

# 100 Day MCAT Study Schedule

## 2023 Edition



### Required Materials

1. [Kaplan MCAT Complete 7-Book Subject Review 2023-2024, Includes Books, Online Prep, 3 Practice Tests \\$180.30](#)
2. [UWorld MCAT Question Bank \(90 days\) \\$249](#)
3. [AAMC Online-Only Official MCAT Prep Bundle \\$268](#)

Total cost:  
**\$701.30** (To save a lot of money, consider purchasing used versions of these books, they're still good!)

Note, these are the books we recommend for content review based on the input from many users. However, if you have other books available to you for free, as long as they are from the last several years, you can adapt the schedule to use those books.

### About

The original 100-day MCAT study schedule was developed by Nymeria. She was able to improve her score from the 30th to the 90th percentile using the original program. We recommend reading her article [here](#) about the original plan.

For the 2023 edition, we have rebuilt the plan from the ground up based on the materials recommended by the Student Doctor Network community and experts.

The Health Professional Student Association, a nonprofit organization, publishes the Student Doctor Network. Members recommend the study schedule materials; no product or service pays to be in this plan. Purchasing through the links above supports our nonprofit organization.

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### How to Use

The schedule requires a full-time commitment, working 8 hours a day to complete it. Therefore, we recommend reading through the schedule before your start date to ensure that this schedule matches your study habits and learning style. If you have more or less time to commit to this schedule, consider using our donor-supported service: [studyschedule.org](https://studyschedule.org). Your user information is private; it is never sold or shared.

Each day you must complete both the reading and practice problems. We have also provided supplemental materials to reinforce complex concepts while the primary text is from Kaplan. The schedule rotates through a different subject every day 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.

**Kaplan Review Series** - Will serve as your main text to learn the content before drilling practice problems. In addition, we distribute practice problems from each chapter over the entirety of your schedule to continually reinforce topics you previously learned.

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

**Khan Academy** – Previously scheduled to go offline in 2021, students showed enough interest that the AAMC and Khan Academy will keep these free videos available until 2026. *Awesome!*

**AAMC Official Study Materials** – These are the most important practice materials you will complete. You will complete all of the practice problems released by the AAMC by the end of the schedule.

**ANKI** - The Reddit user MileDown created a [comprehensive Anki deck for MCAT study](#). Other decks are available but this one is highly recommended.

**Full-Length Tests** – We have scheduled seven of these throughout your schedule. Please take them as if you would a real test. Prepare a snack and lunch and complete the tests in a quiet environment.

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### Optional/Additional Activities

**Reading** - To improve your reading and comprehension skills for the Critical Analysis and Reasoning section, consider spending at least 30 minutes a day reading challenging material, such as scientific journals, The Economist, and sample passages. Alternate reading for speed, trying to read passages in the shortest amount of time using a stopwatch, and comprehension by summarizing the passages or articles you've read.

**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, place all of the specific topics into the hat. Next, draw two or three pieces of paper and connect the topics. 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. [Here's some more explanation of how this works.](#)

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Days	Reading	Practice Problems	Supplemental (Until Sept 2026)	Reading Topics
1	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Organic Chemistry Ch. 1</li> <li><input type="checkbox"/> 5 Sample Passages from Kaplan CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Kaplan 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"/> Nomenclature</li> </ul>
2	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Biology Ch. 1</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Kaplan Biology (1, 4, etc.).</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Cells Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The Cell</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 Kaplan 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>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Amino Acids, Peptides, and Proteins</li> </ul>
3	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Physics Ch. 1</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Kaplan Physics (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan 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"/> Kinematics and Dynamics</li> </ul>

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4	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan General Chemistry Ch. 1</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Kaplan General Chemistry (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan 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"/> Atomic Structures</li> </ul>
5	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Behavioral Sciences Ch. 1</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan CARS</li> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 1 of Kaplan Behavioral Sciences (1, 4, etc.)</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"/> Biology and Behavior</li> </ul>
6	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Physics Ch. 2</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 2 of Kaplan Physics (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan 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"/> Work and Energy</li> </ul>

