

# MCAT 83-DAY STUDY GUIDE

By: FirstOrder55



Questions	Response
Length of the Schedule	<p>I made the schedule based on when I could start studying for the MCAT to the day that I reserved to take it. It contains a 50-day review of all the material; followed by 33 day practicing.</p> <p>My review time was limited by other constraints. I couldn't start till June 19th 2017. If I had more time, the work would have been spread out more and would be a little less stressful I would imagine.</p>
How to Follow the Schedule	<p>Follow the Study Days as written out in the schedule. It is probably more important to <b>focus on practice problems</b>, than an in-depth review of the material. I provided the references to the material that you are supposed to be reviewing each day in three different domains — Kaplan Review, Berkeley Review, and Khan Academy.</p> <p>Do not feel like you need to read every word on every page from those sections. Mainly just review (skim through) the points that you remember best, and read and study the material that you do not remember or are weak at. Khan academy has TONS of videos sponsored by AAMC for the MCAT. USE THESE VIDEOS. They were made by the same organization that created the MCAT exam. They even tell you to use them on their website when studying. They give a great overview of the material and focus on what you need to know.</p> <p>There are breaks throughout the schedule that were placed for my personal convenience. These breaks can be rearranged however you would like. They might seem odd near the beginning of the schedule, and that is because one of them falls on my wife birthday and others I strategically placed on some of the days that I work so I won't have two full workday's/study days in a row.</p> <p>There is also a weekly review day (I think its actually every 8 days). It is important to review around once a week in any amount of learning, especially for the MCAT. The Review provides more practice problems from the Berkeley Review that relate to the chapters you read through the week. <b>FOCUS ON YOUR WEAKNESSES</b>. Do not feel like you need to do ALL of the review problems. If you can, great. If not, work on the sections that you felt were your weak points through the week.</p>
What is this Review Schedule based off of?	<p>I used the schedules from SN2ed, MCATjelly, and _Nymeria_ and simply adjusted them to my schedule for the MCAT. I am only posting it because it might have updated references for newer additions of the review books. I also hope it can help someone who is preparing for the MCAT.</p>
What if there is too much to do in one day?	<p>It is very likely that I may have added way more material to be done in a day than can actually be completed. Use the schedule as a guide, not as a written law of what you HAVE to do each day. It's just a convenient way for me to stay on track and cover all the material for the MCAT. A good rule of thumb you could follow is review all the material and if time is running out, do every other practice problem for that day. That already will cut your practice time in half for the day so you can get back to it.</p>
Have I taken the MCAT?	<p>Nope. But I hope I will do well when I do on September 9th.</p>

Materials Needed	Price	Link
Kaplan - Complete 7-Book Subject Review Third Edition (Online +Book)	\$229.97	<a href="https://www.amazon.com/MCAT-Complete-7-Book-Subject-Review/dp/1506205593/ref=dp_ob_title_bk">https://www.amazon.com/MCAT-Complete-7-Book-Subject-Review/dp/1506205593/ref=dp_ob_title_bk</a>
Berkeley Review Home-Study 10 Book Set (w/ Cheaper Shipping)	\$413.00	<a href="http://www.berkeley-review.com/TBR/home-study.html">http://www.berkeley-review.com/TBR/home-study.html</a>
