

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## MCAT Study Schedule

Content Review

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>BREAK</b>	2 Read & Take Notes Biology Chapter 8&9	3 2 CARS Passages from Jack-Westin Supplement learned info with anki/flashcards	4 Read & Take Notes Biology Chapter 10 & 11 Supplement learned info with anki/flashcards	5 <b>BREAK</b>	6 Read & Take Notes Biology Chapter 12 Supplement learned info with anki/flashcards	7 <b>30 AAMC Biology Practice Questions</b>
8 <b>BREAK</b>	9 Read & Take Notes Chemistry Ch. 1 & 2 (Supplemental videos if helpful)	10 1 CARS Passage from AAMC Read & Take Notes Physics Chapter 1	11 Read & Take Notes Chemistry Ch. 3 Supplement information with anki/flashcards	12 <b>Start 15 AAMC Chemistry Questions</b>	13 Read & Take Notes Physics Chapters 2	14 <b>BREAK</b>
15 <b>BREAK</b>	16 2 CARS Passages from Jack-Westin Read & Take Notes Physics Chapter 3&4	17 Read & Take Notes Chemistry Chapters 4 & 5 (Supplement with anki/flashcards)	18 <b>Start 15 AAMC Physics Practice Questions</b> Supplement with anki/flashcards	19 Supplement learned information with anki/flashcards from the week	20 1 CARS Passage Read & Take Notes Physics Chapter 5 &6	21 <b>BREAK</b>
22 <b>BREAK</b>	23 Read & Take Notes Chemistry Chapters 6 &7	24 Read & Take Notes Physics 7&8 Supplement learned info with anki/flashcards	25 Read & Take Notes Chemistry Chapters 8 Supplement info with anki/flashcards	26 1 CARS Passage from AAMC Read & Take Notes Physics Chapters 9	27 Read & Take Notes Chemistry Chapter 9	28 <b>30 AAMC Chemistry Practice Questions</b>
29 <b>BREAK</b>	30 Read & Take Notes Chemistry Chapter 10 & 11					

# October

# 2024

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## MCAT Study Schedule

## Content Review

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <b>BREAK</b>	30 Read & Take Notes Chemistry Chapter 10 & 11	1 Read & Take Notes Physics Chapter 10 & 11 Supplement learned info with anki/flashcards	2 <b>BREAK</b>	3 Read & Take Notes Physics Chapter 12 Read & Take Notes Chemistry Chapter 12	4 <b>30 AAMC Physics Practice Questions</b> <b>15 AAMC Chemistry Questions</b>	5 <b>BREAK</b>
6 <b>BREAK</b>	7 Read & Take Notes Organic Chemistry C. 1 <b>15 AAMC Biology Questions</b>	8 Read & Take Notes Psych Chapters 1&2 Supplement psych info with anki/flashcards	9 Read & Take Notes Organic Chemistry Ch. 2 Supplement psych info with anki/flashcards	10 Read & Take Notes Psych 3&4 Supplement psych info with anki/flashcards	11 2 CARS Passages from AAMC <b>30 AAMC Physics Questions</b>	12 <b>BREAK</b>
13 <b>BREAK</b>	14 Read & Take Notes Organic Chemistry Ch. 3&4 (Supplemental videos if helpful)	15 1 CARS Passage from Jack-Westin Read & Take Notes Psych Ch. 5	16 Supplement psych info with anki/flashcards <b>Start 15 AAMC Psych Q's from Section Bank</b>	17 <b>BREAK</b>	18 Read & Take Notes Organic Chemistry Ch. 5&6	19 <b>BREAK</b>
20 <b>BREAK</b>	21 Read & Take Notes Organic Chemistry Ch. 7 Supplement info with anki/flashcards	22 Read & Take Notes Psych Ch. 6 & 7 Supplement psych info with anki/flashcards	23 <b>BREAK</b>	24 Read & Take Notes Organic Chemistry Ch. 8 <b>15 AAMC Psych Q's from Section Bank</b>	25 Supplement learned information with anki/flashcards from the week	26 <b>BREAK</b>
27 <b>BREAK</b>	28 Read & Take Notes Psych Ch. 8 Supplement psych info with anki/flashcards	29 Read & Take Notes Psych Ch. 9&10 Supplement psych info with anki/flashcards	30 Read & Take Notes Organic Chemistry Ch. 9 Supplement info with anki/flashcards	31 1 CARS Passage from AAMC Read & Take Notes Psych Ch. 11		

# November

# 2024

This review is based on whatever resource you decide to use (Kaplan, TPR, Blueprint, etc)

