TEAS Prep Picker + 6-Week Checklist

From "Best TEAS Prep (November 2026)" on the StudySim blog. Exam facts from ATI (atitesting.com, checked Nov 16, 2026). Prices change: confirm on each vendor page.

1. The ATI TEAS at a glance (Version 7)

Section	Questions (unscored)	Time	Sub-areas (scored items)	My baseline %	My target %
Reading	45 (6)	55 min	Key ideas and details (15); craft and structure (9); integration of knowledge and ideas (15)		
Mathematics	38 (4)	57 min	Numbers and algebra (18); measurement and data (16)		
Science	50 (6)	60 min	Human anatomy and physiology (18); biology (9); chemistry (8); scientific reasoning (9)		
English and Language Usage	37 (4)	37 min	Conventions of standard English (12); knowledge of language (11); using language and vocabulary to express ideas in writing (10)		
Total	**170**	**209 min**	Question types: multiple choice, multiple select, fill in the blank, ordered response, hot spot		

My program's required score: _____ (each school sets its own). My test date: _____ Format: in person / remote online

2. Pick your prep (circle what fits)

If you mostly need...	Start with	Price from (checked Nov 16, 2026)
Free original practice + quizzes from your own A&P/chem notes	StudySim	Free sample test; Pro $1 for 3 days, then $20/mo
Official practice from the exam maker	ATI TEAS prep	Study guide $19.99; Practice Test Package $69
Video lessons + many simulations, HESI too	NurseHub	$29.99/month or $59.99/3 months
Lessons + large question bank	Mometrix TEAS course	$79.99/month
Timed tests with video explanations	Smart Edition Academy	$29/month or $59/3 months
One-time payment, no subscription	Boost Prep	Core $39; Pro $59 (6 months)
Phone drills on the go	Pocket Prep	80 free questions; $15.99/month

3. Six-week plan (ATI recommends at least 6 weeks)

Week	Focus	Done
1	Timed diagnostic (all four sections). Fill in baseline % above. Rank weakest sub-areas.	☐
2	Science: anatomy and physiology systems + daily mixed quiz from notes.	☐
3	Math: numbers, algebra, measurement and data; review every miss.	☐
4	Reading + English: timed passages and grammar sets; keep a mistake list.	☐
5	Second timed practice test. Re-rank weak areas. Biology and chemistry review.	☐
6	Final timed practice test, mistake-list review, exam-day logistics, rest.	☐

4. Practice-test log

Date	Source	Reading %	Math %	Science %	English %	Weakest sub-area

5. Before you pay

- ☐ Checked my school's required TEAS score and retake rules
- ☐ Tried the free version or free practice for my shortlist
- ☐ Checked the current price on the vendor's own page (ATI prep products are non-refundable)
- ☐ Budgeted the exam fee: $120 + tax at ATI or PSI (school-proctored exams are priced by the school)

StudySim is made by XYZAI, Inc. We make StudySim. StudySim is not a full TEAS course and is not affiliated with ATI. ATI TEAS is a trademark of Assessment Technologies Institute, LLC.