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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 Kaplan Problems for Chapters in Days 1 - 6 (2, 5, etc.)</li> <li>❑ 3 Verbal Passages from Kaplan 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>❑ Kaplan General Chemistry Ch. 2</li> </ul>	<ul style="list-style-type: none"> <li>❑ Every Third Problem/Passage in Ch. 2 of Kaplan General Chemistry (1, 4, etc.)</li> <li>❑ 3 Verbal Passages from Kaplan 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>❑ The Periodic Table</li> </ul>
	<ul style="list-style-type: none"> <li>❑ Kaplan Biochemistry Review Ch. 2</li> </ul>	<ul style="list-style-type: none"> <li>❑ Every Third Problem/Passage in</li> </ul>	<ul style="list-style-type: none"> <li>❑ Khan Academy Biomolecules</li> </ul>	<ul style="list-style-type: none"> <li>❑ Enzymes</li> </ul>

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		Ch. 2 of Kaplan Biochemistry (1, 4, etc.).	Videos For Confusing Topics	
11	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Organic Chemistry Ch. 2</li> <li><input type="checkbox"/> Kaplan Organic Chemistry Ch 3.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 2-3 of Kaplan Organic Chemistry (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Chemical Processes For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Isomers</li> <li><input type="checkbox"/> Bonding</li> </ul>
12	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Biology Ch. 2</li> <li><input type="checkbox"/> Kaplan Biology Ch. 3</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 2-3 of Kaplan Biology (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Cells Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Reproduction</li> <li><input type="checkbox"/> Embryogenesis and development</li> </ul>
13	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Physics Ch. 3</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 3 of Kaplan Physics (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan 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"/> Thermodynamics</li> </ul>
14	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Behavioral Sciences Ch. 2, 3</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan CARS</li> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 2 &amp; 3 of Kaplan</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"/> Sensation and Perception</li> <li><input type="checkbox"/> Learning and Memory</li> </ul>

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		Behavioral Sciences (1, 4, etc.)		
15	<input type="checkbox"/> Kaplan General Chemistry Ch. 3	<input type="checkbox"/> Every Third Problem/Passage in Ch. 3 of Kaplan General Chemistry (1, 4, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	<input type="checkbox"/> Khan Academy Chemical Processes Videos For Confusing Topics	<input type="checkbox"/> Bonding and Chemical Interactions
	<input type="checkbox"/> Kaplan Biochemistry Review Ch. 3	<input type="checkbox"/> Every Third Problem/Passage in Ch. 3 of Kaplan Biochemistry (1, 4, etc.).	<input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics	<input type="checkbox"/> Nonenzymatic Protein Function and Protein Analysis
16	Break			
17	<input type="checkbox"/> Re-Read Confusing Topics (Days 9-15)	<input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 2 UWorld Blocks		
18		<input type="checkbox"/> Complete Second Third of all Kaplan Problems for Chapters in Days 9 - 15 (2, 5, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS		



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		<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>		
19	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Organic Chemistry Ch. 4</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 4 of Kaplan Organic Chemistry (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Chemical Processes For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Analyzing Organic Reactions</li> </ul>
20	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Biology Ch. 4</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 4 of Kaplan Biology (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Organ Systems For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The Nervous System</li> </ul>
21	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Physics Ch. 4</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 4 of Kaplan Physics (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan 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"/> Fluids</li> </ul>
22	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan General Chemistry Ch. 4</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 4 of Kaplan</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"/> Compounds and Stoichiometry</li> </ul>

