



60-DAY MDCAT 2026 SCHEDULE

Comprehensive Study & Test Schedule • Follows Official PMDC Unified Syllabus

MDCAT TARGETS:

STS | UHS | KMU | SZABMU | BUMHS | NUMS

Phase 1: High-Yield Conceptual Mastery & Chapter-Wise Testing

Days 1 to 40 • Focus: Detailed & Overview Lectures, E-Notes, Shortlisted Key Points, Mnemonics, and Unit/Topic MCQs.

Week 1: Foundations of Life & Chemical Fundamentals

Day 1 **Biology:** Unit 1: Acellular Life. **Chemistry:** Unit 1: Fundamentals. **Physics:** Unit 1: Vectors. *Testing: Topic-wise MCQs.*

Day 2 **Biology:** Unit 2: Bioenergetics. **Chemistry:** Unit 1: Limiting Reactants. **Physics:** Unit 2: Force and Motion. *Testing: Topic-wise MCQs.*

Day 3 **Biology:** Unit 3: Biological Molecules. **Chemistry:** Unit 2: Atomic Structure. **Physics:** Unit 2: Projectile Motion. *Testing: Topic-wise MCQs.*

Day 4 **Biology:** Unit 3: Proteins & Lipids. **Chemistry:** Unit 2: Orbital Shapes. **Physics:** Unit 2: Newton's Laws. *Testing: Topic-wise MCQs.*

Day 5 **Biology:** Unit 3: Nucleic Acids. **Chemistry:** Unit 3: Gases. **Physics:** Unit 2: Collisions + PMDC Check. *Testing: Topic-wise MCQs.*

Day 6 **Review & Catch-up:** Revise formulas, high-yield key points, and mnemonics for Week 1 topics.

Day 7: WEEK 1 QUARTER-BOOK TEST (180 MCQs covering all Week 1 units)

Week 2: Cellular Structures, States of Matter & Energetics

Day 8 **Biology:** Unit 4: Cell Structure & Function. **Chemistry:** Unit 3/4: Real vs Ideal Gases, Liquids. **Physics:** Unit 3: Work and Energy.

Day 9 **Biology:** Unit 4: Cytoplasmic Organelles. **Chemistry:** Unit 4: Hydrogen Bonding. **Physics:** Unit 3: Absolute PE, Power, Work-Energy, Efficiency.

Day 10 **Biology:** Unit 5: Coordination and Control. **Chemistry:** Unit 5: Solids. **Physics:** Unit 4: Rotational & Circular Motion.

Day 11 **Biology:** Unit 5: Reflexes, Brain Anatomy. **Chemistry:** Unit 6: Chemical Equilibrium. **Physics:** Unit 4/5: Fluid Dynamics.

Day 12 **Biology:** Unit 6: Enzymes. **Chemistry:** Unit 6: Solubility Product. **Physics:** Unit 5: Fluid Flow, Bernoulli's Equation.

Day 13 **Review & Catch-up:** Formulas, Shortlisted key points, and Error log tracking.

Day 14: WEEK 2 QUARTER-BOOK TEST (180 MCQs focusing on Units 4-6 Bio/ Chem and 3-5 Phy)

Week 3: Evolution, Kinetics & Wave Mechanics

Day 15 **Biology:** Unit 7: Evolution. **Chemistry:** Unit 6/7: Reaction Kinetics. **Physics:** Unit 6: Waves.

Day 16 **Biology:** Unit 8: Reproduction. **Chemistry:** Unit 8: Thermochemistry. **Physics:** Unit 6: Transverse vs Longitudinal Waves.

Day 17 **Biology:** Unit 8: Menstrual Cycle & STDs. **Chemistry:** Unit 8: Hess's Law. **Physics:** Unit 6: Superposition, Interference.

Day 18 **Biology:** Unit 9: Support and Movement. **Chemistry:** Unit 9: Electrochemistry. **Physics:** Unit 6: SHM.

Day 19 **Biology:** Unit 9: Muscle Contraction. **Chemistry:** Unit 9: SHE. **Physics:** Unit 6: Circular Motion as SHM.

Day 20 **Review & Catch-up:** Formula flashcards and high-yield key points.

Day 21: WEEK 3 QUARTER-BOOK TEST (180 MCQs prioritizing Genetics, Kinetics, Wave mechanics)

Week 4: Genetics, Thermodynamics & Chemical Bonding

Day 22 **Biology:** Unit 10: Inheritance. **Chemistry:** Unit 10: Chemical Bonding. **Physics:** Unit 7: Thermodynamics.