AAMC MCAT - Complete Official MCAT Prep Bundle	\$251.34	<a href="https://students-residents.aamc.org/applying-medical-school/article/online-practice-mcat-exam/">https://students-residents.aamc.org/applying-medical-school/article/online-practice-mcat-exam/</a>
Kaplan MCAT Flashcards + App (Kaplan Test Prep)	\$17.87	<a href="https://www.amazon.com/Kaplan-MCAT-Flashcards-Test-Prep/dp/161865621X/ref=pd_sim_14_1?encoding=UTF8&amp;pd_rd_i=161865621X&amp;pd_rd_r=R7FAQE90NSNTHDGNXG1Y&amp;pd_rd_w=nTU07&amp;pd_rd_wg=FRtxh&amp;pvc=1&amp;refRID=R7FAQE90NSNTHDGNXG1Y">https://www.amazon.com/Kaplan-MCAT-Flashcards-Test-Prep/dp/161865621X/ref=pd_sim_14_1?encoding=UTF8&amp;pd_rd_i=161865621X&amp;pd_rd_r=R7FAQE90NSNTHDGNXG1Y&amp;pd_rd_w=nTU07&amp;pd_rd_wg=FRtxh&amp;pvc=1&amp;refRID=R7FAQE90NSNTHDGNXG1Y</a>
Total	\$912.18	

Acronyms/ Abbreviations	Meaning
TBR	The Berkeley Review
KA	Khan Academy
CPFBS	Chemical and Physical Foundations of Biological Systems
BBFLS	Biological and Biochemical Foundations of Living Systems
PSBFB	Psychological, Social, and Biological Foundations of Behavior
CARS	Critical Analysis and Reasoning Skills
P	Physics
B	Biology
GC	General Chemistry
OC	Organic Chemistry
ND	Non-Diagnostic
FL	Full Length



# FirstOrder55 MCAT Study Plan



Date	Day	Rel.	Kaplan	BR Sections	Khan Academy	Science Passages	CARS Passages	Other
Mon, Jun 19, 2017	Day 1	**	Physics: Ch. 1 - Kinematics and Dynamics	Physics Section 1 - Translational Motion Physics Section 2 - Forces and Torque	MCAT: Physical Processes - Vectors and Scalars -> Forces on Inclined Planes	TBR P1 Phase 1 HW TBR P2 Phase 1 HW	TBR CARS ND: Set 1 - Passage I-III	Online Kaplan Video
		****	Biology: Ch. 1 - The Cell	Biology: Section 6 - Structure and Function in Cells and Viruses (Eukaryotic Cells - Molecular Organization, Prokaryotic Cells, and Viruses; pg. 33-54)	MCAT: Cells - Cell Theory; Eukaryotic Cells; Prokaryotes/ Bacteria; Viruses.	TBR B6: I-II, IV-VI Kaplan Online Passage Based Questions		
Tue, Jun 20, 2017	Day 2	**	General Chemistry: Ch. 1 - Atomic Structure	General Chemistry: Section 2 - Atomic Structure	Chemistry: Atoms, Compounds and Ions; Electronic Structure of Atoms	TBR GC2 Phase 1 HW Kaplan Online Passage Based Questions	TBR CARS ND: Set 1 - Passage IV-VI	
		****	Biochemistry Ch. 1 - Amino Acids, Peptides, and Proteins	Biology: Section 6 - Structure and Function in Cells and Viruses (Amino Acids and Proteins pg. 3-12)	MCAT: Biomolecules - Amino Acids and Proteins	TBR B6: III, VIII Kaplan Online Passage Based Questions		
Wed, Jun 21, 2017	Day 3	*	Organic Chemistry Ch. 1 - Nomenclature	Organic Chemistry: Section 1 - Molecular Structure (Nomenclature; pg. 6-7)			TBR CARS ND: Set 1 - Passage VII-IX	
		****	Behavioral Sciences Ch. 1 - Biology and Behavior	Psychology: Section 1 - The Biology Behind Behavior	Biological Basis of Behavior: Nervous System (all)	TBR PSYCH1: I-III Kaplan Online Passage Based Questions		
Thu, Jun 22, 2017	Day 4	**	Physics: Ch. 2 - Work and Energy	Physics: Section 3 - Work and Energy	MCAT: Physical Processes - Work and Energy	TBR P3 Phase 1 HW	TBR CARS ND: Set 2 - Passage I-III	
		***	Biology: Chapter 2 - Reproduction	Biology: Section 6 - Structure and Function in Cells and Viruses (Eukaryotic Cells - The Cell Cycle, Mitosis, and Meiosis; pg. 27-32) Biology: Section 4 - Reproduction and Development (Male Reproduction and Female Reproduction; pg. 209-218)	MCAT: Cell - Cellular Division. MCAT: Organ Systems - Reproductive System	TBR B6: XIII TBR B4: II, V-VI, VIII		
Fri, Jun 23, 2017	Day 5	**	General Chemistry: Ch. 2 - The Periodic Table	General Chemistry: Section 3 - Periodic Trends	Chemistry: Periodic Table	TBR GC3 Phase 1 HW	TBR CARS ND: Set 2 - Passage IV-VI	Online Kaplan Video
Sat, Jun 24, 2017	Day 6	<b>BREAK</b>						