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		General Chemistry (1, 4, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS		
	<input type="checkbox"/> Kaplan Biochemistry Review Ch. 4	<input type="checkbox"/> Every Third Problem/Passage in Ch. 4 of Kaplan Biochemistry (1, 4, etc.).	<input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics	<input type="checkbox"/> Carbohydrate Structure and Function
23	<input type="checkbox"/> Kaplan Behavioral Sciences Ch. 4	<input type="checkbox"/> 3 Verbal Passages from Kaplan CARS <input type="checkbox"/> Every Third Problem/Passage in Ch. 4 of Kaplan Behavioral Sciences (1, 4, etc.)	<input type="checkbox"/> Khan Academy Psychology Series For Confusing Topics	<input type="checkbox"/> Cognition, Consciousness, and Language
24	Break			
25	<input type="checkbox"/> Kaplan Organic Chemistry Ch. 5	<input type="checkbox"/> Every Third Problem/Passage in Ch. 5 of Kaplan Organic Chemistry (1, 4, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	<input type="checkbox"/> Khan Academy Chemical Processes For Confusing Topics	<input type="checkbox"/> Alcohols
26	<input type="checkbox"/> Re-Read Confusing Topics (Days 19-25)	<input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions		

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		<ul style="list-style-type: none"> <li>❑ Review All Answers for the 2 UWorld Blocks</li> </ul>		
27		<ul style="list-style-type: none"> <li>❑ Complete Second Third of all Kaplan Problems for Chapters in Days 19 - 25 (2, 5, etc.)</li> <li>❑ 3 Verbal Passages from Kaplan CARS</li> <li>❑ 1 UWorld Block of 59 or 53 Questions</li> <li>❑ Review All Answers for the 1 Uworld Block</li> </ul>		
28	<ul style="list-style-type: none"> <li>❑ Kaplan Biology Ch. 5</li> <li>❑ Kaplan Biology Ch. 6</li> </ul>	<ul style="list-style-type: none"> <li>❑ Every Third Problem/Passage in Ch. 5-6 of Kaplan Biology (1, 4, ..etc.)</li> <li>❑ 3 Verbal Passages from Kaplan 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>❑ The endocrine system</li> <li>❑ The respiratory system</li> </ul>
29	<ul style="list-style-type: none"> <li>❑ Kaplan Physics Ch. 5</li> </ul>	<ul style="list-style-type: none"> <li>❑ Every Third Problem/Passage in Ch. 5 of Kaplan Physics (1, 4, etc.)</li> <li>❑ 3 Verbal Passages from Kaplan 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>❑ Electrostatics and Magnetism</li> </ul>

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30	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan General Chemistry Ch. 5</li> <li><input type="checkbox"/> Kaplan General Chemistry Ch. 6</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 5-6 of Kaplan General Chemistry (1, 4, etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan 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"/> Chemical Kinetics</li> <li><input type="checkbox"/> Equilibrium</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Biochemistry Review Ch. 5</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 4 of Kaplan 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>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lipid Structure and Function</li> </ul>
31	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Behavioral Sciences Ch.5</li> <li><input type="checkbox"/> Kaplan Behavioral Sciences Ch.6</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan CARS</li> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 5 &amp; 6 of Kaplan Behavioral Sciences (1, 4, etc.)</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"/> Motivation, Emotion, and Stress</li> <li><input type="checkbox"/> Identity and Personality</li> </ul>
32	Break			
33	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Organic Chemistry Ch. 6</li> <li><input type="checkbox"/> Kaplan Organic Chemistry Ch. 7</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 6-7 of Kaplan Organic Chemistry (1, 4, ..etc.)</li> <li><input type="checkbox"/> 3 Verbal Passages from Kaplan CARS</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Khan Academy Chemical Processes For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Aldehydes and Ketones - Electrophilicity and Oxidation-Reduction</li> </ul>

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				<input type="checkbox"/> Aldehydes and Ketones - Enolates
34	<input type="checkbox"/> Kaplan Biology Ch. 7	<input type="checkbox"/> Every Third Problem/Passage in Ch. 7 of Kaplan Biology (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	<input type="checkbox"/> Khan Academy Organ Systems For Confusing Topics	<input type="checkbox"/> The cardiovascular system
35	<input type="checkbox"/> Re-Read Confusing Topics (Days 28-34)	<input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 2 UWorld Blocks		
36		<input type="checkbox"/> Complete Second Third of all Kaplan Problems for Chapters in Days 28 - 34 (2, 5, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS <input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 1 Uworld Block		
37	<input type="checkbox"/> Kaplan Physics Ch. 6	<input type="checkbox"/> Every Third Problem/Passage in	<input type="checkbox"/> Khan Academy Physical Processes	<input type="checkbox"/> Circuits

