

# 100 Day MCAT Study Schedule

## 2019 Edition



### Required Materials

1. [Berkeley Review Biology Part I and II \(2018\) Berkeley Review General Chemistry Part I and II \(2018\)](#) \$69
2. [Berkeley Review Organic Chemistry Part I and II \(2018\)](#) \$69
3. [Berkeley Review Physics Part I and II \(2018\)](#) \$69
4. [Berkeley Review Psychology \(2018\)](#)
5. [Berkeley Review Critical Analysis and Reasoning \(2018\)](#) \$49
6. [Kaplan MCAT Biochemistry Review 2019 - 2020](#) \$26
7. [NextStep MCAT Psychology and Sociology Practice](#) \$40
8. [UWorld MCAT Question Bank \(90 days\)](#) \$199
9. [Khan Academy MCAT Video Series](#) Free
10. [AAMC Online-Only Official MCAT Prep Bundle](#) \$236
11. [NextStep MCAT Full Length Practice Exams \(x3\)](#)

### Optional Materials

1. [Kaplan MCAT Organic Chemistry Review 2019-2020](#) \$28
2. [Kaplan MCAT Biology Review 2019 - 2020](#) \$28
3. [Kaplan MCAT Physics and Math Review 2019 - 2020](#) \$28
4. [Kaplan MCAT General Chemistry Review 2019 - 2020](#) \$26
5. [Kaplan Behavioral Sciences Review 2019 - 2020](#) \$26

### About

Using the 100 day MCAT Study Schedule, Nymeria went from the 30th to the 90th percentile on the MCAT. This schedule is an updated 2019 version of Nymeria's original schedule. We recommend reading her article [here](#) about the original schedule. For the 2019 version we have removed outdated materials and added newer content and practice tests that are recommended by the majority of the Student Doctor Network community.

As a nonprofit organization, we are not aligned with any product or service; materials for this schedule are selected strictly based on members' recommendations. Please consider purchasing using the links above to help support our nonprofit mission.

### How to Use

This is a full time schedule and will require at least 8 hours a day to complete. We recommend reading through the schedule prior to your start date to ensure that this schedule matches your study habits and learning style.

Each day you must complete both the reading and practice problems. We have also provided supplemental materials to reinforce difficult concepts along with corresponding chapters in the

# 100 Day MCAT Study Schedule

## 2019 Edition



Kaplan Review series when the primary text is from The Berkeley Review. The schedule rotates through a different subject everyday while emphasizing daily practice problems. Concepts you learned earlier in the schedule will continually be reinforced using this technique. We will walk you through the materials that this schedule incorporates.

*The Berkeley Review Series* - these will serve as your main text to learn content before drilling practice problems. We distribute practice problems from each chapter over the entirety of your schedule to constantly reinforce topics you previously learned.

*Kaplan Review Series* - the only required text is biochemistry and the rest are optional. We provide corresponding chapters in the Kaplan Series if you need further review.

*NextStep Psychology and Sociology* - you will complete this after your content review for psychology/sociology practice.

*Khan Academy* - we highly recommend watching Khan videos to reinforce difficult concepts that you have trouble with.

*UWorld* - this will serve as your main question bank. We highly recommend reading the explanations for each question, even if you get it right! You may start out on tutor mode but we recommend transitioning to timed practice as soon as possible. You will notice that by the end of the schedule you will have completed >2,000 UWorld questions while the UWorld bank is ~1800 questions. When you run out of new questions create sections using questions you previously got wrong.

*Hat Trick* - Get a hat and write every single MCAT topic found in the official [AAMC content outlines](#) onto a piece of paper. Then, when you're ready to practice a topic, put all of that specific topics into the hat. Draw two or three pieces of paper and connect the topics together. In addition to connecting them, come up with what a passage might look like and what kind of questions you might get. If you can't do this, go back and review each of the three sections. Rinse and repeat.

*AAMC Official Study Materials* - these are the most important practice materials you will complete and you will complete all of the practice problems released by the AAMC by the end of the schedule.

*Full Length Tests* - We have scheduled 7 of these throughout your schedule. Please take them as if you would a real test. Prepare a snack and a lunch and take them in a quiet but public environment.

