MCAT 12-week and 16-week study planner

Map official AAMC resources and your own practice onto a 12- or 16-week calendar. This is a blank planner, not an official AAMC study schedule.

NAME

DATE

THE SITTING

TEST DATE

REGISTRATION CONFIRMATION

PLAN LENGTH (12 OR 16 WEEKS)

AAMC PRACTICE MATERIALS I HAVE

WEEK BY WEEK

Week	Dates	Content I will cover (from the official AAMC outline)	Practice (AAMC or course-assigned)	Hours planned / done

OFFICIAL STEPS

- [ ] Opened AAMC's official MCAT pages for fees, dates and content
- [ ] Booked or confirmed the test date
- [ ] Scheduled full-length practice in the last weeks
- [ ] Noted accommodations requests, if any, on the official page

Section content, scoring and test dates come from AAMC. Do not treat this calendar as a prediction of your score.

SOURCES (CHECKED 2026-11-27)

Check current AAMC's official MCAT exam pages on the official page. https://students-residents.aamc.org/mcat-exam/mcat-exam (checked 2026-11-26)