Sun, Jun 25, 2017	Day 7	****	Biochemistry Ch. 2 - Enzymes	Biology: Section 7 - Metabolic Components (except ATP; pg. 109-127)	MCAT: Biomolecules - Enzyme Structure and Function; Enzyme Kinematics	TBR B7: I-III, V-VII Kaplan Online Passage Based Questions	TBR CARS ND: Set 2 - Passage VII-IX	
		***	Organic Chemistry Ch. 2 - Isomers	Organic Chemistry: Section 2 - Isomerism and Stereochemistry (Isomerism -> Stereoisomers; pg. 79-115)	MCAT: Chemical Processes - Stereochemistry	TBR OC2 Phase 1: II, III Kaplan Online Passage Based Questions		Online Kaplan Video
Mon, Jun 26, 2017	Day 8	***	Behavioral Sciences Ch. 2 - Sensation and Perception	Psychology: Section 2 - The Human Senses	MCAT: Processing the Environment - Sensory Perception - taste (gustation) and smell (olfaction)	TBR PSYCH2: I-III Kaplan Online Passage Based Questions	TBR CARS ND: Set 3 - Passage I-III	
Tue, Jun 27, 2017	Day 9	<b>REVIEW Days 1-8 –</b> <b>TBR P1, P2, P3 Phase 2 HW;</b> <b>TBR B4: XI, XIV-XV;</b> <b>TBR B6: IX-XI, XV;</b> <b>TBR B7: VIII-X, XII-XV;</b> <b>TBR GC2, GC3 Phase 2 HW;</b> <b>TBR OC2 Phase 3: I, III;</b> <b>TBR PSYCH1: IV;</b> <b>TBR PSYCH2: IV-V;</b>						
Wed, Jun 28, 2017	Day 10	**	Physics: Ch. 3 - Thermodynamics		MCAT: Physical Processes - Kinetic Molecular Theory of Gases	Kaplan Online Passage Based Questions	TBR CARS ND: Set 3 - Passage IV-VI	
		**	Biology: Ch. 3 - Embryogenesis and Development	Biology: Section 4 - Reproduction and Development (Development; pg. 219-230)	MCAT: Cells - Embryology; Cellular Development;	TBR B4: I, III-IV, VII		Online Kaplan Video
Thu, Jun 29, 2017	Day 11	***	General Chemistry: Ch. 3 - Bonding and Chemical Reactions	Organic Chemistry: Section 1 - Molecular Structure (Bonding and Molecular Orbitals, Bond Energy, and Physical Properties; pg. 8-15, 20-21, 30-34)	Chemistry: Chemical Bonds; States of Matter and Intermolecular Forces - Introduction to Intermolecular Forces	TBR OC1 Phase 1 HW	TBR CARS ND: Set 3 - Passage VII-IX	
		***	Biochemistry Ch. 3 - Nonenzymatic Protein Function and Protein Analysis		MCAT: Organ Systems - Biosignaling	TBR B9: I		
Fri, Jun 30, 2017	Day 12	**	Organic Chemistry Ch. 3 - Bonding	Organic Chemistry: Section 1 - Molecular Structure (Hybridization; pg. 16-19)	Organic Chemistry: Structure and Bonding - Hybridization		TBR CARS D: Set 1 - Passage I-III	
Sat, Jul 1, 2017	Day 13	****	Behavioral Sciences Ch. 3 - Learning and Memory	Psychology: Section 3 - Learning and Memory	MCAT: Behavior - Learning MCAT: Processing the Environment - Memory	TBR PSYCH3: I-V Kaplan Online Passage Based Questions	TBR CARS D: Set 1 - Passage IV-VI	
		****	Physics: Ch. 4 - Fluids	Physics: Section 5 - Fluids and Fluid Dynamics	MCAT: Physical Processes - Fluids at Rest; Fluids in Motion	TBR P5 Phase 1 HW Kaplan Online Passage Based Questions		

Date	Day	Rel.	Kaplan	BR Sections	Khan Academy	Science Passages	CARS Passages	Other
Sun, Jul 2, 2017	Day 14	****	Biology: Ch. 4 - The Nervous System	Biology: Section 1 (Membrane Potentials, Action Potentials, Nervous System Components, Receptors and Sensory Input; pg. 9-17, 27-38)	MCAT: Organ Systems - Neural Cells; Neuron Membrane Potentials; Neuronal Synapses; Biological Basis of Behavior: The Nervous System	TBR B1: I-IV, VI-VII	TBR CARS D: Set 1 - Passage VII-IX	
		**	General Chemistry: Ch. 4 - Compounds and Stoichiometry	General Chemistry: Section 1 - Stoichiometry	Chemistry: Chemical Reactions and Stoichiometry	TBR GC1 Phase 1 HW		
Mon, Jul 3, 2017	Day 15	***	Biochemistry Ch. 4 - Carbohydrate Structure and Function	Biology: Section 6 - Structure and Function of Cells and Viruses (Carbohydrates; pg. 13-17) Organic Chemistry: Section 7 - Carbohydrates	MCAT: Biomolecules - Carbohydrates	TBR B6: XII TBR OC7 Phase 1 HW	TBR CARS D: Set 2 - Passage I-III	