# 100 Day MCAT Study Schedule

## 2019 Edition



Days	Reading	Practice Problems	Supplemental	Kaplan (Optional)
1	<ul style="list-style-type: none"> <li><input type="checkbox"/> Berkeley Review Organic Chemistry Ch. 1</li> <li><input type="checkbox"/> 5 Sample Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Berkeley Review Organic Chemistry (1, 4, ..etc.)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Chemical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ch. 1, 3, &amp; 4</li> </ul>
2	<ul style="list-style-type: none"> <li><input type="checkbox"/> Berkeley Review Biology Ch. 1</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Berkeley Review Biology (1, 4, ..etc.).</li> <li><input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Organ Systems Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ch. 4 &amp; 11</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Biochemistry Review Ch. 1</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Berkeley Review Biochemistry (1, 4, ..etc.).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	
3	<ul style="list-style-type: none"> <li><input type="checkbox"/> Berkeley Review Physics Ch. 1</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Berkeley Review Physics (1, 4, ...etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Physical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ch. 1, 2, &amp; 10</li> </ul>
4	<ul style="list-style-type: none"> <li><input type="checkbox"/> Berkeley Review General Chemistry Ch. 1</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Berkeley Review General Chemistry (1, 4, ...etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Chemical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ch. 4</li> </ul>

# 100 Day MCAT Study Schedule

## 2019 Edition



5	<ul style="list-style-type: none"> <li>❑ Berkeley Review Psychology Ch. 1</li> </ul>	<ul style="list-style-type: none"> <li>❑ 3 Verbal Passages from Berkeley Review CAR</li> </ul>	<ul style="list-style-type: none"> <li>❑ Khan Academy Psychology Series For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>❑ Ch. 1</li> </ul>
6	<ul style="list-style-type: none"> <li>❑ Berkeley Review Physics Ch. 2</li> </ul>	<ul style="list-style-type: none"> <li>❑ Every Third Problem/Passage in Ch. 2 of Berkeley Review Physics (1, 4, ...etc.)</li> <li>❑ 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>❑ Khan Academy Physical Processes Videos For Confusing Topics</li> </ul>	
7	<ul style="list-style-type: none"> <li>❑ Re-Read Confusing Topics (Days 1-6)</li> </ul>	<ul style="list-style-type: none"> <li>❑ 2 UWorld Blocks of 59 or 53 Questions</li> <li>❑ Review All Answers for the 2 UWorld Blocks</li> </ul>		
8	Break			
9		<ul style="list-style-type: none"> <li>❑ Complete Second Third of all Berkeley Review Problems for Chapters in Days 1 - 6 (2, 5, ...etc.)</li> <li>❑ 3 Verbal Passages from Berkeley Review CARS</li> <li>❑ 1 UWorld Block of 59 or 53 Questions</li> <li>❑ Review All Answers for the 1 Uworld Block</li> </ul>		
10	<ul style="list-style-type: none"> <li>❑ Berkeley Review General Chemistry Ch. 2</li> </ul>	<ul style="list-style-type: none"> <li>❑ Every Third Problem/Passage in Ch. 2 of Berkeley Review General Chemistry (1, 4, ...etc.)</li> </ul>	<ul style="list-style-type: none"> <li>❑ Khan Academy Chemical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>❑ Ch. 1</li> </ul>

# 100 Day MCAT Study Schedule

## 2019 Edition



		<ul style="list-style-type: none"> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>		
	<ul style="list-style-type: none"> <li>Kaplan Biochemistry Review Ch. 2</li> </ul>		<ul style="list-style-type: none"> <li>Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	
11	<ul style="list-style-type: none"> <li>Berkeley Review Organic Chemistry Ch. 2</li> </ul>	<ul style="list-style-type: none"> <li>Every Third Problem/Passage in Ch. 2 of Berkeley Review Organic Chemistry (1, 4, ..etc.)</li> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Chemical Processes For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 2</li> </ul>
12	<ul style="list-style-type: none"> <li>Berkeley Review Biology Ch. 2</li> </ul>	<ul style="list-style-type: none"> <li>Every Third Problem/Passage in Ch. 2 of Berkeley Review Biology (1, 4, ..etc.)</li> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Organ Systems For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 6 &amp; 7</li> </ul>
13	<ul style="list-style-type: none"> <li>Berkeley Review Physics Ch. 3</li> </ul>	<ul style="list-style-type: none"> <li>Every Third Problem/Passage in Ch. 3 of Berkeley Review Physics (1, 4, ...etc.)</li> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Physical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 3</li> </ul>
14	<ul style="list-style-type: none"> <li>Berkeley Review Psychology Ch. 2 &amp; 3</li> </ul>	<ul style="list-style-type: none"> <li>3 Verbal Passages from Berkeley Review CAR</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Psychology Series For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 2, 3 &amp; 4</li> </ul>