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		Ch. 6 of Kaplan Physics (1, 4, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	Videos For Confusing Topics	
38	<input type="checkbox"/> Kaplan General Chemistry Ch. 7	<input type="checkbox"/> Every Third Problem/Passage in Ch. 7 of Kaplan General Chemistry (1, 4, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	<input type="checkbox"/> Khan Academy Chemical Processes Videos For Confusing Topics	<input type="checkbox"/> Thermochemistry
	<input type="checkbox"/> Kaplan Biochemistry Review Ch. 6	<input type="checkbox"/> Every Third Problem/Passage in Ch. 6 of Kaplan Biochemistry (1, 4, etc.).	<input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics	<input type="checkbox"/> DNA and Biotechnology
39	<input type="checkbox"/> Kaplan Behavioral Sciences Ch.7	<input type="checkbox"/> 3 Verbal Passages from Kaplan CARS <input type="checkbox"/> Every Third Problem/Passage in Ch. 7 of Kaplan Behavioral Sciences (1, 4, etc.)	<input type="checkbox"/> Khan Academy Psychology Series For Confusing Topics	<input type="checkbox"/> Psychological Disorders
40	Break			
41	<input type="checkbox"/> Kaplan Organic Chemistry Ch. 8	<input type="checkbox"/> Every Third Problem/Passage in Ch. 8-9 of Kaplan	<input type="checkbox"/> Khan Academy Chemical Processes	<input type="checkbox"/> Carboxylic Acids <input type="checkbox"/> Carboxylic Acid Derivatives

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	<input type="checkbox"/> Kaplan Organic Chemistry Ch. 9	Organic Chemistry (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	Videos For Confusing Topics	
42	<input type="checkbox"/> Kaplan Biology Ch. 8	<input type="checkbox"/> Every Third Problem/Passage in Ch. 8 of Kaplan Biology (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	<input type="checkbox"/> Khan Academy Organ System Videos For Confusing Topics	<input type="checkbox"/> The Immune System
43	<input type="checkbox"/> Kaplan Physics Ch. 7	<input type="checkbox"/> Every Third Problem/Passage in Ch. 7 of Kaplan Physics (1, 4, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	<input type="checkbox"/> Khan Academy Physical Processes Videos For Confusing Topics	<input type="checkbox"/> Waves and Sound
44	<input type="checkbox"/> Re-Read Confusing Topics (Days 37-43)	<input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 2 UWorld Blocks		
45		<input type="checkbox"/> Complete Second Third of all Kaplan Problems for Chapters in Days 37 - 43 (2, 5, etc.) <input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions		

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		<input type="checkbox"/> Review All Answers for the 1 Uworld Block		
46	<input type="checkbox"/> Kaplan General Chemistry Ch. 8	<input type="checkbox"/> Every Third Problem/Passage in Ch. 8 of Kaplan General Chemistry (1, 4, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	<input type="checkbox"/> Khan Academy Chemical Processes Videos For Confusing Topics	<input type="checkbox"/> The Gas Phase
	<input type="checkbox"/> Kaplan Biochemistry Review Ch. 7	<input type="checkbox"/> Every Third Problem/Passage in Ch. 7 of Kaplan Biochemistry (1, 4, etc.).	<input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics	<input type="checkbox"/> RNA and the Genetic Code
47	<input type="checkbox"/> Kaplan Behavioral Sciences Ch. 8 <input type="checkbox"/> Kaplan Behavioral Sciences Ch. 9	<input type="checkbox"/> 3 Verbal Passages from Kaplan CARS <input type="checkbox"/> Every Third Problem/Passage in Ch. 8 & 9 of Kaplan Behavioral Sciences (1, 4, etc.)	<input type="checkbox"/> Khan Academy Psychology Series For Confusing Topics	<input type="checkbox"/> Social Processes, Attitudes, and Behavior <input type="checkbox"/> Social Interaction
48	Break			
49	<input type="checkbox"/> Kaplan Organic Chemistry Ch. 10 <input type="checkbox"/> Kaplan Organic Chemistry Ch. 11	<input type="checkbox"/> Every Third Problem/Passage in Ch. 10-11 of Kaplan	<input type="checkbox"/> Khan Academy Chemical Processes For Confusing Topics	<input type="checkbox"/> Nitrogen- and Phosphorus-Containing Compounds



