MCAT Study Plan Template

From the StudySim guide "MCAT Study Plan: 3- and 6-Month Schedules + Free Template" (studysim.ai/blog/mcat-study-plan). Print and fill this in by hand. The steps follow the AAMC's Creating Your MCAT Exam Study Plan page and the AAMC study and practice cycle. These calendars are blank sample layouts, not official AAMC timetables. Official exam facts in the guide come from AAMC pages on what's on the exam and how it is scored.

1. Set your baseline (AAMC steps)

Do this before you fill a calendar. The AAMC says your plan should be based on your schedule, what you already know, and what you still need to learn and practice. Your test date: _____. Plan length (circle one): 1 month / 3 months / 6 months / other: _____.

- ☐ Reviewed the official What's on the MCAT Exam? content outline (PDF or free course in the MCAT Official Prep Hub)
- ☐ Took the free AAMC Official Prep Unscored Sample Test (230 questions; AAMC login required)
- ☐ Opened each section of the score report and used the Content & Skills Breakdown tab
- ☐ Matched gaps to the content outline and rated every content area low, medium, or high confidence (low = learn for the first time; medium = refresh)

2. Confidence log (rate after the Unscored Sample Test)

Add the topics you need to work on. Copy extra rows on scrap paper if needed. Revisit ratings after each official practice exam.

Section	Topic / content area	L/M/H	Rechecked (date)
Chem/Phys			
Chem/Phys			
Chem/Phys			
CARS (skills, not content)			
CARS			
Bio/Biochem			
Bio/Biochem			
Bio/Biochem			
Psych/Soc			
Psych/Soc			
Psych/Soc			

3. Study and practice cycle (use on every topic)

From the AAMC study and practice cycle. Check each step as you finish it for the topic you are on today. Topic: _____.

1. ☐ Learn for the first time, or quickly review to refresh your memory
2. ☐ Test yourself with a short set of practice questions
3. ☐ Review answers and explain why each choice is correct or incorrect
4. ☐ Review concepts and facts in your weak areas
5. ☐ Summarize the content from memory
6. ☐ Answer more questions in the same topic area
7. ☐ Complete a cumulative set on all topics studied so far
8. ☐ Revisit material from previous days
9. ☐ Repeat with a new topic

4. Weekly calendar (copy for each week of your plan)

Week number _____ of _____. Dates: _____ to _____. Write the section and topic, then the method (cycle step, CARS passages, official question set, or full-length exam review).

Day	Focus (section + topic)	Method	Done
Monday			☐
Tuesday			☐
Wednesday			☐
Thursday			☐
Friday			☐
Saturday			☐
Sunday			☐

5. Working-full-time weekly grid (optional)

Use this if you work full time. Keep official full-length exams on a weekend when you can protect the real section times and breaks (content time is 6 hours and 15 minutes; seated time is about 7 hours and 30 minutes, not including check-in).

Block	Planned focus	Notes after the session
Weeknight 1		
Weeknight 2		
Weeknight 3		
Weeknight 4		
Weeknight 5		
Weekend longer block		
Official full-length weekend (if scheduled)		

6. Official practice exam log

The AAMC recommends taking Practice Exam One (free) under test-day timing, then doing a complete review of every incorrect or flagged question and working on those weaknesses before the next exam. The Unscored Sample Test does not include a scaled score. Practice Exams 1–6 do.

Exam	Date taken	Timed, test-day conditions? (Y/N)	Section or total notes	Weak areas to restudy before the next exam
Unscored Sample Test (free)				
Practice Exam One (free)				
Practice Exam 2				
Practice Exam 3				
Practice Exam 4				
Practice Exam 5				
Practice Exam 6				

7. Miss-review log

After each practice block or official exam, write why you missed the question and what you will do about it.

Date	Source (exam or set)	What you missed	Why (content, timing, or reasoning)	Next step

Sources: AAMC, "What's on the MCAT Exam?"; AAMC, "The MCAT Exam Score Scale"; AAMC, "Creating Your MCAT Exam Study Plan"; AAMC, "Study and Practice Cycle: Text Only"; AAMC, "Free Planning and Study Resources"; AAMC, "Practice for the MCAT Exam with Official Low-Cost Products." StudySim, studysim.ai. This template does not replace official AAMC materials.