# 100 Day MCAT Study Schedule

## 2019 Edition



15	<ul style="list-style-type: none"> <li>□ Berkeley Review General Chemistry Ch. 3</li> </ul>	<ul style="list-style-type: none"> <li>□ Every Third Problem/Passage in Ch. 3 of Berkeley Review General Chemistry (1, 4, ...etc.)</li> <li>□ 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>□ Khan Academy Chemical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>□ Ch. 2 &amp; 3</li> </ul>
	<ul style="list-style-type: none"> <li>□ Kaplan Biochemistry Review Ch. 3</li> </ul>		<ul style="list-style-type: none"> <li>□ Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	
16	Break			
17	<ul style="list-style-type: none"> <li>□ Re-Read Confusing Topics (Days 9-15)</li> </ul>	<ul style="list-style-type: none"> <li>□ 2 UWorld Blocks of 59 or 53 Questions</li> <li>□ Review All Answers for the 2 UWorld Blocks</li> </ul>		
18		<ul style="list-style-type: none"> <li>□ Complete Second Third of all Berkeley Review Problems for Chapters in Days 9 - 15 (2, 5, ...etc.)</li> <li>□ 3 Verbal Passages from Berkeley Review CARS</li> <li>□ 1 UWorld Block of 59 or 53 Questions</li> <li>□ Review All Answers for the 1 Uworld Block</li> </ul>		
19	<ul style="list-style-type: none"> <li>□ Berkeley Review Organic Chemistry Ch. 3</li> </ul>	<ul style="list-style-type: none"> <li>□ Every Third Problem/Passage in Ch. 3 of Berkeley Review Organic Chemistry (1, 4, ..etc.)</li> </ul>	<ul style="list-style-type: none"> <li>□ Khan Academy Chemical Processes For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>□ Ch. 11</li> </ul>

# 100 Day MCAT Study Schedule

## 2019 Edition



		<ul style="list-style-type: none"> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>		
20	<ul style="list-style-type: none"> <li>Berkeley Review Biology Ch. 3</li> </ul>	<ul style="list-style-type: none"> <li>Every Third Problem/Passage in Ch. 3 of Berkeley Review Biology (1, 4, ..etc.)</li> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Organ Systems For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 9 &amp; 10</li> </ul>
21	<ul style="list-style-type: none"> <li>Berkeley Review Physics Ch. 4</li> </ul>	<ul style="list-style-type: none"> <li>Every Third Problem/Passage in Ch. 4 of Berkeley Review Physics (1, 4, ...etc.)</li> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Physical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 7</li> </ul>
22	<ul style="list-style-type: none"> <li>Berkeley Review General Chemistry Ch. 4</li> </ul>	<ul style="list-style-type: none"> <li>Every Third Problem/Passage in Ch. 4 of Berkeley Review General Chemistry (1, 4, ...etc.)</li> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Chemical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 11, 12</li> </ul>
	<ul style="list-style-type: none"> <li>Kaplan Biochemistry Review Ch. 4</li> </ul>		<ul style="list-style-type: none"> <li>Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	
23	<ul style="list-style-type: none"> <li>Berkeley Review Psychology Ch. 4</li> </ul>	<ul style="list-style-type: none"> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Psychology Series For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 5</li> </ul>

# 100 Day MCAT Study Schedule

## 2019 Edition



24	Break			
25	<input type="checkbox"/> Berkeley Review Organic Chemistry Ch. 4	<input type="checkbox"/> Every Third Problem/Passage in Ch. 4 of Berkeley Review Organic Chemistry (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS	<input type="checkbox"/> Khan Academy Chemical Processes For Confusing Topics	<input type="checkbox"/> Ch. 12
26	<input type="checkbox"/> Re-Read Confusing Topics (Days 19-25)	<input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 2 UWorld Blocks		
27		<input type="checkbox"/> Complete Second Third of all Berkeley Review Problems for Chapters in Days 19 - 25 (2, 5, ...etc.) <input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS <input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 1 Uworld Block		
28	<input type="checkbox"/> Berkeley Review Biology Ch. 4	<input type="checkbox"/> Every Third Problem/Passage in Ch. 4 of Berkeley Review Biology (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS	<input type="checkbox"/> Khan Academy Organ Systems For Confusing Topics	<input type="checkbox"/> Ch. 2 & 3
29	<input type="checkbox"/> Berkeley Review Physics Ch. 5	<input type="checkbox"/> Every Third Problem/Passage in Ch. 5 of Berkeley Review Physics (1, 4, ...etc.)	<input type="checkbox"/> Khan Academy Physical Processes Videos For	<input type="checkbox"/> Ch. 4



