

Gold Standard MCAT Study Schedule: 3 Months

WEEK 1

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
FIRST SUBJECT	READ	Official AAMC MCAT Exam Guide Bio/Biochem Chapter* - Understanding the Foundational Concepts and Content Categories	Official AAMC MCAT Exam Guide Psych/Soc Chapter* - Understanding the Foundational Concepts and Content Categories	Official AAMC MCAT Exam Guide Chem/Physics Chapter* - Understanding the Foundational Concepts and Content Categories	GS Physics Chapters 1 & 2 - Translational Motion; Force, Motion and Gravitation	GS Bio Chapter 1 - Generalized Eukaryotic Cell	Official AAMC MCAT Exam Guide CARS Chapter* - What Will the Critical Analysis and Reasoning Skills Section Test?	
	Practice Questions	Biological & Biochemical Foundations of Living Systems Section sample questions from the AAMC Official Guide to the MCAT	Psychological, Social & Biological Foundations of Behaviour Section sample questions from the AAMC Official Guide to the MCAT	Chemical & Physical Foundations of Biological Systems Section sample questions from the AAMC Official Guide to the MCAT + post-test analysis	GS Physics Chapters 1 & 2 online practice questions	GS Bio Chapter 1 (book or ebook) Warm up Exercises and online practice questions	Critical Analysis & Reasoning Skills Section sample questions from the AAMC Official Guide to the MCAT + post-test analysis	AAMC MCAT Mini Test + post-test analysis
SECOND SUBJECT	READ	None	None	GS Org Chem Chapter 1 - Molecular Structure of Organic Compounds; GS Gen Chem Chapter 1 - Stoichiometry	GS MCAT Math Chapters 1 to 3 - Basic Math Practice; Numbers and Operations; Scientific Measurement	GS Biochem Chapter 1 - Biological Molecules (Amino Acids to Carbohydrates)	Review MCAT Anki cards	None
	Practice Questions	Post-test analysis of Bio/Biochem sample questions	Post-test analysis of Psych/Soc sample questions	GS Org Chem Chapter 1; GS Gen Chem Chapter 1 online practice questions	GS Math Chapter 1 online practice questions + GS Math Chapters 2 & 3 (ebook) Warm-up Exercises	GS Biochem Chapter 1 (book or ebook) Warm-up Exercises and online practice questions	Review MCAT Anki cards	GS Free practice Test + post-test analysis
Gold Notes		Compile brief notes from your post-test analysis	Compile brief notes from your post-test analysis	Compile brief notes from your content review of GS Org Chem and Gen Chem chapters; post-test analysis of the AAMC MCAT Guide Chem/Physics sample questions	Compile brief notes from your content review	Compile brief notes from your content review	Compile brief notes from your content review; post-test analysis of the AAMC MCAT Guide CARS sample questions	Consolidation Sunday: review your Gold Notes from the beginning and consolidate what you learned from the beginning of each subject.
Supplementary Review				GS chapter online videos	Review MCAT Anki cards	Amino Acids Quizzes; GS online chapter videos Khan Academy videos on Cells		

		Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
FIRST SUBJECT	READ	GS Bio Chapters 2 & 3 - Microbiology; Protein Synthesis	GS Psych Chapters 1 to 3 - Sensory Perception; Sensory Receptors; Perception - Somatosensory	GS Org Chem Chapter 2 - Stereochemistry	GS Phy Chapters 3 & 4 - Particle Dynamics; Equilibrium	GS Bio Chapters 4 to 6 - Biotechnology; Specialized Eukaryotic Cells and Tissues; Nervous and Endocrine Systems	Review MCAT Anki cards	GS Gen Chem Chapter 3 - Bonding
	Practice Questions	GS Bio Chapters 2 & 3 (book or ebook) Warm-up Exercises and online practice questions	GS Psych Chapters 1 to 3 online practice questions	GS Org Chem Chapter 1 online practice questions	GS Phy Chapters 3 & 4 online practice questions* <small>*Depending on your math skills, you may also choose to reserve doing the Physics practice questions after completing the Math review.</small>	GS Bio Chapters 4 to 6 (book or ebook) Warm up Exercises and online practice questions	Review MCAT Anki cards	GS Gen Chem Chapter 3 online practice questions
SECOND SUBJECT	READ	GS Biochem Chapter 1 - Biological Molecules (Lipids to Phosphorous in Biological Molecules)	GS Soc Chapters 1 & 2 - Social Interactions; Social Behaviors in Humans	GS Gen Chem Chapter 2 - Electronic Structure and the Periodic Table	GS MCAT Math Chapter 4 - Algebra	None	None	None
	Practice Questions	GS Biochem Chapter 1 (book or ebook) Warm-up Exercises and online practice questions	GS Soc Chapters 1 & 2 online practice questions	GS Gen Chem Chapter 2 online practice questions	GS Math Chapter 4 (ebook) Warm-up Exercises	None	None	None
Gold Notes		Review consolidated Gold Notes from Days 1 and 5 + compile brief notes from today's content review	Review consolidated Gold Notes from Day 2 + compile brief notes from today's content review	Review consolidated Gold Notes from Day 3 + compile brief notes from today's content review	Review consolidated Gold Notes from Day 4 + compile brief notes from today's content review	Review consolidated Gold Notes from Day 8 + compile brief notes from today's content review	Review consolidated Gold Notes from Day 6 + compile brief notes from today's content review	Consolidation Sunday: review your Gold Notes from the beginning and consolidate what you learned from the beginning of each subject.
Supplementary Review		GS online chapter videos; Khan Academy videos on Biomolecules	Khan Academy Sensory Perception videos	GS online chapter videos; Khan Academy videos on MCAT Chemistry	GS online chapter videos	GS online chapter videos	GS online chapter videos; Khan Academy videos on Organ Systems	

		Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
FIRST SUBJECT	READ	GS Bio Chapter 7 - The Circulatory System	GS Psych Chapters 4 to 8 - Perception - Taste (Gustation); Smell (Olfactory) Perception; General Overview of Kinesthesia, Proprioception, Balance and Equilibrium; Hearing (Auditory) Perception; Sight (Vision) Perception	GS Org Chem Chapters 3 & 4 - Alkanes; Alkenes	GS Phy Chapters 5 & 6 - Work and Energy; Fluids and Solids	GS Bio Chapters 8 to 10 - The Immune System; The Digestive System; The Excretory System	Review MCAT Anki cards	Consolidation Sunday: review your Gold Notes from the beginning and consolidate what you learned from the beginning of each subject.
	Practice Questions	GS Bio Chapter 7 (book or ebook) Warm-up Exercises and online practice questions	GS Psych Chapters 4 to 8 online practice questions	GS Org Chem Chapters 3 & 4 online practice questions	GS Phy Chapters 5 & 6 online practice questions	GS Bio Chapters 8 to 10 (book or ebook) Warm-up Exercises and online practice questions	Review MCAT Anki cards	
SECOND SUBJECT	READ	GS Biochem Chapters 2 & 3 - Enzymes, Thermodynamics and Buffers; Cellular Metabolism	GS Soc Chapters 3 & 4 - Social Interactions with Animals; Social Structures and Culture	GS Gen Chem Chapter 4 - Phases and Phase Equilibria	GS MCAT Math Chapters 5 & 6 - Geometry; Trigonometry	GS Biochem Chapter 4 - Metabolism II	None	
	Practice Questions	GS Biochem Chapters 2 & 3 (book or ebook) Warm up Exercises and online practice questions	GS Soc Chapters 3 & 4 online practice questions	GS Gen Chem Chapter 4 online practice questions	GS Math Chapters 5 & 6 (ebook) Warm-up Exercises	GS Biochem Chapter 4 (book or ebook) Warm-up Exercises and online practice questions	CARS Practice Tests 1 & 2 + post-test analysis	
Gold Notes		Review consolidated Gold Notes from beginning of Bio and Biochem chapters + compile brief notes from today's content review	Review consolidated Gold Notes from beginning of Psych and Soc chapters + compile brief notes from today's content review	Review consolidated Gold Notes from beginning of Org and Gen Chem chapters + compile brief notes from today's content review	Review consolidated Gold Notes from beginning of Physics and MCAT Math chapters + compile brief notes from today's content review	Review consolidated Gold Notes from beginning of Bio chapters + compile brief notes from today's content review and post-test analysis	Review consolidated Gold Notes from beginning of CARS chapters + compile brief notes from today's content review and post-test analysis	
Supplementary Review		GS online chapter videos; Khan Academy videos on Organ Systems	Khan Academy videos on Society and Culture	GS online chapter videos; Khan Academy videos on Chemical Processes	GS online chapter videos; Khan Academy videos on Physical Processes	GS online chapter videos	Khan Academy CARS videos	

