

Your Blueprint Pacing Guide:

How to Stay on Track and Hit Your Goal Score

90

Keep It Simple: One Number to Know

Preparing for the MCAT can feel like a lot to manage: lessons, practice, practice tests, review and the list goes on. But when it comes to staying on pace, there's really just one number that matters:



At least 90 non-exam questions a week.

That's just 15 questions a day, six days a week.

That's it! If you're hitting that target consistently, you're building the habits and the volume that lead to real score improvement. You don't need to obsess over every metric in your dashboard; just keep coming back to 90.

That said, think of 90 as your floor, not your ceiling. More questions per day means more reps, more pattern recognition, and more ground covered before test day. This is especially true if your study plan is 12 weeks or less. If that's you, aim higher and use your study plan or tutor guidance to set the right target.



Take At Least One Day Off Every Week

Don't take this as just a suggestion, this is part of the plan! Six days of focused, consistent practice is more effective than seven days of grinding through fatigue. Your brain needs time to consolidate what you've learned, and you need time to show up as a full human being.

Pick a day that works for your schedule and protect it. Don't let guilt pull you back to your laptop on your off day. Rest is part of the prep.

What Your Daily Practice Should Look Like

Not all sets of 15 questions are created equal. Here's how to break down your daily practice:

1 CARS passage every day. No exceptions.

CARS is a skill, and skills erode if you stop practicing. One passage a day keeps your reading speed, reasoning, and stamina sharp. Think of it like a daily workout: the consistency matters more than any single session. And like a workout, your brain “muscle” needs a rest day. So when we say every day, we mean 6 days a week.

The remaining questions: science passages and discretes.

Round out your 15 questions with science practice, typically one passage and a handful of discrete questions. Which subject? Stick to your planned schedule and leverage the AI-driven suggestions found within the Qbank. If you just finished a Biochemistry lesson, pull Biochemistry questions. Let your coursework drive your QBank.

Don't stress if some days skew more passage-heavy and others more discrete-heavy. The weekly total is what matters, not a perfect split every single day.



Modules: Do the Lesson First, Then Hit the QBank

Your daily practice is far more effective when you've solidified the concepts through your lessons first. Before you do QBank questions in a given subject, make sure you've completed (or tested out of) the lesson modules for that topic first.

You won't have a fixed number of modules to complete every week; it depends on which lessons you're working through and how many fall in a given week. Let your study plan drive the content side; the questions follow naturally from whatever you've just learned.

During lighter weeks, capitalize on that additional capacity. Dive into your Lessons Learned Journal to pinpoint and strengthen a specific topic where your foundation feels less certain. The QBank is always there; use it intentionally.



Full-Length Exams: Your Progress Checkpoints

Full-length practice exams are a separate category from your weekly 90. They don't count toward your weekly question goal, and they shouldn't be squeezed into a regular practice session. They are their own event — not exactly a party kind of event, but close!

Your study plan will tell you when to take full-lengths, and the cadence is intentional: spaced out early in your course and more frequent as you approach test day. You can move full-lengths around your schedule when you need to, but don't skip them. They're there to improve your pacing, surface content gaps, and build the endurance you'll need on test day.

Full-length exam review is not optional. A full-length you don't review is just a stressor. Post-exam, block off time to populate your Lessons Learned Journal. Analyze your misses to uncover the why behind each error and pinpoint exactly which topics require a deeper dive. When a FL surfaces a content gap, the fix is straightforward: go back to the relevant lesson module, do targeted QBank questions in that subject, and move forward.



What a Strong Week Looks Like

Here's how the pieces fit together in a typical week:

- **Lessons and modules** as scheduled in your study plan
- **15 questions every day, six days a week**, anchored by one CARS passage each day
- **One full day off**, protected, guilt-free, non-negotiable
- **Full-length exam** when your study plan calls for it, with review time built in afterward

Some weeks will feel smooth. Others will be catch-up weeks. Both are fine. What matters is that you know the difference and get back to baseline quickly.

If you've hit 90 questions and still have time left in your week, keep going. Use the extra time to revisit weak subjects in the QBank or do additional CARS passages. More quality reps are never wasted.



Why This Gets You to Your Goal

Students who improve consistently aren't the ones who cram. They're the ones who show up every day and do the work. The 15-questions-a-day habit builds pattern recognition, content retention, and test-day stamina in a way that last-minute volume never can.

It also keeps you on track for Blueprint's score increase guarantee. Qualifying for the guarantee requires completing a minimum number of questions, and following this plan gets you there without having to reverse-engineer a deadline. For details on the specific requirements for your course, visit blueprintprep.com/guarantee.

Quick Check: Are You On Track?

When in doubt, come back to these three questions:

- ☐ Did I do my CARS passage today?
- ☐ Am I on track for 90 non-exam questions this week?
- ☐ Have I reviewed my most recent full-length?



If the answer to all three is yes, you're doing the work. If something's slipping, your question count is the first place to look; everything else follows from that.

Still feeling off-track? Reach out to MCATCoach@blueprintprep.com for support.