

Jack's MCAT Strategic Plan

9-Week Roadmap · Jul 8 – Sep 12
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TARGET SCORE

515

September 12, 2026

C/P

126 -> 130

CARS

122 -> 125

B/B

124 -> 129

P/S

126 -> 131

WHAT YOU TOLD ME

Your Starting Point, in Your Own Words

This plan is built entirely from what you sent me. Here is everything I am working from, so you can see nothing was guessed. If any of this is wrong or out of date, tell me and the plan changes with it.

Test date	September 12, 2026 (about 9 weeks out)
Goal score	515
Latest full-length	AAMC FL1, June 8: 498 overall (C/P 126, CARS 122, B/B 124, P/S 126)
Weakest content	Physics 30%, Biochem 45%, Gen Chem 60% (from your most recent FL)
Resources owned	UWorld QBank (not started), MilesDown Anki, AAMC CARS Packs Vol 1 and 2, AAMC Science Section Banks Vol 1 and 2
Full-lengths available	AAMC (5), Kaplan (2), UWorld (2)
Time each week	4 hr on weekdays after your 9-5, 6 hr on weekend days (about 32 hr/week)
Current routine	Khan Academy videos after work, some Anki, no set schedule, UWorld not started
Life context	Working full time, 40 hr/week
Constraints	Vacation July 20 to 27

THE REALITY CHECK

Practice questions are the engine. Everything else is fuel.

Your one full-length so far, AAMC FL1 on June 8, came back a 498: C/P 126, CARS 122, B/B 124, P/S 126. Your goal is 515. That is a 17-point jump in nine weeks while you work a full 40-hour week, and it is aggressive. I am not going to soften that. It is also genuinely doable, but only if you run this plan close to fully. Do the whole UWorld bank, review it the way I describe, take the full-lengths, and review every one. Cut corners and you land in the low 500s, not the mid 510s.

Honest projection at your current pace

- Your stack right now is Khan Academy videos after work plus scattered Anki, no real schedule, and UWorld not started. That is a roughly 500 trajectory, not a 515 one.
- The gap is not intelligence and it is not the calendar. It is that you have not started doing and reviewing questions, which is the only thing that actually moves the number.
- The good news is in your data: your entire UWorld bank is untouched, and your biggest holes (physics 30%, biochem 45%) are the most fixable weakness there is. That is what these nine weeks convert.

YOUR STACK vs THE MUST-HAVE STACK

Do You Have What a 515 Takes?

There is a short list of resources that actually matter for this exam. Not the biggest pile of prep, the right one. Here is my must-have stack next to what you already own, so you know exactly where you stand before spending another dollar.

RESOURCE	STATUS	WHY IT MATTERS
UWorld QBank	YOU HAVE IT	The engine of the whole plan. Your reps come from here. You own it and have not touched a question, which is your biggest untapped lever.
Khan Academy (free)	YOU HAVE IT	Your content backbone. Free, and you are already using it. Pair it with UWorld, do not let it become the whole plan.
AAMC full-lengths	YOU HAVE IT	Required. The only exams that truly predict your score. You have 5, plenty.
AAMC CARS Question Packs	YOU HAVE IT	Effectively a must for moving CARS. Real AAMC passages. You own Vol 1 and 2.
P/S Anki (MilesDown or Pankow)	YOU HAVE IT	The one section where memorizing vocab is worth points. You own the deck. Use it daily.
AAMC Science Section Banks	OPTIONAL	A strong bonus for late-stage advanced review, not a must. You own Vol 1 and 2, so you already have the upside.

The verdict

- You already own the entire must-have stack. That is rare. Most people buying a plan are missing at least one piece.
- Nothing to buy. That means no excuse and no reason to wait. Time and execution are the only two variables left between you and 515.

THE MATH ON 515

Where Your 17 Points Come From

A 17-point jump sounds huge until you break it into four sections. None of these is a heroic leap on its own. Added together they are your 515. Here is where each piece comes from.

