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	2	a: 2	j \	@	j X \	> X	e	Total Questions for Week
Date:								
Week 1							40RQ & Review	

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Date:								
Week 5	Rest	Ù	Ù		Ù	Practice Test #4	Finish review 40RQ & Review Make-up day	
Enter Q Completed/Day			Ù					@ : Í + á Ù T
Date:								
Week 6	Rest		40RQ & Review Free 120 Review				40RQ & review Rest	
Enter Q Completed/Day								@ : Í + á Ù T
Date:								
	Tapper down 2 blocks RQ	Tapper down 2 blocks RQ	Rest!	TEST DAY				

X ô ...

?s	Questions
RQ	Random Questions
FQ	Focused Questions

® ô ô ' Û P	
40FQ & review	3 hours
Content review	4 hours
40RQ & review	3 hours
® ô ô ' Û Q	
40FQ & review	3 hours
Content review	4 hours
40RQ & review	3 hours

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<p>Ⓢ Íe ß X ô \ : j X è ô \ ß • j \ ô ì</p>	<p>Limit to about 6. Popular choices include: UWorld, Boards &amp; Beyond, Pathoma, Anki, NBME practice exams and First Aid.</p>
<p>Ⓢ ô X ô ß • ++ ß ... : j ß \</p>	<p>Diversify your study locations, pick at least 3 different places</p>
<p>F : • ß 1 Í 2 ... ß : j X \ ß Í ß ... : j ß • Í 2 e ß e : ß \ e j î ..</p>	<p>Best between 8-12 hours/day</p>
<p>F : • ß : e ô 2 ß • ++ ß ... æ X ô Í ' \ ì</p>	<p>On average about 10 minutes on the hour, include two longer breaks over the course of a day of study.</p>
<p>Ⓢ Í e ß Í æ : j e ß î Í ... \ ß</p>	<p>We recommend the equivalent of one day of /week.</p>
<p>F : • ß • ++ ß ... : j ß e Í ' ô ... : j X \ ô + ì</p>	<p>Build into your schedule daily exercise, enough sleep, healthy eating, and other self-care activities.</p>

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<p>Human Development</p>		
<p>Blood &amp; Lymphoreticular/Immune Systems</p>		