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		Organic Chemistry (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS		<input type="checkbox"/> Spectroscopy
50	<input type="checkbox"/> Kaplan Biology Ch. 9 <input type="checkbox"/> Kaplan Biology Ch. 10	<input type="checkbox"/> Every Third Problem/Passage in Ch. 9-10 of Kaplan Biology (1, 4, ..etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS	<input type="checkbox"/> Khan Academy Cells Videos For Confusing Topics	<input type="checkbox"/> The Digestive System <input type="checkbox"/> Homeostasis
51	<input type="checkbox"/> Kaplan Physics Ch. 8	<input type="checkbox"/> Every Third Problem/Passage in Ch. 8 of Kaplan Physics (1, 4, etc.) <input type="checkbox"/> 3 Verbal Passages from Kaplan CARS		<input type="checkbox"/> Light and Optics
52	<input type="checkbox"/> Kaplan General Chemistry Ch. 9	<input type="checkbox"/> Every Third Problem/Passage in Ch. 9 of Kaplan General Chemistry (1, 4, etc.)		<input type="checkbox"/> Solutions
	<input type="checkbox"/> Kaplan Biochemistry Review Ch. 8	<input type="checkbox"/> Every Third Problem/Passage in Ch. 8 of Kaplan Biochemistry (1, 4, etc.).	<input type="checkbox"/> Khan Academy Biomolecules Videos For Confusing Topics	<input type="checkbox"/> Biological Membranes

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53	<ul style="list-style-type: none"> <li>❑ Re-Read Confusing Topics (Days 46-52)</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>		
54		<ul style="list-style-type: none"> <li>❑ Complete Second Third of all Kaplan Problems for Chapters in Days 46 - 52 (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>		
55	Break			
56	<ul style="list-style-type: none"> <li>❑ Kaplan Behavioral Sciences Ch. 10</li> </ul>	<ul style="list-style-type: none"> <li>❑ 3 Verbal Passages from Kaplan CARS</li> <li>❑ Every Third Problem/Passage in Ch. 10 of Kaplan Behavioral Sciences (1, 4, etc.)</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>❑ Social Thinking</li> </ul>
	<ul style="list-style-type: none"> <li>❑ Kaplan Biochemistry Review Ch. 9</li> </ul>	<ul style="list-style-type: none"> <li>❑ Every Third Problem/Passage in Ch. 9 of Kaplan Biochemistry (1, 4, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>❑ Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>❑ Carbohydrate Metabolism - Glycolysis, Glycogen, Gluconeogenesis</li> </ul>

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				and the Pentose Phosphate Pathway
57	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Biology Ch. 11</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 11 of Kaplan 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 Organ System Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> The Musculoskeletal System</li> </ul>
58	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Physics Ch. 9</li> <li><input type="checkbox"/> Kaplan Physics Ch. 10</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 9-10 of Kaplan Physics (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 Physical Processes Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Atomic and Nuclear Phenomena</li> <li><input type="checkbox"/> Mathematics</li> </ul>
59	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan General Chemistry Ch. 10</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 10 of Kaplan General 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"/> Acids and Bases</li> </ul>