# 100 Day MCAT Study Schedule

## 2019 Edition



		<ul style="list-style-type: none"> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	Confusing Topics	
30	<ul style="list-style-type: none"> <li>Berkeley Review General Chemistry Ch. 5</li> </ul>	<ul style="list-style-type: none"> <li>Every Third Problem/Passage in Ch. 5 of Berkeley Review General Chemistry (1, 4, ...etc.)</li> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Chemical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 8</li> </ul>
	<ul style="list-style-type: none"> <li>Kaplan Biochemistry Review Ch. 5</li> </ul>		<ul style="list-style-type: none"> <li>Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	
31	<ul style="list-style-type: none"> <li>Berkeley Review Psychology Ch. 5</li> </ul>	<ul style="list-style-type: none"> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Psychology Series For Confusing Topics</li> </ul>	Ch. 6 & 9
32	Break			
33	<ul style="list-style-type: none"> <li>Berkeley Review Organic Chemistry Ch. 5</li> </ul>	<ul style="list-style-type: none"> <li>Every Third Problem/Passage in Ch. 5 of Berkeley Review Organic Chemistry (1, 4, ..etc.)</li> <li>3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Chemical Processes For Confusing Topics</li> </ul>	
34	<ul style="list-style-type: none"> <li>Berkeley Review Biology Ch. 5</li> </ul>	<ul style="list-style-type: none"> <li>Every Third Problem/Passage in Ch. 5 of Berkeley Review Biology (1, 4, ..etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Khan Academy Cells Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>Ch. 5 &amp; 8</li> </ul>

# 100 Day MCAT Study Schedule

## 2019 Edition



		<ul style="list-style-type: none"> <li><input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Organ Systems For Confusing Topics</li> </ul>	
35	<ul style="list-style-type: none"> <li><input type="checkbox"/> Re-Read Confusing Topics (Days 28-34)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 2 UWorld Blocks</li> </ul>		
36		<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Second Third of all Berkeley Review Problems for Chapters in Days 28 - 34 (2, 5, ...etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS</li> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
37	<ul style="list-style-type: none"> <li><input type="checkbox"/> Berkeley Review Physics Ch. 6</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 6 of Berkeley Review Physics (1, 4, ...etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Physical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ch. 5</li> </ul>
38	<ul style="list-style-type: none"> <li><input type="checkbox"/> Berkeley Review General Chemistry Ch. 6</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 6 of Berkeley Review General Chemistry (1, 4, ...etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Chemical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ch. 8</li> </ul>

# 100 Day MCAT Study Schedule

## 2019 Edition



	<input type="checkbox"/> Kaplan Biochemistry Review Ch. 6		<input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics	
39	<input type="checkbox"/> Berkeley Review Psychology Ch. 6	<input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS	<input type="checkbox"/> Khan Academy Psychology Series For Confusing Topics	<input type="checkbox"/> Ch. 8
40	Break			
41	<input type="checkbox"/> Berkeley Review Organic Chemistry Ch. 6	<input type="checkbox"/> Every Third Problem/Passage in Ch. 6 of Berkeley Review Organic Chemistry (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS	<input type="checkbox"/> Khan Academy Chemical Processes Videos For Confusing Topics	<input type="checkbox"/> Ch. 5, 8, & 9
42	<input type="checkbox"/> Berkeley Review Biology Ch. 6	<input type="checkbox"/> Every Third Problem/Passage in Ch. 6 of Berkeley Review Biology (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS	<input type="checkbox"/> Khan Academy Cells Videos For Confusing Topics	<input type="checkbox"/> Ch. 1
43	<input type="checkbox"/> Berkeley Review Physics Ch. 7	<input type="checkbox"/> Every Third Problem/Passage in Ch. 7 of Berkeley Review Physics (1, 4, ...etc.) <input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS	<input type="checkbox"/> Khan Academy Physical Processes Videos For Confusing Topics	<input type="checkbox"/> Ch. 6
44	<input type="checkbox"/> Re-Read Confusing Topics (Days 37-43)	<input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions		

