

KrackU Self-Study Schedule

Month 1

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 0							EK-1.5
Week 1	1	2 LAB 1	3 BIO 1	4 ORG 1	5 ORG 2	6	7 EK-1
Week 2	8	9 CAR 1	10 BIO 2	11 CHE 1	12 ORG 3	13	14 EK-2 optional
Week 3	15	16 CAR 2	17 BIO 3	18 CHE 2	19 PSY 1	20	21 EK-3 optional
Week 4	22	23 CAR 3	24 BIO 4	25 CHE 3	26 PSY 2	27	28 EK-4

Month 2

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 5	29	30 PHY 1	31 BIO 5	32 CHE 4	33 PSY 3	34	35 EK-5 optional
Week 6	36	37 PHY 2	38 BIO 6	39 CHE 5	40 PSY 4	41	42 EK-6
Week 7	43	44	45 WEEK OFF	46	47	48	49
Week 8	50	51 PHY 3	52 BIO 7	53 CHE 6	54 PSY 5	55	56 EK-7 optional
Week 9	57	58 PHY 4	59 BIO 8	60 CHE 7	61 PSY 6	62	63 EK-8

Month 3

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 10	64	65 PHY 5	66 BIO 9	67 CHE 8	68 PSY 7	69	70 EK-9 optional
Week 11	71	72 PHY 6	73 BIO 10	74 LAB 2	75 PSY 8	76	77 EK-10
Week 12	78	79 LAB 3	80 BIO 11	81 LAB 4	82 PSY 9	83	84
Week 13	85	86	87 ZEN WEEK	88	89	90	TAKE MCAT



Live tutoring: M-Th 7-11pm ET,
Fri & Sun 8-10pm ET (except holidays)

- Examkrackers recommends that you take 5 full length practice exams over a 90 day prep period. It is important to include the AAMC exams. These can be substituted for EK exams.
- Zen Week is a week to rest and digest in preparation for test day.