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	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Biochemistry Review Ch. 10</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 10 of Kaplan 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>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Carbohydrate Metabolism - Aerobic Respiration</li> </ul>
60	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Biology Ch. 12</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 12 of Kaplan 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>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Genetics and evolution</li> </ul>
61	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan Physics Ch. 11</li> <li><input type="checkbox"/> Kaplan Physics Ch. 12</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 11-12 of Kaplan Physics (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"/> Reasoning About the Design and Execution of Research</li> <li><input type="checkbox"/> Data-Based and Statistical Reasoning</li> </ul>
62	Break			
63	<ul style="list-style-type: none"> <li><input type="checkbox"/> Kaplan General Chemistry Ch. 11-12</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every Third Problem/Passage in Ch. 11-12 of Kaplan</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><input type="checkbox"/> Oxidation-Reduction Reactions</li> <li><input type="checkbox"/> Electrochemistry</li> </ul>

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		General Chemistry (1, 4, etc.)		
	<ul style="list-style-type: none"> <li>□ Kaplan Biochemistry Review Ch. 11</li> </ul>	<ul style="list-style-type: none"> <li>□ Every Third Problem/Passage in Ch. 11 of Kaplan Biochemistry (1, 4, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>□ Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>□ Lipid and Amino Acid Metabolism</li> </ul>
64	<ul style="list-style-type: none"> <li>□ Kaplan Organic Chemistry Ch. 12</li> </ul>	<ul style="list-style-type: none"> <li>□ Every Third Problem/Passage in Ch. 12 of Kaplan 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>□ Separations and Purifications</li> </ul>
65	<ul style="list-style-type: none"> <li>□ Kaplan Behavioral Sciences Ch. 11</li> <li>□ Kaplan Behavioral Sciences Ch. 12</li> </ul>	<ul style="list-style-type: none"> <li>□ 3 Verbal Passages from Kaplan CARS</li> <li>□ Every Third Problem/Passage in Ch. 11 &amp; 12 of Kaplan Behavioral Sciences (1, 4, etc.)</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>□ Social Structures and Demographics</li> <li>□ Social Stratification</li> </ul>
	<ul style="list-style-type: none"> <li>□ Kaplan Biochemistry Review Ch. 12</li> </ul>	<ul style="list-style-type: none"> <li>□ Every Third Problem/Passage in Ch. 12 of Kaplan</li> </ul>	<ul style="list-style-type: none"> <li>□ Khan Academy Biomolecules Videos For Confusing Topics</li> </ul>	<ul style="list-style-type: none"> <li>□ Bioenergetics and Regulation of Metabolism</li> </ul>

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# 100 Day MCAT Study Schedule

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		Biochemistry (1, 4, etc.).		
66	<input type="checkbox"/> Re-Read Confusing Topics (Days 56-65)	<input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 2 UWorld Blocks		
67		<input type="checkbox"/> Complete Second Third of All Kaplan Problems for Chapters in Days 56 - 65 (2, 5, etc.) <input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 1 Uworld Block		
68	Break			
69	<input type="checkbox"/> MileDown Anki for 2 Hours	<input type="checkbox"/> 2 UWorld Blocks of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 2 UWorld Blocks		
70	<input type="checkbox"/> MileDown Anki for 30 Minutes	<input type="checkbox"/> Complete Last Third of All Kaplan Problems for Each Book's Chapter 1		

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		<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>		
71	<ul style="list-style-type: none"> <li><input type="checkbox"/> MileDown Anki for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Kaplan 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"/> MileDown Anki for 30 Minutes</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>		
74	<ul style="list-style-type: none"> <li><input type="checkbox"/> MileDown Anki 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> </ul>		

# 100 Day MCAT Study Schedule

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		<input type="checkbox"/> Review All Answers for the 1 Uworld Block		
75	Break			
76	<input type="checkbox"/> MileDown Anki for 2 Hours	<input type="checkbox"/> Complete Last Third of All Kaplan Problems for Each Book's Chapter 3 <input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 1 Uworld Block		
77	<input type="checkbox"/> MileDown Anki for 1 Hours	<input type="checkbox"/> Complete AAMC Critical Analysis and Reasoning Skills, Vol 1 Question Pack (120 Questions) <input type="checkbox"/> Review Critical Analysis and Reasoning Skills Question Pack		
78	Break			
79	<input type="checkbox"/> Kaplan MCAT Full Length Practice Exam (Any Version)			
80	<input type="checkbox"/> Review Kaplan Practice Exam	<input type="checkbox"/> Complete Last Third of All Kaplan		