Week 4

		Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
FIRST SUBJECT	READ	GS Bio Chapters 11 to 13 - The Musculoskeletal System; The Respiratory System; The Skin as an Organ System	GS Psych Chapter 9 - Reception and Initial Processes of Sensory Inputs - Consciousness	GS Org Chem Chapters 5 & 6 - Aromatics; Alcohols	GS Phy Chapters 7 to 9 - Wave Characteristics and Periodic Motion; Sound; Electrostatics and Electromagnetism	GS Bio Chapters 14 & 15 - Reproduction and Development; Genetics	None	Consolidation Sunday: review your Gold Notes from the beginning and consolidate what you learned from the beginning of each subject.
	Practice Questions	GS Bio Chapters 11 to 13 (book or ebook) Warm-up Exercises and online practice questions	GS Psych Chapter 9 online practice questions	GS Org Chem Chapters 5 & 6 online practice questions	GS Phy Chapters 7 to 9 online practice questions	GS Bio Chapters 14 & 15 (book or ebook) Warm-up Exercises and online practice questions	CARS Practice Tests 3 to 5 + post-test analysis	
SECOND SUBJECT	READ	MCAT Biochemistry Review Summary	GS Soc Chapters 5 & 6 - Demographics; Social Inequality	GS Gen Chem Chapter 5 - Solution Chemistry	GS MCAT Math Chapter 7 - Probability and Statistics	GS Bio Chapter 16 - Evolution	None	
	Practice Questions	GS passage-based Biochemistry online practice questions	GS Soc Chapters 5 & 6 online practice questions	GS Gen Chem Chapter 5 online practice questions	GS MCAT Math Chapter 7 (ebook) Warm-up Exercises	GS Bio Chapter 16 (book or ebook) Warm-up Exercises and online practice questions	None	
Gold Notes		Review consolidated Gold Notes from beginning of Bio and Biochem chapters + compile brief notes from today's content review and post-test analysis	Review consolidated Gold Notes from beginning of Psych and Soc chapters + compile brief notes from today's content review	Review consolidated Gold Notes from beginning of Org and Gen Chem chapters + compile brief notes from today's content review	Review consolidated Gold Notes from beginning of Physics and MCAT Math chapters + compile brief notes from today's content review	Review consolidated Gold Notes from beginning of Bio chapter + compile brief notes from today's content review and post-test analysis	Review consolidated Gold Notes from beginning of CARS chapters + compile brief notes from today's post-test analysis	
Supplementary Review		GS online chapter videos; Khan Academy videos on Organ Systems ; Khan Academy MCAT Biological and Biochemical Foundations of Living Systems practice passages	GS recommended videos (found in the Lessons section of GS MCAT Prep Courses except MCAT CARS program); Khan Academy videos on Social Inequality	GS online chapter videos	GS online chapter videos; Khan Academy videos on Physical Processes	GS online chapter videos; Khan Academy MCAT Biological and Biochemical Foundations of Living Systems practice passages	Khan Academy MCAT CARS practice passages	

		Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
FIRST SUBJECT	READ	GS Bio Chapter 16 - Evolution	GS Psych Chapters 10 & 11 - Internal Processing and Outputs Cognition - Development; Responses to Sensory Inputs	GS Org Chem Chapters 7 to 9 - Aldehydes and Ketones; Carboxylic Acids; Carboxylic Acid Derivatives	GS Phy Chapter 10 - Electric Circuits	None	None	Consolidation Sunday: review your Gold Notes from the beginning and consolidate what you learned from the beginning of each subject.
	Practice Questions	GS Bio Chapter 16 (book or ebook) Warm-up Exercises and online practice questions	GS Psych Chapters 10 & 11 online practice questions	GS Org Chem Chapters 7 to 9 online practice questions	GS Phy Chapter 10 online practice questions	AAMC MCAT Biology Question Pack, Vol. 2: second to third quarter of practice questions	AAMC MCAT Critical Analysis and Reasoning Question Pack, Vol. 1 + post test analysis	
SECOND SUBJECT	READ	None	None	GS Gen Chem Chapter 6 - Acids and Bases	None	None	None	
	Practice Questions	AAMC MCAT Biology Question Pack, Vol. 1: second half of practice questions; depending on your readiness, you may also opt to take the first quarter of practice questions in the AAMC MCAT Biology Question Pack, Vol. 2	GS-8 Psych/Soc Full-length Practice Test + post-test analysis	GS Gen Chem Chapter 6 online practice questions	AAMC Physics Question Pack: first half of practice questions	AAMC MCAT Section Bank: 1st 100 practice questions	AAMC MCAT Biology Question Pack, Vol. 2: last quarter of practice questions	
Gold Notes		Review consolidated Gold Notes from beginning of Bio and Biochem chapters + compile brief notes from today's content review and post-test analysis	Review consolidated Gold Notes from beginning of Psych and Soc chapters + compile brief notes from today's content review	Review consolidated Gold Notes from beginning of Org and Gen Chem chapters + compile brief notes from today's content review	Review consolidated Gold Notes from beginning of Physics and MCAT Math chapters + compile brief notes from today's content review	Compile brief notes from today's post-test analysis	Compile brief notes from today's post-test analysis	
Supplementary Review		Khan Academy MCAT Biological and Biochemical Foundations of Living Systems practice passages	GS recommended videos (found in the Lessons section of GS MCAT Prep Courses except MCAT CARS program); Khan Academy MCAT Psychological, Social, and Biological Foundations of Behaviors practice passages	GS online chapter videos; Khan Academy videos on Chemical Processes	GS online chapter videos; Khan Academy MCAT Chemical and Physical Sciences Practice Passage Questions	Khan Academy MCAT Biological and Biochemical Foundations of Living Systems practice passages	Khan Academy MCAT CARS practice passages ; Khan Academy MCAT Biological and Biochemical Foundations of Living Systems practice passages	

		Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
FIRST SUBJECT	READ	GS Psych Chapters 12 to 14 - Behavior - Individual; Behavior Psychology; Behavioral Change	GS Psych Chapters 15 to 17 - Behavioral Effects of Individuals and Groups; Behavior - Self-Identity and Interactions with Others; Psychological Disorders	GS Org Chem Chapters 10 & 11 - Ethers and Phenol; Amines	GS Phy Chapters 11 & 12 - Light and Geometrical Optics; Atomic and Nuclear Structure	GS Org Chem Chapters 13 & 14 - Separations and Purifications; Spectroscopy	None	Consolidation Sunday: review your Gold Notes from the beginning and consolidate what you learned from the beginning of each subject.
	Practice Questions	GS Psych Chapters 12 to 14 online practice questions	GS Psych Chapters 15 to 17 online practice questions	GS Org Chem Chapters 10 & 11 online practice questions	GS Phy Chapters 11 & 12 online practice questions	GS Org Chem Chapters 13 & 14 online practice questions	AAMC MCAT Critical Analysis and Reasoning Question Pack, Vol. 2: first half + post-test analysis	
SECOND SUBJECT	READ	None	None	GS Gen Chem Chapters 7 & 8 - Thermodynamics; Enthalpy and Thermochemistry	None	GS Gen Chem Chapters 9 & 10 - Rate Processes in Chemical Reactions; Electrochemistry	None	
	Practice Questions	GS-9 Psych/Soc Full-length Practice Test + post-test analysis	GS-10 & 11 Psych/Soc Full-length Practice Tests + Post-test analysis	GS Gen Chem Chapters 7 & 8 online practice questions + AAMC MCAT Chemistry Question Pack: first half	AAMC Physics Question Pack: 2nd half of practice questions	GS Gen Chem Chapters 9 & 10 online practice questions + AAMC MCAT Chemistry Question Pack: 2nd half	AAMC MCAT Critical Analysis and Reasoning Question Pack, Vol. 2: 2nd half + post-test analysis	
Gold Notes		Review consolidated Gold Notes from beginning of Psych and Soc chapters + compile brief notes from today's content review and post-test analysis	Review consolidated Gold Notes from beginning of Psych and Soc chapters + compile brief notes from today's content review and post-test analysis	Review consolidated Gold Notes from beginning of Org and Gen Chem chapters + compile brief notes from today's content review and post-test analysis	Review consolidated Gold Notes from beginning of Physics and MCAT Math chapters + compile brief notes from today's content review and post-test analysis	Review consolidated Gold Notes from beginning of Org and Gen Chem chapters + compile brief notes from today's content review and post-test analysis	Review consolidated Gold Notes from beginning of CARS chapters + compile brief notes from today's content review	
Supplementary Review		GS recommended videos (found in the Lessons section of GS MCAT Prep Courses except MCAT CARS program); Khan Academy videos on Biological Basis of Behavior ; Khan Academy MCAT Psychological, Social, and Biological Foundations of Behaviors practice passages	GS Psychology Glossary; GS recommended videos (found in the Lessons section of GS MCAT Prep Courses except MCAT CARS program); Khan Academy videos on Individuals and Society ; Khan Academy MCAT Psychological, Social, and Biological Foundations of Behaviors practice passages	GS online chapter videos; Khan Academy videos on Chemical Processes ; Khan Academy MCAT Chemical and Physical Sciences Practice Passage Questions	MCAT Physics Equation Sheet; Khan Academy MCAT Chemical and Physical Sciences Practice Passage Questions	GS Organic Chemistry Mechanisms and Reactions Summary; Khan Academy MCAT Chemical and Physical Sciences Practice Passage Questions	Khan Academy MCAT CARS practice passages ;	