SECTION	NOW	GOAL	GAIN	WHERE IT COMES FROM
C/P	126	130	+4	Physics is at 30%, gen chem 60%. Content fixes plus a full, untouched UWorld bank.
CARS	122	125	+3	Daily passages from today plus the AAMC CARS Packs. Slow but real with reps.
B/B	124	129	+5	Biochem at 45% is shared with C/P, so fixing it counts twice. Untouched UWorld bank.
P/S	126	131	+5	Your cheapest points. MilesDown Anki daily plus CARS-style reasoning.
TOTAL	498	515	+17	The full jump, section by section.

WEEK AT A GLANCE

What Your Actual Week Looks Like

You gave me 4 hours on weekdays after your 9-5 and 6 hours on weekend days. Here is a concrete day-by-day week for each phase, built to those exact hours. Weekend days are shaded. Never write a day that needs more time than you actually have, and these do not.

Phase 1: Content Foundation (now through mid-August)

DAY	HRS	THE PLAN
Mon	4 hr	Physics content (2 hr) + matched physics UWorld (45 min) + review every miss (30 min) + P/S Anki + 1 CARS passage.
Tue	4 hr	Gen chem content (2 hr) + matched UWorld + review + P/S Anki + 1 CARS passage.
Wed	4 hr	Biochem content (2 hr, feeds C/P and B/B) + matched UWorld + review + P/S Anki + 1 CARS passage.
Thu	4 hr	Bio content (2 hr) + matched UWorld + review + P/S Anki + 1 CARS passage.
Fri	4 hr	Attack the week's weakest subject + matched UWorld + review + P/S Anki + 1 CARS passage.
Sat	6 hr	Long block on your weakest area (2.5 hr) + UWorld (1 hr) + review (45 min) + 2 CARS passages + Anki.
Sun	6 hr	Lighter content + mixed UWorld to tie the week together (1 hr) + review + 2 CARS passages + Anki.

Phase 2: Practice and Full-Lengths (mid-August to test day)

DAY	HRS	THE PLAN
Mon	4 hr	Timed mixed UWorld block, weighted to physics/biochem (1.5 hr) + deep review + error log (1.5 hr) + 1 CARS + Anki.
Tue	4 hr	Timed mixed UWorld block, weighted to your next-weakest section + deep review + 1 CARS + Anki.
Wed	4 hr	UWorld block + AAMC Science Section Bank set + review + 1 CARS + Anki.
Thu	4 hr	UWorld block + deep review + 2 AAMC CARS Pack passages + Anki.
Fri	4 hr	AAMC Section Bank + error-log patching on repeat mistakes + 1 CARS + Anki.
Sat	6 hr	Full-length day. The exam runs about 7.5 hr, so this is your whole day. Real conditions.
Sun	6 hr	Full review of Saturday's full-length + error log. No new UWorld block. This review IS your study day.

C/P · HIGHEST PRIORITY

Must Gain +4 Points (126 -> 130)

*** Your untouched UWorld bank plus a 30% physics score is the single biggest lever in this plan.**

Your most recent breakdown was Physics 30%, Gen Chem 60%, Biochem 45%. That is a content story, not a reasoning one, and content holes are the fastest thing to fix. Physics at 30% has the most room to move of anything on your report, and you have never touched a UWorld C/P question, so your highest-leverage resource is sitting at full.

What to change immediately:

- **Start UWorld the same day you review a topic.** Review kinematics, do 20 to 30 matched physics questions that day. Content sticks when you test it immediately. This is the step most people skip.
- **Lead with physics, then gen chem, then biochem.** Rotate all three in one block once content is in, so you stop quietly avoiding physics.
- **Two-step thinking plus the 15-second double check.** Name why you are picking an answer before you commit, then plug it back into the question. That catches two or three careless misses per test.

Timeline:

- Weeks 1-2 (Jul 8-19): physics and gen chem content, matched UWorld the same day.
- Weeks 3-4 (Jul 28-Aug 10): biochem content (also feeds B/B), matched UWorld.
- Weeks 5-6 (Aug 11-24): timed mixed C/P blocks, weighted heavy to physics.
- Weeks 7-8 (Aug 25-Sep 6): AAMC Science Section Banks as advanced review, full-length review.