		****	Organic Chemistry Ch. 4 - Analyzing Organic Reactions	Organic Chemistry: Section 2 - Isomerism and Stereochemistry (Nucleophilic Substitution; pg. 116-126)	Organic Chemistry: Substitution and Elimination Reactions	TBR OC2 Phase 1: I		Online Kaplan Video
Tue, Jul 4, 2017	Day 16	<b>BREAK</b>						
Wed, Jul 5, 2017	Day 17	***	Behavioral Sciences Ch. 4 - Cognition, Consciousness, and Language	Psychology: Section 5 - Cognition and Consciousness	MCAT: Processing the Environment - Cognition; Language; Sleep and Consciousness; Drug Dependence	TBR PSYCH5: I-III	TBR CARS D: Set 2 - Passage IV-VI	Online Kaplan Video
Thu, Jul 6, 2017	Day 18	<b>REVIEW Days 10-17 –</b> <b>TBR P5 Phase 2 HW;</b> <b>TBR B1: VIII-XIV;</b> <b>TBR B4: XII-XIII;</b> <b>TBR GC1 Phase 2 HW;</b> <b>TBR OC1 Phase 3 HW;</b> <b>TBR OC2 Phase 3: II, IV;</b> <b>TBR OC7 Phase 3 HW;</b> <b>TBR PSYCH3: VI-VIII;</b> <b>TBR PSYCH5: IV-V;</b>						
Fri, Jul 7, 2017	Day 19	***	Physics: Ch. 5 - Electrostatics and Magnetism	Physics: Section 6 - Electrostatics and Magnetism	MCAT: Physical Processes - Electrostatics; Magnetism	TBR P6 Phase 1 HW Kaplan Online Passage Based Questions	TBR CARS D: Set 2 - Passage VII-IX	
		***	Biology: Ch. 5 - The Endocrine System	Biology: Section 5 - Endocrinology and Immunology (The Endocrine System; pg. 271-280)	MCAT: Organ Systems - Endocrine System	TBR B5: VII-VIII, XI Kaplan Online Passage Based Questions		
Sat, Jul 8, 2017	Day 20	***	General Chemistry: Ch. 5 - Chemical Kinetics	General Chemistry: Section 12 - Chemical Kinetics	Chemistry: Kinetics	TBR GC12 Phase 1 HW	TBR CARS D: Set 3 - Passage I-III	Online Kaplan Video
		**	Biochemistry Ch. 5 - Lipid Structure and Function	Biology: Section 6 - Structure and Function of Cells and Viruses (Lipids; pg. 17-20) Organic Chemistry: Section 5 - Hydrocarbons	Biology: Macromolecules - Lipids	TBR B6: XIV TBR OC5 Phase 1 HW		
Sun, Jul 9, 2017	Day 21	**	Organic Chemistry Ch. 5 - Alcohols	Organic Chemistry: Section 6 - Carbonyls and Alcohols (Alcohol Properties, Alcohol Reactivity, Spectroscopic Evidence for Alcohols; pg. 76-78)	MCAT: Chemical Processes - Alcohols and Phenols	TBR OC6 Phase 1: I	TBR CARS D: Set 3 - Passage IV-VI	
		***	Behavioral Sciences Ch. 5 - Motivation, Emotion, and Stress	Psychology: Section 4 - Emotion, Stress, Motivation and Addiction	MCAT: Processing the Environment - Emotion; Stress. MCAT: Behavior - Motivation and Attitudes	TBR PSYCH4: I-III		
Mon, Jul 10, 2017	Day 22	<b>BREAK</b>						
Tue, Jul 11, 2017	Day 23	**	Physics: Ch. 6 - Circuits	Physics: Section 7 - Electricity and Circuits	MCAT: Physical Processes - Current and Resistance; Capacitors	TBR P7 Phase 1 HW	TBR CARS D: Set 3 - Passage VII-IX	Online Kaplan Video
		*	Biology: Ch. 6 - The Respiratory System	Biology: Section 2 - Heart and Lungs (The Lung; pg. 101-108)	MCAT: Organ Systems - Respiratory System	TBR B2: V, XII		
Wed, Jul 12, 2017	Day 24	*	General Chemistry: Ch. 6 - Equilibrium	General Chemistry: Section 10 - Equilibrium	MCAT: Chemical Processes - Equilibrium	TBR GC10 Phase 1 HW Kaplan Online Passage Based Questions	TBR CARS D: Set 4 - Passage I-III	
		****	Biochemistry Ch. 6 - DNA and Biotechnology	Biology: Section 6 - Structure and Function of Cells and Viruses (Nucleic Acids, Eukaryotic Chromosomes; pg. 21-26) Biology: Section 9 - Genetic Information (Genetic Information, DNA Synthesis; pg. 307-326) Biology: Section 10 - Expression of Genetic Info (Mutations, Genetic Engineering; pg. 421-442)	MCAT: Biomolecules - DNA; DNA Technology	TBR B6: VII, IX TBR B9: IV, VIII, X-XI TBR B10: I-II, V, VIII		Online Kaplan Video
Thu, Jul 13, 2017	Day 25	***	Organic Chemistry Ch. 6 - Aldehydes and Ketones I: Electrophilicity and Oxidation-Reduction	Organic Chemistry: Section 6 - Carbonyls and Alcohols (Aldehyde and Ketone Properties → Acetals and Ketals as Protecting Groups, Oxidation and Reduction; pg. 79-85, 94-101)	MCAT: Chemical Processes - Aldehydes and Ketones	TBR OC6 Phase 3: III	TBR CARS D: Set 4 - Passage IV-VI	