Week 7

		Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
FIRST SUBJECT	READ	None	None	Review your Gold Notes from the beginning and consolidate what you learned from the beginning of each subject.	GS-1 Full-length Practice Test	Post-test Analysis	Gold Notes Consolidation and Review	GS-2 Full-length Practice Test
	Practice Questions	AAMC MCAT Section Bank: 2nd 100 practice questions	AAMC MCAT Section Bank: 3rd 100 practice questions					
SECOND SUBJECT	READ	None	None					
	Practice Questions	Post-test analysis	Post-test analysis					
Gold Notes		Compile brief notes from today's post-test analysis	Compile brief notes from today's post-test analysis					

Week 8

Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Post-test Analysis	Gold Notes Consolidation and Review	GS-3 Full-length Practice Test	Post-test Analysis	Gold Notes Consolidation and Review	EK-Test 1	Post-test Analysis

Week 9

Day 57	Day 58	Day 59	Day 60	Day 61	Day 62	Day 63
Gold Notes Consolidation and Review	GS-4 Full-length Practice Test	Post-Test Analysis	Gold Notes Consolidation and Review	EK-Test 2	Post-Test Analysis	Gold Notes Consolidation and Review

Week 10

Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
GS-5 Full-length Practice Test	Post-Test Analysis	Gold Notes Consolidation and Review	EK-Test 3	Post-Test Analysis	Gold Notes Consolidation and Review	GS-6 Full-length Practice Test

Week 11

Day 71	Day 72	Day 73	Day 74	Day 75	Day 76	Day 77
Post-Test Analysis	Gold Notes Consolidation and Review	GS-7 Full-length Practice Test	Post-Test Analysis	Gold Notes Consolidation and Review	AAMC Official MCAT Sample Test (Online)	Post-Test Analysis

Week 12

Day 78	Day 79	Day 80	Day 81	Day 82	Day 83	Day 84
Gold Notes Consolidation and Review	AAMC MCAT Practice Exam (Scored) One (Online)	Post-Test Analysis	Gold Notes Consolidation and Review	AAMC MCAT Practice Exam (Scored) Two (Online)	Post-test Analysis	Gold Notes Consolidation and Review

Week 13

Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	Day 91
AAMC MCAT Practice Exam (Scored) Three (Online)	Post-Test Analysis	Gold Notes Consolidation and Review	AAMC MCAT Practice Exam (Scored) Four (Online)	Post-Test Analysis	Gold Notes Consolidation and Review	MCAT