FREE SAT STUDY PLAN TEMPLATE

My SAT Study Plan

Name _____

BASELINE SCORE			TARGET SCORE			TEST DATE	WEEKS LEFT	STUDY TIME
Total	R&W	Math	Total	R&W	Math			sessions or hours per week

Target: college middle-50% SAT ranges are guides, not cutoffs. Treat the upper end for your top choices as a stretch goal, adjusted for your baseline and time. If a college lists only section ranges, set section targets; don't add them into a total.

Practice Test Schedule

Baseline, checkpoints, and a final test about a week before test day

#	DATE	TOTAL	R&W	MATH	WEAKEST SKILLS TO WORK ON NEXT
1					
2					
3					
4					
5					

Week-by-Week Map

Plan backward from the test date. Mark the weeks with a practice test.

WEEK	DATES	FOCUS SKILL(S)	TEST?	DONE
1			☐	☐
2			☐	☐
3			☐	☐
4			☐	☐
5			☐	☐
6			☐	☐
7			☐	☐
8			☐	☐
9			☐	☐
10			☐	☐
11			☐	☐
12			☐	☐
13			☐	☐
14			☐	☐
15			☐	☐

COPY THIS PAGE EACH WEEK

This Week

WEEK OF	THIS WEEK'S FOCUS SKILL(S)	GOAL FOR THE WEEK

Sessions

Short and frequent: a focused set, a mixed set, then log your misses

DAY	FOCUS SKILL	WHAT I'LL PRACTICE (SOURCE)	MINUTES	DONE
Mon				☐
Tue				☐
Wed				☐
Thu				☐
Fri				☐
Sat				☐
Sun				☐

Error Log

Every miss, plus any you got right by guessing. Redo each one a week or two later, without the answer.

K Didn't know it R Misread it C Careless slip T Ran out of time

SOURCE & Q #	SKILL	WHY I MISSED IT	THE FIX: RULE OR STEP THAT WOULD HAVE SAVED IT	REDO
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐
		K ☐ R ☐ C ☐ T ☐		☐