# 100 Day MCAT Study Schedule

## 2019 Edition



		<ul style="list-style-type: none"> <li>❑ Review All Answers for the 2 UWorld Blocks</li> </ul>		
45		<ul style="list-style-type: none"> <li>❑ Complete Second Third of all Berkeley Review Problems for Chapters in Days 37 - 43 (2, 5, ...etc.)</li> <li>❑ 1 UWorld Block of 59 or 53 Questions</li> <li>❑ Review All Answers for the 1 Uworld Block</li> </ul>		
46	<ul style="list-style-type: none"> <li>❑ Berkeley Review General Chemistry Ch. 7</li> </ul>	<ul style="list-style-type: none"> <li>❑ Every Third Problem/Passage in Ch. 7 of Berkeley Review General Chemistry (1, 4, ...etc.)</li> <li>❑ 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>❑ Khan Academy Chemical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>❑ Ch. 9</li> </ul>
	<ul style="list-style-type: none"> <li>❑ Kaplan Biochemistry Review Ch. 7</li> </ul>		<ul style="list-style-type: none"> <li>❑ Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	
47	<ul style="list-style-type: none"> <li>❑ Berkeley Review Psychology Ch. 7</li> </ul>	<ul style="list-style-type: none"> <li>❑ 3 Verbal Passages from Berkeley Review CARS</li> </ul>	<ul style="list-style-type: none"> <li>❑ Khan Academy Psychology Series For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>❑ Ch. 7, 10, 11, &amp; 12</li> </ul>
48	Break			
49	<ul style="list-style-type: none"> <li>❑ Berkeley Review Organic Chemistry Ch. 7</li> </ul>	<ul style="list-style-type: none"> <li>❑ Every Third Problem/Passage in Ch. 7 of Berkeley Review Organic</li> </ul>	<ul style="list-style-type: none"> <li>❑ Khan Academy Chemical Processes For</li> </ul>	

# 100 Day MCAT Study Schedule

## 2019 Edition



		Chemistry (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages	Confusing Topics	
50	<input type="checkbox"/> Berkeley Review Biology Ch. 7 & 8	<input type="checkbox"/> Every Third Problem/Passage in Ch. 7 & 8 of Berkeley Review Biology (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS	<input type="checkbox"/> Khan Academy Cells Videos For Confusing Topics	
51	<input type="checkbox"/> Berkeley Review Physics Ch. 8	<input type="checkbox"/> Every Third Problem/Passage in Ch. 8 of Berkeley Review Physics (1, 4, ...etc.) <input type="checkbox"/> 3 Verbal Passages from Berkeley Review CARS		
52	<input type="checkbox"/> Berkeley Review General Chemistry Ch. 8 & 9	<input type="checkbox"/> Every Third Problem/Passage in Ch. 8 & 9 of Berkeley Review General Chemistry (1, 4, ...etc.)		<input type="checkbox"/> Ch. 10
	<input type="checkbox"/> Kaplan Biochemistry Review Ch. 8		<input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics	
53	<input type="checkbox"/> Re-Read Confusing Topics (Days 46-52)	<input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 2 UWorld Blocks		
54		<input type="checkbox"/> Complete Second Third of all Berkeley Review Problems for		

# 100 Day MCAT Study Schedule

## 2019 Edition



		<p>Chapters in Days 46 - 52 (2, 5, ...etc.)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
55	Break			
56		<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete 2 Sections in NextStep Psychology and Sociology</li> <li><input type="checkbox"/> Review 2 Sections in NextStep Psychology and Sociology</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Psychology Series For Confusing Topics</li> </ul>	
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Biochemistry Review Ch. 9</li> </ul>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	
57	<ul style="list-style-type: none"> <li><input type="checkbox"/> Berkeley Review Biology Ch. 9</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 9 of Berkeley Review Biology (1, 4, ..etc.)</li> <li><input type="checkbox"/> 1 UWorld Block of 20 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 UWorld Block</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Cells Videos For Confusing Topics</li> </ul>	
58	<ul style="list-style-type: none"> <li><input type="checkbox"/> Berkeley Review Physics Ch. 9</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 9 of Berkeley Review Physics (1, 4, ...etc.)</li> <li><input type="checkbox"/> 1 UWorld Block of 20 Questions</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Physical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ch. 8 &amp; 9</li> </ul>