Date	Day	Rel.	Kaplan	BR Sections	Khan Academy	Science Passages	CARS Passages	Other	
Thu, Jul 13, 2017	Day 25	***	Behavioral Sciences Ch. 6 - Identity and Personality	Psychology: Section 6 - Personality and Attitudes	MCAT: Individuals and Society - Self-Identity MCAT: Behavior - Theories of Personality	TBR PSYCH6: I-III		Online Kaplan Video	
Fri, Jul 14, 2017	Day 26	<b>REVIEW Days 19-25 –</b> <b>TBR P6, P7 Phase 2 HW;</b> <b>TBR B2: XV;</b> <b>TBR B5: XIII-XIV;</b> <b>B9: XV;</b> <b>B10: IX-X, XII, XV;</b> <b>TBR GC10, GC12 Phase 2 HW;</b> <b>TBR OC6 Phase 3: I;</b> <b>TBR OC5 Phase 3 HW;</b> <b>TBR PSYCH4: VI-V;</b> <b>TBR PSYCH6: IV;</b>							
Sat, Jul 15, 2017	Day 27	**	Physics: Ch. 7 - Waves and Sound	Physics: Section 4 - Periodic Motion and Waves Physics: Section 8 - Sound and Doppler Effect	MCAT: Physical Processes - Sound	TBR P4 Phase 1 HW TBR P8 Phase 1 HW Kaplan Online Passage Based Questions	TBR CARS D: Set 4 - Passage VII-IX		
		**	Biology: Ch. 7 - The Cardiovascular System	Biology: Section 2 - Heart and Lungs (The Heart; pg. 83-100)	MCAT: Organ Systems - Circulatory System	TBR B2: I-IV, VI-VII Kaplan Online Passage Based Questions			
Sun, Jul 16, 2017	Day 28	**	General Chemistry: Ch. 7 - Thermochemistry	General Chemistry: Section 11 - Thermochemistry	MCAT: Chemical Processes - Thermodynamics	TBR GC11 Phase 1 HW	TBR CARS D: Set 5 - Passage I-III	Online Kaplan Video	
		****	Biochemistry Ch. 7 - RNA and the Genetic Code	Biology: Section 10 (RNA Processing and Mutations; pg. 383-430)	MCAT: Biomolecules - Gene Control; Genetic Mutations. MCAT: Biomolecules - DNA - Transcription and mRNA Processing -> Differences in Translation in Prokaryotes and Eukaryotes	TBR B10: III-IV, VI-VII Kaplan Online Passage Based Questions			
Mon, Jul 17, 2017	Day 29	*	Organic Chemistry Ch. 7 - Aldehyde and Ketones II: Enolates	Organic Chemistry: Section 6 - Carbonyl and Alcohols (Carbonyl Reactivity; pg. 91-93, 102-116)	MCAT: Chemical Processes - Alpha-Carbon Chemistry	TBR OC6 Phase 1: II, III	TBR CARS D: Set 5 - Passage IV-VI		
		**	Behavioral Sciences Ch. 7 - Psychological Disorders	Psychology: Section 7 - Psychological Disorders	MCAT: Behavior - Psychological Disorders	TBR PSYCH7: I-II Kaplan Online Passage Based Questions			
Tue, Jul 18, 2017	Day 30	<b>BREAK</b>							
Wed, Jul 19, 2017	Day 31	****	Physics: Ch. 8 - Light and Optics	Physics: Section 9 - Light and Radiation Physics: Section 10 - Geometrical Optics	MCAT: Physical Processes - Light and Electromagnetic Radiation; Reflection and Refraction; Thin Lenses;	TBR P9 Phase 1 HW TBR P10 Phase 1 HW	TBR CARS D: Set 5 - Passage VII-IX	Online Kaplan Video	
		**	Biology: Ch. 8 - The Immune System	Biology: Section 5 - Endocrinology and Immunology (Immunology; pg. 281-290)	MCAT: Organ Systems - Immune System	TBR B5: I-VI, IX-X		Online Kaplan Video	
Thu, Jul 20, 2017	Day 32	***	General Chemistry: Ch. 8 - The Gas Phase	General Chemistry: Section 5 - Gases and Gas Laws	Chemistry: Gases and Kinetic Molecular Theory	TBR GC5 Phase 1 HW	TBR CARS D: Set 6 - Passage I-III		
		***	Biochemistry Ch. 8 - Biological Membranes	Biology: Section 6 - Structure and Function of Cells and Viruses (Eukaryotic Biomembranes and Membrane Transport; pg. 33-36)	MCAT: Cells - Cell Membrane Overview; Cell-Cell Interactions - Cell Junctions -> Membrane Receptors	TBR B6: VII		Online Kaplan Video	
Fri, Jul 21, 2017	Day 33	**	Organic Chemistry Ch. 8 - Carboxylic Acids	Organic Chemistry: Section 6 - Carbonyls and Alcohols (Carboxylic Acids; pg. 86-87)	MCAT: Chemical Processes - Carboxylic Acids	Kaplan Online Passage Based Questions	TBR CARS D: Set 6 - Passage IV-VI		