B/B · SECOND PRIORITY

Must Gain +5 Points (124 -> 129)

* **Biochem at 45% is the shared weak spot. Fixing it lifts C/P and B/B at once.**

Biochem shows up in both your C/P and B/B scores, so it is the highest-value content you can study. Every hour on amino acids, enzymes, glycolysis, and metabolic regulation pays off in two sections. Like C/P, your UWorld B/B bank is untouched.

What to change immediately:

- **Daily mixed bio and biochem UWorld, reviewed before you move on.** Do not save review for the end. Review each wrong answer right after the block while it is fresh.
- **Keep a content-holes list.** After every miss, ask: did I not know it, or did I know it and still miss? The genuine content gaps become your study guide.
- **Train section-three fatigue.** B/B is section three on test day and your guard drops. Occasionally do a B/B block after C/P and CARS so the tiredness is rehearsed, not a surprise.

Timeline:

- Weeks 3-4 (Jul 28-Aug 10): biochem then bio content, matched UWorld.
- Weeks 5-6 (Aug 11-24): daily mixed bio/biochem blocks, content-holes list driving review.
- Weeks 7-8 (Aug 25-Sep 6): AAMC Science Section Banks + full-length review.

P/S · YOUR EASIEST POINTS

Must Gain +5 Points (126 -> 131)

* **Highest-ROI section on your report. Vocab plus careful reading, and you already own the deck.**

P/S is mostly memorized vocab plus CARS-style reasoning off a study. It is the section where effort converts to points the fastest, and you already own the MilesDown deck. There is no reason this stays at 126.

What to change immediately:

- **MilesDown Anki every single day, P/S only.** If you see extinction or habituation and do not instantly retrieve the definition, you are guessing. Know the terms cold.
- **Go exactly where the question points.** If it says the last paragraph, look at the last paragraph, not the figure. Free point every time.
- **Answer the reasoning questions like CARS.** Once vocab is handled, find the aim, the groups, the controls, then match to the choices. Do not zone out in section four when you are tired.

Timeline:

- From day 1: MilesDown P/S Anki every day, no exceptions. This runs the entire nine weeks.
- Weeks 5-8: layer P/S UWorld and AAMC-style reasoning passages into your practice blocks.
- Final two weeks: keep the Anki going, review missed terms from your error log.

CARS · START TODAY, EVERY DAY

Must Gain +3 Points (122 -> 125)

* **Lowest section and the slowest to move, which is exactly why it starts today and never takes a day off.**

CARS is a skill, not a body of knowledge. It improves slowly and nonlinearly, so the only way to move a 122 is to start now and practice every single day. A 122 with the sciences you have points to a process gap, not a reading problem. The fix is reps plus a real method, not more content.

What to change immediately:

- **One passage every single day, no exceptions.** That includes your July vacation. Missing days is how CARS stays stuck.
- **Read for the argument, not the information.** The passage is someone making a case. Build a passage map of what each paragraph does, and track the pivot words: yet, but, however, although. That tension is what the questions test.
- **The passage knows best.** If you cannot point to a sentence that justifies your answer, it is wrong, even if it is true in the real world. Hunt for why three choices are wrong, not why one feels right.

Timeline:

- From day 1: one CARS passage daily, every miss classified (misread, went outside the text, or missed structure).
- Weeks 5-8: move to AAMC CARS Packs Vol 1 and 2, the closest thing to the real exam.
- Build toward two passages a day in the practice phase, timed, 10 minutes each.

HIGH-YIELD SELF-AUDIT

The Topics to Attack First

This is not a list to memorize off the page. It is a self-audit. For each topic ask one honest question: could I apply this in a passage right now, not just recognize the word? Every topic you hesitate on is your next UWorld set. I have weighted this toward your specific holes, physics and biochem first.

C/P (start here, physics is your 30%):

- Kinematics and forces, work and energy, fluids, circuits, optics, sound.

- Acid-base and titrations, electrochemistry, thermodynamics and kinetics, gas laws.