## MCAT Study Schedule

## Content Review

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAK</b> 27	28 Read & Take Notes Psych Ch. 8 Supplement psych info with anki/flashcards	29 Read & Take Notes Psych Ch. 9&10 Supplement psych info with anki/flashcards	30 Read & Take Notes Organic Chemistry Ch. 9 Supplement info with anki/flashcards	31 1 CARS Passage from AAMC Read & Take Notes Psych Ch. 11	1 Read & Take Notes Psych Ch. 12 Supplement psych info with anki/flashcards	2 Supplement learned information with anki/flashcards from the week
<b>BREAK</b> 3	4 Read & Take Notes Organic Chemistry Ch. 10	5 1 CARS Passage from Jack-Westin Read & Take Notes Organic Chemistry Ch. 11	<b>BREAK</b> 6	7 Read & Take Notes Organic Chemistry Ch.12 Supplement info with anki/flashcards	<b>BREAK</b> 8	<b>BREAK</b> 9
<b>BREAK</b> 10	11 <b>Full Length Practice Exam #1 (3<sup>rd</sup> party resource)</b>	12 Review Full Length Practice Exam	13 Review Full Length Practice Exam	14 Go over content gaps discovered through practice exams	15 2 CARS Passages from AAMC Supplement info with anki/flashcards	<b>BREAK</b> 16
<b>BREAK</b> 17	18 <b>60 Biology Practice Questions</b>	19 300 Psych anki/flashcards 100 Biology flashcards	<b>BREAK</b> 20	21 4 CARS Passages <b>30 Chemistry Practice Questions</b>	22 <b>15 AAMC Psych Q's from Section Bank</b> Supplement info with anki/flashcards	<b>BREAK</b> 23
<b>BREAK</b> 24	25 <b>30 Chemistry Practice Questions</b> <b>30 Physics Practice Questions</b>	26 4 CARS Passages <b>30 Biology Practice Questions</b>	<b>BREAK</b> 27	<b>BREAK</b> 28	<b>BREAK</b> 29	<b>BREAK</b> 30

# December

2024

This review is based on whatever resource you decide to use (Kaplan, TPR, Blueprint, etc)

## MCAT Study Schedule

Content Review

@yourfitdoc

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAK 1	Full Length Practice Exam #2 (3 <sup>rd</sup> party resource) 2	Review Full Length Practice Exam 3	Review Full Length Practice Exam 4	Go over content gaps discovered using MCAT study worksheet 5	60 Biology Questions 3 CARS Passages Anki/Flashcards 6	BREAK 7
BREAK 8	3 CARS Passages 300 psych flashcards along with flashcards for other subjects 9	30 AAMC Biology Q's 30 AAMC Physics Q's 300 psych flashcards 10	BREAK 11	15 Chemistry Q's 30 Biology Practice Questions (use MCAT study worksheet) 12	Supplement learned information with anki/flashcards 13	BREAK 14
BREAK 15	Full Length Practice Exam #3 (AAMC #1) 16	Review Practice Exam 17	Go over content gaps discovered using MCAT study worksheet 18	Go over content gaps discovered using MCAT study worksheet 19	4 CARS Passages 300 psych flashcards along with flashcards for other subjects 20	BREAK 21
BREAK 22	5 CARS Passages 300 Psych anki/flashcards 23	BREAK 24	BREAK 25	BREAK 26	300 psych flashcards along with flashcards for other subjects 27	BREAK 28
BREAK 29	30 AAMC Psych Q's from Section Bank 30	BREAK 31				

# January

2024

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## MCAT Study Schedule

Content Review

@yourfitdoc

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <b>BREAK</b>	30 30 AAMC Psych Q's from Section Bank	31 <b>BREAK</b>	1 <b>BREAK</b>	2 15 Chemistry Practice Questions 15 Physics Practice Questions	3 Full Length Practice Exam #4 (AAMC #2) Review Practice Exam	4 Go over content gaps discovered using MCAT Study Worksheet
5 <b>BREAK</b>	6 15 Psych Practice Q's 300 psych flashcards along with flashcards for other subjects	7 <b>BREAK</b>	8 15 Biology Practice Questions 4 CARS Passages	9 300 psych flashcards along with remaining psych Q's and flashcards for other subjects	10 3 CARS Passages 300 psych flashcards along with flashcards for other subjects	11 <b>BREAK</b>
12 <b>BREAK</b>	13 20 Chemistry Practice Questions 10 Physics Practice Questions	14 4 CARS Passages Supplemental anki/flashcards	15 25 Biology Practice Questions 10 Physics Q's 300 psych flashcards	16 Review any content gaps	17 Any last-minute content review	18 Any last-minute content review
19 <b>BREAK</b>	20 Full Length Practice Exam #5 (AAMC #3)	21 Go over content gaps discovered using MCAT Study Worksheet	22 Supplement learned information with anki/flashcards	23 <b>BREAK</b> (flashcards if you want to)	24 <b>BREAK</b> (flashcards if you want to)	25 <b>BREAK</b>
26 <b>BREAK</b>	27 <b>TAKE YOUR MCAT</b>	28	29	30	31	