		****	Behavioral Sciences Ch. 8 - Social Processes, Attitudes, and Behavior		MCAT: Behavior - Social Psychology; Normative and non-Normative behavior; Theories of Attitudes and Behavior. MCAT: Society and Culture - Culture;	KA: PSBFB - 3 Passages		Online Kaplan Video	
Sat, Jul 22, 2017	Day 34	<b>REVIEW Days 27-33 –</b> <b>TBR P4, P8, P9, P10 Phase 2 HW: Passage I;</b> <b>TBR B2: VIII-XI, XIII-XIV;</b> <b>TBR B5: XII, XV;</b> <b>TBR B10: XI, XIII-XIV;</b> <b>TBR GC5, GC11 Phase 2 HW;</b> <b>TBR OC6 Phase 3: II;</b> <b>TBR PSYCH7: III;</b>							
Sun, Jul 23, 2017	Day 35	**	Physics: Ch. 9 - Atomic and Nuclear Phenomena		MCAT: Physical Processes - Light and Electromagnetic Radiation; Infrared and Ultraviolet/Visible Spectroscopy		TBR CARS D: Set 6 - Passage VII-IX		

Date	Day	Rel.	Kaplan	BR Sections	Khan Academy	Science Passages	CARS Passages	Other	
		**	Biology: Ch. 9 - The Digestive System	Biology: Section 3 - Gastrointestinal Tract and Kidney (The Gastrointestinal Tract; pg. 155-160)	MCAT: Organ Systems - Gastrointestinal Tract	TBR B3: I-VI, X			
Mon, Jul 24, 2017	Day 36	****	General Chemistry: Ch. 9 - Solutions	General Chemistry: Section 7 - Solubility General Chemistry: Section 6 - Phases and Phase Changes	Chemistry: Buffers, Titrations, and Solubility Equilibria - Solubility Equilibria. Chemistry: States of Matter and Intermolecular Forces - States of Matter; Mixtures and Solutions	TBR GC6 Phase 1 HW TBR GC7 Phase 1 HW Kaplan Online Passage Based Questions	KA: CARS Practice Questions - 2 Passages	Online Kaplan Video	
		**	Biochemistry Ch. 9 - Carbohydrate Metabolism I: Glycolysis, Glycogen, Gluconeogenesis, and the Pentose Phosphate Pathway	Biology: Section 8 - Metabolic Pathways (Glycolysis, Disaccharide Metabolism, PPP, and Gluconeogenesis; pg. 183-192, 207-216)	MCAT: Biomolecules - Carbohydrate Metabolism	TBR B8: V-VI, VIII, IX		Online Kaplan Video	
Tue, Jul 25, 2017	Day 37	**	Organic Chemistry Ch. 9 - Carboxylic Acid Derivatives	Organic Chemistry: Section 6 - Carbonyls and Alcohols (Esters → Amide; pg. 88-)	MCAT: Chemical Processes - Carboxylic Acid Derivatives	TBR OC6 Phase 3: IV Kaplan Online Passage Based Questions	KA: CARS Practice Questions - 2 Passages		
		****	Behavioral Sciences Ch. 9 - Social Interaction		MCAT: Individuals and Society - Social Interactions; Self Presentation and Interacting with Others	KA: PSBFB - 3 Passages			
Wed, Jul 26, 2017	Day 38	<b>BREAK</b>							
Thu, Jul 27, 2017	Day 39	***	Physics: Ch. 10 - Mathematics		Pre-Algebra: Exponents, Radicals, and Scientific Notation - Scientific Notation; Exponents. MCAT: Trigonometry (all) 5th Grade: Measurement and Data - Unit Conversion Algebra: Systems of Linear Equations (all)		KA: CARS Practice Questions - 2 Passages		
		***	Biology: Ch. 10 - Homeostasis	Biology: Section 3 - Gastrointestinal Tract and the Kidney (The Kidney; pg. 161-168)	MCAT: Organ Systems - Renal System MCAT: Organ Systems - Integumentary System	TBR B3: VII-IX		Online Kaplan Video	
Fri, Jul 28, 2017	Day 40	****	General Chemistry: Ch. 10 - Acids and Bases	General Chemistry: Section 8 - Acids and Bases General Chemistry: Section 9 - Titration Curves	MCAT: Chemical Processes - Acid/Base Equilibria; Titrations	TBR GC8 Phase 1 HW TBR GC9 Phase 1 HW Kaplan Online Passage Based Questions	KA: CARS Practice Questions - 2 Passages		
		***	Biochemistry Ch. 10 - Carbohydrate Metabolism II: Aerobic Respiration	Biology: Section 8 - Metabolic Pathways (Krebs Cycle → Oxidative Phosphorylation; pg. 193-206)	MCAT: Biomolecules - Krebs (citric acid) Cycle and Oxidative Phosphorylation	TBR B8: I-II Kaplan Online Passage Based Questions			
Sat, Jul 29, 2017	Day 41	*	Organic Chemistry Ch. 10 - Nitrogen- and Phosphorus-Containing Compounds	Organic Chemistry: Section 8 - Nitrogen Chemistry	MCAT: Chemical Processes - Amino Acids, Peptides, and Proteins.	TBR OC8 Phase 1 HW	KA: CARS Practice Questions - 2 Passages		