# 100 Day MCAT Study Schedule

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	<ul style="list-style-type: none"> <li>☐ MileDown Anki for 30 Minutes</li> </ul>	<p>Problems for Each Book's Chapter 4</p> <ul style="list-style-type: none"> <li>☐ 1 UWorld Block of 59 or 53 Questions</li> <li>☐ Review All Answers for the 1 Uworld Block</li> </ul>		
81	<ul style="list-style-type: none"> <li>☐ MileDown Anki for 1 Hours</li> </ul>	<ul style="list-style-type: none"> <li>☐ Complete AAMC Biology, Vol 1 Question Pack (120 Questions)</li> <li>☐ Review Biology Question Pack</li> </ul>		
82	<ul style="list-style-type: none"> <li>☐ AAMC Practice Exam One</li> </ul>			
83	<ul style="list-style-type: none"> <li>☐ Review AAMC Practice Exam One</li> <li>☐ MileDown for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li>☐ Complete Last Third of All Kaplan Problems for Each Book's Chapter 5</li> <li>☐ 1 UWorld Block of 59 or 53 Questions</li> <li>☐ Review All Answers for the 1 Uworld Block</li> </ul>		
84	<ul style="list-style-type: none"> <li>☐ MileDown Anki for 1 Hours</li> </ul>	<ul style="list-style-type: none"> <li>☐ Complete AAMC Chemistry Question Pack (120 Questions)</li> </ul>		

# 100 Day MCAT Study Schedule

## 2023 Edition



		<input type="checkbox"/> Review Chemistry Question Pack		
85	<input type="checkbox"/> Kaplan MCAT Full Length Practice Exam (Any Version)			
86	<input type="checkbox"/> Review Kaplan Practice Exam <input type="checkbox"/> MileDown Anki for 30 Minutes	<input type="checkbox"/> Complete Last Third of All Kaplan Problems for Each Book's Chapter 6 <input type="checkbox"/> 1 UWorld Block of 59 or 53 Questions <input type="checkbox"/> Review All Answers for the 1 Uworld Block		
87	<input type="checkbox"/> MileDown Anki for 1 Hours	<input type="checkbox"/> Complete AAMC Physics Question Pack (120 Questions) <input type="checkbox"/> Review Physics Question Pack		
88	<input type="checkbox"/> AAMC Practice Exam Two			
89	Break			
90	<input type="checkbox"/> Review AAMC Practice Exam Two <input type="checkbox"/> MileDown Anki for 30 Minutes	<input type="checkbox"/> Complete Last Third of All Kaplan Problems for Each Book's Chapter 7 & 8		

# 100 Day MCAT Study Schedule

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		<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>		
91	<ul style="list-style-type: none"> <li><input type="checkbox"/> MileDown Anki 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 Three</li> </ul>			
93	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review AAMC Practice Exam Three</li> <li><input type="checkbox"/> MileDown Anki for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Kaplan Problems for Each Book's Chapter 9 &amp; 10</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>		

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94	<ul style="list-style-type: none"> <li><input type="checkbox"/> MileDown Anki 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 Four</li> </ul>			
96	<p>Break</p> <p>Research your test site on Review2.com, looking through reviews for information like where to park and how much it costs, how to find the test center entrance, and the temperature of the testing room.</p>			
97	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review AAMC Practice Exam Four</li> <li><input type="checkbox"/> MileDown Anki for 30 Minutes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Last Third of All Kaplan Problems for Each Book's Chapter 11 &amp; 12</li> </ul>		
98	<ul style="list-style-type: none"> <li><input type="checkbox"/> MileDown Anki 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> </ul>		

# 100 Day MCAT Study Schedule

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		<input type="checkbox"/> Review 120 Practice Questions		
100	Break			
101	Official MCAT Testing Day. You're going to do great! :)			