# 100 Day MCAT Study Schedule

## 2019 Edition



		<input type="checkbox"/> Review All Answers for the 1 UWorld Block		
59	<input type="checkbox"/> Berkeley Review General Chemistry Ch. 10, 11	<input type="checkbox"/> Every Third Problem/Passage in Ch. 9 & 10 of Berkeley Review General Chemistry (1, 4, ...etc.)	<input type="checkbox"/> Khan Academy Chemical Processes Videos For Confusing Topics	<input type="checkbox"/> Ch. 7
	<input type="checkbox"/> Kaplan Biochemistry Review Ch. 10		<input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics	
60	<input type="checkbox"/> Berkeley Review Biology Ch. 10	<input type="checkbox"/> Every Third Problem/Passage in Ch. 10 of Berkeley Review Biology (1, 4, ..etc.) <input type="checkbox"/> 1 UWorld Block of 20 Questions <input type="checkbox"/> Review All Answers for the 1 UWorld Block	<input type="checkbox"/> Khan Academy Cells Videos For Confusing Topics	<input type="checkbox"/> Ch. 12
61	<input type="checkbox"/> Berkeley Review Physics Ch. 10	<input type="checkbox"/> Every Third Problem/Passage in Ch. 10 of Berkeley Review Physics (1, 4, ...etc.) <input type="checkbox"/> 1 UWorld Block of 20 Questions <input type="checkbox"/> Review All Answers for the 1 UWorld Block	<input type="checkbox"/> Khan Academy Physical Processes Videos For Confusing Topics	
62	Break			
63	<input type="checkbox"/> Berkeley Review General Chemistry Ch. 10	<input type="checkbox"/> Every Third Problem/Passage in Ch. 10 of Berkeley	Khan Academy Chemical Processes Videos	<input type="checkbox"/> Ch. 5 & 6

# 100 Day MCAT Study Schedule

## 2019 Edition



		Review General Chemistry (1, 4, ...etc.)	For Confusing Topics	
	<ul style="list-style-type: none"> <li>□ Kaplan Biochemistry Review Ch. 11</li> </ul>		<ul style="list-style-type: none"> <li>□ Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	
64	<ul style="list-style-type: none"> <li>□ Berkeley Review Organic Chemistry Ch. 8</li> </ul>	<ul style="list-style-type: none"> <li>□ Every Third Problem/Passage in Ch. 8 of Berkeley Review Organic Chemistry (1, 4, ..etc.)</li> <li>□ 1 UWorld Block of 20 Questions</li> <li>□ Review All Answers for the 1 UWorld Block</li> </ul>	<ul style="list-style-type: none"> <li>□ Khan Academy Chemical Processes For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>□ Ch. 10</li> </ul>
65		<ul style="list-style-type: none"> <li>□ Complete 2 Sections in NextStep Psychology and Sociology</li> <li>□ Review 2 Sections in NextStep Psychology and Sociology</li> </ul>	<ul style="list-style-type: none"> <li>□ Khan Academy Psychology Series For Confusing Topics</li> </ul>	
	<ul style="list-style-type: none"> <li>□ Kaplan Biochemistry Review Ch. 12</li> </ul>		<ul style="list-style-type: none"> <li>□ Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	
66	<ul style="list-style-type: none"> <li>□ Re-Read Confusing Topics (Days 56-65)</li> </ul>	<ul style="list-style-type: none"> <li>□ 2 UWorld Blocks of 59 or 53 Questions</li> <li>□ Review All Answers for the 2 UWorld Blocks</li> </ul>		



# 100 Day MCAT Study Schedule

## 2019 Edition



67		<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Second Third of All Berkeley Review Problems for Chapters in Days 56 - 65 (2, 5, ...etc.)</li> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
68	Break			
69	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 2 Hours</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 2 UWorld Blocks</li> </ul>		
70	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Berkeley Review Problems for Each Book's Chapter 1</li> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
71	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Berkeley Review Problems for Each Book's Chapter 2</li> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
72	<ul style="list-style-type: none"> <li><input type="checkbox"/> AAMC Sample Practice Exam</li> </ul>			
73	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review AAMC Practice Exam One</li> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions</li> </ul>		