		****	Behavioral Sciences Ch. 10 - Social Thinking		MCAT: Behavior - Social Behavior; Perception, Prejudice, and Bias; Social Interactions; Discrimination	KA: PSBFB - 3 Passages		Online Kaplan Video	
Sun, Jul 30, 2017	Day 42	<b>REVIEW Days 35-41 —</b> <b>TBR P4, P8, P9, P10 Phase 2 HW: Passage II;</b> <b>TBR B3: XI-XII, XIII-XV;</b> <b>B8: XI-XII, XIV;</b> <b>TBR GC6, GC7, GC8, GC9 Phase 2 HW;</b> <b>TBR OC8 Phase 3 HW;</b>							
Mon, Jul 31, 2017	Day 43	****	Physics: Ch. 11 - Reasoning About the Design and Execution of Research		Biology: Intro to Biology - The Science of Biology		KA: CARS Practice Questions - 2 Passages		
		**	Biology: Ch. 11 - The Musculoskeletal System	Biology: Section 1 - Nerve and Muscle (Types of Tissues, The Neuromuscular Junction, and Sarcomeres; pg. 3-8, 18-26)	MCAT: Organ Systems - Muscular System	TBR B1: V, XV		Online Kaplan Video	
Tue, Aug 1, 2017	Day 44	**	General Chemistry: Ch. 11 - Oxidation-Reduction Reactions	General Chemistry: Section 4 - Electrochemistry (Start of Section → Redox Reactions; pg. 149-154)	Chemistry: Redox Reactions and Electrochemistry - Oxidation-Reduction Reactions;		KA: CARS Practice Questions - 2 Passages		
		**	Biochemistry Ch. 11 - Lipid and Amino Acid Metabolism	Biology: Section 8 - Metabolic Pathways (Fatty Acid Oxidation and Urea Cycle; pg. 217-226)	MCAT: Biomolecules - Fat and Protein Metabolism;	TBR B8: III-IV, VII			

Date	Day	Rel.	Kaplan	BR Sections	Khan Academy	Science Passages	CARS Passages	Other
Wed, Aug 2, 2017	Day 45	**	Organic Chemistry Ch. 11 - Spectroscopy	Organic Chemistry: Section 3 - Structure Elucidation and Spectroscopy	MCAT: Physical Processes - Infrared and Ultraviolet/Visible Spectroscopy; Proton Nuclear Magnetic Resonance	TBR OC3 Phase 1 HW	KA: CARS Practice Questions - 2 Passages	
		****	Behavioral Sciences Ch. 11 - Social Structure and Demographics		MCAT: Society and Culture - All Sections	KA: PSBFB - 3 Passages		
Thu, Aug 3, 2017	Day 46	<b>BREAK</b>						
Fri, Aug 4, 2017	Day 47	****	Physics: Ch. 12 - Data-Based and Statistical Reasoning		Statistics and Probability: Displaying and Describing Data - Mean and Median: The Basics (all); Comparing Features of Distribution; Categorical Data Displays.		KA: CARS Practice Questions - 2 Passages	
		****	Biology: Ch. 12 - Genetics and Evolution	Biology: Section 9 - Genetic Information (Classical Genetics; pg. 279-306)	MCAT: Biomolecules - Mendelian Genetics; Evolution and Population Dynamics; Genetic Mutations;	TBR B9: II-III, V-VI, XII-XIV Kaplan Online Passage Based Questions		
Sat, Aug 5, 2017	Day 48	***	General Chemistry: Ch. 12 - Electrochemistry	General Chemistry: Section 4 - Electrochemistry (Voltage and Energy → Redox Applications; pg. 155-172)	Chemistry: Redox Reactions and Electrochemistry - Galvanic Cells → Electrolytic Cells and Electrolysis	TBR GC4 Phase 1 HW	KA: CARS Practice Questions - 2 Passages	
		****	Biochemistry Ch. 12 - Bioenergetics and Regulation of Metabolism	Biology: Section 7 - Metabolic Components (ATP; pg. 123-124)	MCAT: Biomolecules - Principles of Bioenergetics; Overview of Metabolism; Hormonal Regulation	TBR B7: IV, XI		Online Kaplan Video
Sun, Aug 6, 2017	Day 49	***	Organic Chemistry Ch. 12 - Separations and Purifications	Organic Chemistry: Section 4 - Organic Chemistry Lab Techniques		TBR OC4 Phase 1 HW	KA: CARS Practice Questions - 2 Passages	
		***	Behavioral Sciences Ch. 12 - Social Stratification		MCAT: Social Inequality	KA: PSBFB - 3 Passages		
Mon, Aug 7, 2017	Day 50	<b>REVIEW Days 43-49 –</b> <b>TBR P4, P8, P9, P10 Phase 2 HW: Passage III;</b> <b>TBR B8: X, XIII;</b> <b>TBR GC4 Phase 2 HW;</b> <b>TBR OC3, OC4 Phase 3 HW;</b> <b>KA: BBFLS - 5 Passages</b>						
