

8-Week SAT Study Plan

Customizable Template for SAT Success

■ SET YOUR GOALS

My Target SAT Score:	_____
Test Date:	_____
Current Score (from practice test):	_____
Points I need to improve:	_____
My strengths (subjects/topics):	_____
My weaknesses (need improvement):	_____
Daily study time I can commit:	_____ hours/day
Weekly study time:	_____ hours/week

■ YOUR 8-WEEK PLAN

Fill in your activities for each week. Recommended: 1-2 hours daily.

Week 1: Diagnostic & Foundation

Day	Topic/Activity	Time	Completed?
Monday	_____	_____ min	■
Tuesday	_____	_____ min	■
Wednesday	_____	_____ min	■
Thursday	_____	_____ min	■
Friday	_____	_____ min	■

Weekend	_____	_____ min	■
---------	-------	-----------	---

Notes: _____

Week 2: Math Fundamentals

Day	Topic/Activity	Time	Completed?
Monday	_____	_____ min	■
Tuesday	_____	_____ min	■
Wednesday	_____	_____ min	■
Thursday	_____	_____ min	■
Friday	_____	_____ min	■
Weekend	_____	_____ min	■

Notes: _____

Week 3: Reading Strategies

Day	Topic/Activity	Time	Completed?
Monday	_____	_____ min	■
Tuesday	_____	_____ min	■
Wednesday	_____	_____ min	■
Thursday	_____	_____ min	■
Friday	_____	_____ min	■
Weekend	_____	_____ min	■

Notes: _____

Week 4: Writing & Grammar

Day	Topic/Activity	Time	Completed?
Monday	_____	_____ min	■
Tuesday	_____	_____ min	■
Wednesday	_____	_____ min	■
Thursday	_____	_____ min	■
Friday	_____	_____ min	■
Weekend	_____	_____ min	■

Notes: _____

Week 5: Practice & Review

Day	Topic/Activity	Time	Completed?
Monday	_____	_____ min	■
Tuesday	_____	_____ min	■
Wednesday	_____	_____ min	■
Thursday	_____	_____ min	■
Friday	_____	_____ min	■
Weekend	_____	_____ min	■

Notes: _____

Week 6: Advanced Topics

Day	Topic/Activity	Time	Completed?
Monday	_____	_____ min	■
Tuesday	_____	_____ min	■
Wednesday	_____	_____ min	■
Thursday	_____	_____ min	■
Friday	_____	_____ min	■
Weekend	_____	_____ min	■

Notes: _____

Week 7: Full Practice Tests

Day	Topic/Activity	Time	Completed?
Monday	_____	_____ min	■
Tuesday	_____	_____ min	■
Wednesday	_____	_____ min	■
Thursday	_____	_____ min	■
Friday	_____	_____ min	■
Weekend	_____	_____ min	■

Notes: _____

Week 8: Final Review

Day	Topic/Activity	Time	Completed?
Monday	_____	_____ min	■
Tuesday	_____	_____ min	■
Wednesday	_____	_____ min	■
Thursday	_____	_____ min	■
Friday	_____	_____ min	■
Weekend	_____	_____ min	■

Notes: _____

■ PROGRESS TRACKER

Record your practice test scores to track improvement:

Test	Date	R&W Score	Math Score	Total Score	Notes
Diagnostic	_____	_____	_____	_____	_____
Practice Test 1	_____	_____	_____	_____	_____
Practice Test 2	_____	_____	_____	_____	_____
Practice Test 3	_____	_____	_____	_____	_____
Practice Test 4	_____	_____	_____	_____	_____
Official SAT	_____	_____	_____	_____	_____

■ WEEKLY STUDY CHECKLIST

Use this to ensure balanced preparation each week:

- Completed all scheduled study sessions for the week
- Reviewed mistakes from practice problems
- Practiced timing on at least one timed section
- Worked on weakest subject area
- Used Khan Academy or Bluebook for practice
- Took notes on new concepts learned
- Updated progress tracker
- Stayed consistent with daily study routine

■ STUDY PLAN TIPS

- ✓ **Be realistic:** Schedule study time you can actually commit to
- ✓ **Stay consistent:** Daily short sessions beat weekend cramming
- ✓ **Mix it up:** Alternate between math and reading/writing
- ✓ **Track progress:** Regular practice tests show what's working
- ✓ **Adjust as needed:** Spend more time on weak areas
- ✓ **Rest matters:** Take one day off per week to avoid burnout
- ✓ **Review mistakes:** Learn from errors, don't just check answers