# 100 Day MCAT Study Schedule

## 2019 Edition



		<ul style="list-style-type: none"> <li><input type="checkbox"/> Review All Answers for the 2 UWorld Blocks</li> </ul>		
74	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> AAMC MCAT Section Bank 100 Questions</li> <li><input type="checkbox"/> Review AAMC MCAT Section Bank</li> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
75	Break			
76	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 2 Hours</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Berkeley Review Problems for Each Book's Chapter 3</li> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
77	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 1 Hours</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete AAMC Critical Analysis and Reasoning Skills, Vol 1 Question Pack (120 Questions)</li> <li><input type="checkbox"/> Review Critical Analysis and Reasoning Skills Question Pack</li> </ul>		
78	Break			
79	<ul style="list-style-type: none"> <li><input type="checkbox"/> NextStep MCAT Full Length Practice Exam (Any Version)</li> </ul>			
80	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review NextStep Practice Exam</li> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Berkeley Review Problems for</li> </ul>		

# 100 Day MCAT Study Schedule

## 2019 Edition



		<p>Each Book's Chapter 4</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
81	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 1 Hours</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete AAMC Biology, Vol 1 Question Pack (120 Questions)</li> <li><input type="checkbox"/> Review Biology Question Pack</li> </ul>		
82	<ul style="list-style-type: none"> <li><input type="checkbox"/> NextStep MCAT Full Length Practice Exam (Any Version)</li> </ul>			
83	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review NextStep Practice Exam</li> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Berkeley Review Problems for Each Book's Chapter 5</li> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
84	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 1 Hours</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete AAMC Chemistry Question Pack (120 Questions)</li> <li><input type="checkbox"/> Review Chemistry Question Pack</li> </ul>		
85	<ul style="list-style-type: none"> <li><input type="checkbox"/> NextStep MCAT Full Length Practice Exam (Any Version)</li> </ul>			
86	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review NextStep Practice Exam</li> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Berkeley Review Problems for Each Book's Chapter 6</li> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> </ul>		

# 100 Day MCAT Study Schedule

## 2019 Edition



		<ul style="list-style-type: none"> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
87	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 1 Hours</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete AAMC Physics Question Pack (120 Questions)</li> <li><input type="checkbox"/> Review Physics Question Pack</li> </ul>		
88	<ul style="list-style-type: none"> <li><input type="checkbox"/> AAMC Practice Exam One</li> </ul>			
89	Break			
90	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review AAMC Practice Exam</li> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Berkeley Review Problems for Each Book's Chapter 7</li> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
91	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 1 Hours</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete AAMC Critical Analysis and Reasoning Skills, Vol 2 Question Pack (120 Questions)</li> <li><input type="checkbox"/> Review Critical Analysis and Reasoning Skills Question Pack</li> </ul>		
92	<ul style="list-style-type: none"> <li><input type="checkbox"/> AAMC Practice Exam Two</li> </ul>			
93	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review AAMC Practice Exam</li> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Berkeley Review Problems for Each Book's Chapter 8</li> </ul>		

# 100 Day MCAT Study Schedule

## 2019 Edition



		<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions</li> <li><input type="checkbox"/> Review All Answers for the 1 Uworld Block</li> </ul>		
94	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 1 Hours</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete AAMC Biology, Vol 2 Question Pack (120 Questions)</li> <li><input type="checkbox"/> Review Biology Question Pack</li> </ul>		
95	<ul style="list-style-type: none"> <li><input type="checkbox"/> AAMC Practice Exam Three</li> </ul>			
96	Break			
97	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review AAMC Practice Exam</li> <li><input type="checkbox"/> Hat Trick for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Berkeley Review Problems for Each Book's Chapter 9, 10, 11, &amp; 12</li> </ul>		
98	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hat Trick for 1 Hours</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> AAMC MCAT Section Bank 200 Questions</li> <li><input type="checkbox"/> Review AAMC MCAT Section Bank</li> </ul>		
99		<ul style="list-style-type: none"> <li><input type="checkbox"/> Online Practice Questions from The Official Guide to the MCAT Exam (120 questions)</li> <li><input type="checkbox"/> Review 120 Practice Questions</li> </ul>		
100	Break			
101	Official MCAT Testing Day. You're going to do great! :)			