

3-Month MCAT Study Schedule

About 20–25 hours a week. Take the diagnostic first, keep one error log, review every full-length within 48 hours, and do CARS daily. Adjust after your diagnostic.

Week	Phase	Content goals	Practice	Done
1	Diagnostic & foundations	Take a full-length diagnostic. Review amino acids, enzyme kinetics, and kinematics.	Full-length diagnostic + 2 CARS passages daily	
2	Foundations	Biochem: metabolism overview, glycolysis, TCA cycle. Physics: forces, work, energy.	30 discrete questions daily + 2 CARS passages	
3	Foundations	Gen chem: stoichiometry, acids and bases, equilibrium. Psych: sensation and perception.	Section quiz per topic + 3 CARS passages	
4	Foundations	Biology: molecular biology, DNA replication, gene expression. Physics: fluids, circuits.	One timed half-section + review every miss	
5	Content build	Orgo: functional groups, separations, spectroscopy. Psych/Soc: learning, memory, identity.	Daily mixed set + 3 CARS passages	
6	Content build	Physiology: nervous, endocrine, cardiovascular, respiratory. Gen chem: thermodynamics, electrochemistry.	Full-length #2, then a two-day review	
7	Content build	Physiology: renal, digestive, immune, reproductive. Soc: stratification, social structures.	Timed passages by section, error log daily	
8	Practice-heavy	Weak-topic sprint from your error log. Physics: optics, waves, sound.	Full-length #3 + review	
9	Practice-heavy	Weak-topic sprint. Biochem: lipids, membrane transport, bioenergetics.	Full-length #4 + review	
10	Practice-heavy	Psych/Soc high-yield terms with examples. Experimental design and statistics.	Full-length #5 + review	
11	Test-like	Review only what full-lengths keep missing. Practice at your real test-day start time.	Full-length #6 + light review	
12	Taper	Light review of formulas, amino acids and psych terms. Sleep and logistics.	Half-length warmup early in the week, then rest	