B/B biochem (your 45%, and it counts in two sections):

- Amino acids and protein structure, enzymes and inhibition, glycolysis and the Krebs cycle.
- Oxidative phosphorylation, metabolic regulation, lab techniques (PCR, gel electrophoresis, ELISA).

B/B bio:

- The nephron and excretion, endocrine feedback loops, cardiac and respiratory systems, the nervous system, genetics.

P/S (every vocab term cold, then reasoning):

- Memory systems, learning and conditioning, motivation and emotion, social thinking and identity, research methods and study design.

Week-by-Week Game Plan

WEEK	DATES	FOCUS
Week 1-2	Jul 8-19	Content foundation: physics + gen chem (your weakest), matched UWorld same day. P/S Anki daily. 1 CARS passage daily. Front-load this before vacation.
Vacation	Jul 20-27	Maintenance only while you travel: MilesDown P/S Anki daily + 1 CARS passage daily. No heavy content. Just stay warm.
Week 3	Jul 28-Aug 3	Content: biochem (feeds C/P and B/B) + bio. Matched UWorld. CARS daily, Anki daily.
Week 4	Aug 4-10	Finish content patching. Begin mixed UWorld blocks (C/P + B/B). First full-length since diagnostic (use a Kaplan or UWorld FL) + full review day.
Week 5	Aug 11-17	Practice phase: daily mixed UWorld weighted to physics/biochem, deep review + error log. CARS 1-2/day. FL + review.
Week 6	Aug 18-24	Practice: mixed UWorld all sections. Start AAMC Science Section Banks + AAMC CARS Packs. FL + review.
Week 7	Aug 25-31	AAMC phase: Section Banks as advanced review, CARS Packs, error-log patching. AAMC scored FL + deep review.
Week 8	Sep 1-6	Last AAMC material + targeted patching from your error log. Final full-length 5-7 days out (~Sep 5) + review.
Week 9	Sep 7-12	Taper: light error-log review, dress rehearsal, logistics, sleep. Day before (Sep 11) off. Test Sep 12.

Full-Length Strategy

- Plan for about 5 more full-lengths before test day, roughly one per week from Aug 4 on.
- Use your 2 Kaplan and 2 UWorld FLs earlier in the practice phase. Save the AAMC scored FLs for the last 3-4 weeks, they are the most predictive of your real score.
- Every full-length is followed by a full review day. The score alone tells you nothing. The review is where the points come from.
- No full-length in the final week. Rest and light review beat more data at that point.

The Final Two Weeks and Test Day

By the last stretch the work is done, and most of the damage here is self-inflicted. This window protects your score, it does not build it. Play it right.

The final two weeks:

- **No new content.** Two weeks out you patch tiny things at most. New material now just trades certainty for anxiety.
- **Full-lengths and review only.** Your last one lands 5 to 7 days out, never closer.
- **Sleep is a performance input.** Treat it like one, especially the last few nights. Protect it over an extra hour of review.
- **The day before is off.** Trust the months of work. Walk, rest, sleep early.

Test day

- Plan to be more tired than you expect. You probably will not sleep well the night before, and that is normal. Do not panic when it happens, just plan for it.
- Feed yourself for steady energy, not a crash. Prep something the night before that is easy on your stomach across a 7.5-hour day.
- Expect the wall, especially at CARS. By then you are drained from C/P. Use the ten-minute break like it matters, then snap back and lock in. CARS is the last place to run on autopilot.
- Trust the dress rehearsals. Same wake time, same breakfast, same routine. The day should feel familiar, not new.

Your Non-Negotiables

Do these no matter what

- One CARS passage every single day, starting today, including your July vacation. No exceptions.
- MilesDown P/S Anki every day. This is your easiest five points on the whole exam.
- Start UWorld this week. Every wrong answer: content or reasoning. Handwritten notes on content gaps.
- Review is the score, not the questions. If you cannot say why the right answer is right and each wrong answer is wrong, you have not mastered it. Do not move on.
- Every full-length gets a full review day after it. A score with no review is a wasted exam.
- Protect sleep in the final two weeks. Last FL 5-7 days out. Day before, off. You cannot cram a 515, but you can lower it by showing up exhausted.