

4-Week SAT Study Schedule

An undated task template. Align it to your actual test date and school commitments. Routine sessions take about 25 to 40 minutes. Official Bluebook tests need a separate full block and applicable approved timing.

Standard SAT testing time is 134 minutes, with a break scheduled separately; setup and approved extended timing require additional time. No score improvement is promised. Use fresh official tests for independent checkpoints.

How to use the weeks

Choose two priority skills after reviewing your baseline. Keep routine learning and review blocks separate from full official practice tests. Move days around school commitments. Record the method that transferred, not just a score.

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Week 1

Day 1 | 134 min planned

Choose a fresh official Bluebook practice test. Set aside a full uninterrupted test block with your applicable approved timing.

Record: Use the official score report as a starting point; record test conditions and any interruptions.

Resource: <https://satsuite.collegeboard.org/practice/practice-tests>

Day 2 | 60 min planned

Review the baseline test. Group missed, guessed and slow questions by skill and underlying cause.

Record: Choose two repeatable skills; avoid treating a practice score as a guarantee.

Resource: <https://www.peaksat.com/blog/sat-practice-test-review>

Day 3 | 25 min planned

Attempt fresh practice in linear-equation setup and substitution. Reconstruct the method without notes, then compare the reasoning.

Record: Mark whether the method transferred, not just whether the answer matched.

Resource: <https://www.peaksat.com/practice/linear-equations-one-variable>

Day 4 | 25 min planned

Attempt fresh practice in independent and dependent clause boundaries. Explain one tempting wrong answer and name the decisive evidence before checking.

Record: Explain one distractor in your own words.

Resource: <https://www.peaksat.com/practice/sentence-boundaries>

Day 5 | 25 min planned

Reattempt one earlier mistake without its explanation. Then attempt a different problem.

Record: Record retry result separately from fresh-check result.

Resource: <https://www.peaksat.com/tools/sat-error-log>

Day 6 | 40 min planned

Do a short mixed set, then review guesses and slow correct answers as well as errors.

Record: Choose next week's two skills from repeated causes, not a single difficult question.

Resource: <https://www.peaksat.com/practice>

Day 7 | 10 min planned

Rest or organize the next week. Check your plan, device and official dates.

Record: Write two specific next tasks and move sessions around school commitments.

Resource: <https://www.peaksat.com/tools/study-plan-generator>

Week 2

Day 1 | 30 min planned

Learn percentage bases and restoration rates. Attempt three examples before checking. Substitute your recurring weak math skill if the baseline points elsewhere.

Record: Name the method and record one error cause.

Resource: <https://www.peaksat.com/practice/percentages>

Day 2 | 30 min planned

Learn subject agreement and parallel structure. Identify the exact wording that decides each choice. Substitute your recurring weak Reading and Writing skill when needed.

Record: Record the exact clause, word or evidence that decides the answer.

Resource: <https://www.peaksat.com/practice/form-structure-sense>

Day 3 | 25 min planned

Attempt fresh practice in percentage bases and restoration rates. Reconstruct the method without notes, then compare the reasoning.

Record: Mark whether the method transferred, not just whether the answer matched.

Resource: <https://www.peaksat.com/practice/percentages>

Day 4 | 25 min planned

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Day 5 | 25 min planned

Reattempt one earlier mistake without its explanation. Then attempt a different problem.

Record: Record retry result separately from fresh-check result.

Resource: <https://www.peaksat.com/tools/sat-error-log>

Day 6 | 134 min planned

Take a fresh official Bluebook practice test under comparable conditions. Use your applicable approved timing; do not shorten the official test to fit a routine session.

Record: Compare skill patterns and conditions. A reused test is not an independent progress checkpoint.

Resource: <https://satsuite.collegeboard.org/practice/practice-tests>

Day 7 | 60 min planned

Review the checkpoint before taking another test. Inspect errors, guesses and slow solutions; revise the next week's focus.

Record: Record one corrected method plus a fresh check for each repeated mistake.

Resource: <https://www.peaksat.com/blog/sat-practice-test-review>

Week 3

Day 1 | 30 min planned

Learn quadratic forms, roots and domain checks. Attempt three examples before checking. Substitute your recurring weak math skill if the baseline points elsewhere.

Record: Name the method and record one error cause.

Resource: <https://www.peaksat.com/practice/nonlinear-functions>

Day 2 | 30 min planned

Learn contrast, cause and example transitions. Identify the exact wording that decides each choice. Substitute your recurring weak Reading and Writing skill when needed.

Record: Record the exact clause, word or evidence that decides the answer.

Resource: <https://www.peaksat.com/practice/transitions>

Day 3 | 25 min planned

Attempt fresh practice in quadratic forms, roots and domain checks. Reconstruct the method without notes, then compare the reasoning.

Record: Mark whether the method transferred, not just whether the answer matched.

Resource: <https://www.peaksat.com/practice/nonlinear-functions>

Day 4 | 25 min planned

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Record: Record one corrected method plus a fresh check for each repeated mistake.

Resource: <https://www.peaksat.com/blog/sat-practice-test-review>

Week 4

Day 1 | 25 min planned

Final-week light review 1: retrieve one practiced method, solve two fresh examples, and stop to explain any error. Avoid a last-minute new-topic marathon.

Record: Write one reliable method and one setup or reading check.

Resource: <https://www.peaksat.com/resources/sat-math-formulas>

Day 2 | 25 min planned

Final-week light review 2: retrieve one practiced method, solve two fresh examples, and stop to explain any error. Avoid a last-minute new-topic marathon.

Record: Write one reliable method and one setup or reading check.

Resource: <https://www.peaksat.com/flashcards/sat-grammar-rules>

Day 3 | 25 min planned

Final-week light review 3: retrieve one practiced method, solve two fresh examples, and stop to explain any error. Avoid a last-minute new-topic marathon.

Record: Write one reliable method and one setup or reading check.

Resource: <https://www.peaksat.com/resources/sat-math-formulas>

Day 4 | 25 min planned

Final-week light review 4: retrieve one practiced method, solve two fresh examples, and stop to explain any error. Avoid a last-minute new-topic marathon.

Record: Write one reliable method and one setup or reading check.

Resource: <https://www.peaksat.com/flashcards/sat-grammar-rules>

Day 5 | 20 min planned

Confirm official test-day requirements: admission ticket, accepted physical ID, Bluebook-ready device, charger, route and applicable accommodations.

Record: Check current official instructions for your test location. This is a checklist, not a registration service.

Resource: <https://satsuite.collegeboard.org/sat/what-to-bring-do>

Day 6 | 15 min planned

Keep review brief. Prepare materials, plan sleep, and protect the test-day schedule. Move this day to the actual day before your test.

Record: No new full practice test or unfamiliar strategy today.

Resource: <https://www.peaksat.com/tools/sat-test-dates-calendar>

Day 7 | Flexible

Use this flexible slot for your test day or rest. Align the actual test date in the public dated generator.

Record: This undated template does not establish a registration or official deadline.

Resource: <https://www.peaksat.com/tools/study-plan-generator>