<b>END CONTENT REVIEW - BEGIN EXAM PRACTICE</b>								
Tue, Aug 8, 2017	Day 51	AAMC Official Practice Guide - First 60/120 Questions (100 minutes) Review all Questions KA: CARS Practice Questions - 5 Passages KA: PSBFB - 5 Passages KA: CPFBS - 5 Passages KA: BBFLS - 5 Passages						
Wed, Aug 9, 2017	Day 52	AAMC Official Practice Guide - Second 60/120 Questions (100 minutes) Review all Questions KA: CARS Practice Questions - 5 Passages KA: PSBFB - 5 Passages KA: CPFBS - 5 Passages KA: BBFLS - 5 Passages						
Thu, Aug 10, 2017	Day 53	AAMC Section Bank - BBFLS Section (100 Questions) Review all Questions KA: CARS Practice Questions - 4 Passages KA: CPFBS - 4 Passages KA: PSBFB - 4 Passages						
Fri, Aug 11, 2017	Day 54	AAMC Section Bank - CPFBS Section (100 Questions) Review all Questions KA: CARS Practice Questions - 4 Passages KA: PSBFB - 4 Passages KA: BBFLS - 5 Passages						
Sat, Aug 12, 2017	Day 55	AAMC Section Bank - PSBFB Section (100 Questions) Review all Questions KA: CARS Practice Questions - 4 Passages KA: CPFBS - 4 Passages KA: BBFLS - 5 Passages						
Sun, Aug 13, 2017	Day 56	<b>BREAK</b>						
Mon, Aug 14, 2017	Day 57	Biology Question Pack Vol. 1 - First Half and Review; CARS Question Pack Vol. 1 - First Half and Review; KA: CPFBS - 4 Passages KA: PSBFB - 4 Passages						
Tue, Aug 15, 2017	Day 58	Physics Question Pack - First Half and Review; Chemistry Question Pack - First Half and Review KA: BBFLS - 5 Passages KA: CARS Practice Questions - 2 Passages KA: PSBFB - 4 Passages						

Date	Day	Rel.	Kaplan	BR Sections	Khan Academy	Science Passages	CARS Passages	Other
Wed, Aug 16, 2017	Day 59							Biology Question Pack Vol. 1 - Second Half and Review; CARS Question Pack Vol. 1 - Second Half and Review; KA: CPFBS - 4 Passages KA: PSBFB - 4 Passages
Thu, Aug 17, 2017	Day 60							Physics Question Pack - Second Half and Review; Chemistry Question Pack - Second Half and Review; KA: BBFLS - 5 Passages KA: CARS Practice Questions - 1 Passage KA: PSBFB - 4 Passages
Fri, Aug 18, 2017	Day 61							Biology Question Pack Vol. 2 - First Half and Review; CARS Question Pack Vol. 2 - First Half and Review; KA: CPFBS - 4 Passages KA: PSBFB - 4 Passages
Sat, Aug 19, 2017	Day 62							Biology Question Pack Vol. 2 - Second Half and Review; CARS Question Pack Vol. 2 - Second Half and Review; KA: CPFBS - 4 Passages KA: PSBFB - 4 Passages
Sun, Aug 20, 2017	Day 63							<b>BREAK</b>
Mon, Aug 21, 2017	Day 64							TBR CARS D: Set 7 (90 minutes Timed) Review TBR CARS D: Set 7 KA: PSBFB - 9 Passages KA: CPFBS - 10 Passages KA: BBFLS - 10 Passages
Tue, Aug 22, 2017	Day 65							TBR CARS D: Set 8 (90 minutes Timed) Review TBR CARS D: Set 8 KA: PSBFB - 10 Passages KA: CPFBS - 10 Passages KA: BBFLS - 10 Passages
Wed, Aug 23, 2017	Day 66							TBR CARS D: Set 9 (90 minutes Timed) Review TBR CARS D: Set 9 KA: PSBFB - 10 Passages KA: CPFBS - 10 Passages KA: BBFLS - 10 Passages
Thu, Aug 24, 2017	Day 67							KA: PSBFB - 10 Passages KA: CPFBS - 15 Passages KA: BBFLS - 15 Passages
Fri, Aug 25, 2017	Day 68							AAMC Sample Test
Sat, Aug 26, 2017	Day 69							Review AAMC Practice Test
Sun, Aug 27, 2017	Day 70							<b>BREAK</b>
Mon, Aug 28, 2017	Day 71							Kaplan FL #1
Tue, Aug 29, 2017	Day 72							Review Kaplan FL #1
Wed, Aug 30, 2017	Day 73							Kaplan FL #2
Thu, Aug 31, 2017	Day 74							Review Kaplan FL #2
Fri, Sep 1, 2017	Day 75							AAMC Practice Test #1
Sat, Sep 2, 2017	Day 76							Review AAMC Practice Test #1
Sun, Sep 3, 2017	Day 77							<b>BREAK</b>
Mon, Sep 4, 2017	Day 78							Kaplan FL #3
Tue, Sep 5, 2017	Day 79							Review Kaplan FL #3
Wed, Sep 6, 2017	Day 80							AAMC Practice Test #2
Thu, Sep 7, 2017	Day 81							Review AAMC Practice Test #2
Fri, Sep 8, 2017	Day 82							<b>BREAK</b>
Sat, Sep 9, 2017	Day 83							<b>EXAM Day</b>