Day 23 **Biology:** Unit 10: Gene Linkage. **Chemistry:** Unit 10: Hybridization. **Physics:** Unit 7: Specific vs Molar specific heats.

Day 24 **Biology:** Unit 11: Circulation. **Chemistry:** Unit 10: Dipole Moment. **Physics:** Unit 8: Electrostatics.

Day 25 **Biology:** Unit 11: Blood Vessels. **Chemistry:** Unit 11: s- and p-Block Elements. **Physics:** Unit 8: Electric field lines, Potential.

Day 26 **Biology:** Unit 12: Immunity. **Chemistry:** Unit 11: Reactions. **Physics:** Unit 8: Potential due to point charge, Capacitors.

Day 27 **Review & Catch-up:** Focus on organic trends, electrostatic formulas, and genetic ratios.

Day 28: HALF-BOOK GRAND TEST (Units 1-12 Bio, 1-11 Chem, 1-8 Physics - 180 MCQs)

Week 5: Advanced Functional Systems & Organic Chemistry Foundations

Day 29 **Biology:** Unit 13: Respiration. **Chemistry:** Unit 12: Transition Elements. **Physics:** Unit 9: Current Electricity.

Day 30 **Biology:** Unit 14: Digestion. **Chemistry:** Unit 13: Organic Chemistry. **Physics:** Unit 9: Internal resistance.

Day 31 **Biology:** Unit 15: Homeostasis. **Chemistry:** Unit 13/14: Hydrocarbons (Alkanes). **Physics:** Unit 10: Electromagnetism.

Day 32 **Biology:** Unit 15: Kidney Excretion. **Chemistry:** Unit 14: Alkenes. **Physics:** Unit 10: Charged particle in magnetic field.

Day 33 **Biology:** Unit 15/16: Thermoregulation. **Chemistry:** Unit 14: Preparation of Alkenes. **Physics:** Unit 11: Electromagnetic Induction.

Day 34 **Review & Catch-up:** Mechanisms of elimination vs substitution, induction rules.

Day 35: WEEK 5 QUARTER-BOOK TEST (180 MCQs focusing on Physiology, Organic Basics)

Week 6: Complex Organic Mechanisms & Modern Physics

- Day 36** **Biology:** Unit 16: Biotech products. **Chemistry:** Unit 14: Benzene. **Physics:** Unit 11: Transformers.
- Day 37** **Chemistry:** Unit 14: Alkynes. **Physics:** Unit 12: Alternating Current.
- Day 38** **Chemistry:** Unit 15: Alkyl Halides. **Physics:** Unit 12/13: Electronics.
- Day 39** **Chemistry:** Unit 16: Alcohols & Phenols. **Physics:** Unit 14/15: Dawn of Modern Physics, Atomic Spectra.
- Day 40** **Chemistry:** Unit 17-20: Aldehydes, Ketones, Carboxylic Acids. **Physics:** Unit 16: Nuclear Physics.

Phase 2: Full Book Grand Tests & Error Resolution

Days 41 to 50 • Focus: Full-book testing, evaluating high-yield points, and resolving complex doubts.

Day 41 Complete Biology Full-Book Grand Test (180 MCQs) + Review.

Day 42 Complete Chemistry Full-Book Grand Test (180 MCQs) + Review.

Day 43 Complete Physics Full-Book Grand Test (180 MCQs) + Review.

Day 44 English & Logical Reasoning Consolidated Grand Test.

Day 45: PMDC GRAND TEST 1 (Full Syllabus Simulation - 180 Questions, 3 Hours)

Day 46 Microscopic breakdown of Grand Test 1 errors. Revise weak topics.

Day 47: PMDC GRAND TEST 2 (Full Syllabus Simulation - 180 Questions, 3 Hours)

Day 48 Cross-check errors against shortlisted high-yield files and formulas.

Day 49: PMDC GRAND TEST 3 (Full Syllabus Simulation - 180 Questions, 3 Hours)

Day 50 Direct doubt clearing session focusing on highly conceptual topics.

Phase 3: Premium Provincial FLP Simulation & Marathon

Days 51 to 60 • Focus: NUMS & Provincial Past Papers, and Premium FLPs tailored to testing bodies.

Day	Morning Session (09:00 AM - 12:00 PM)	Afternoon Session (02:00 PM - 06:00 PM)	Night Session (08:00 PM - 10:00 PM)
Day 51	Past Paper Test: Sindh	Past Paper Analysis & Error Log	Revise Shortlisted Points
Day 52	Past Paper Test: Punjab	Past Paper Analysis & Error Log	Formula Sheet Run-through
Day 53	Past Paper Test: KPK	Past Paper Analysis & Error Log	Mnemonic Review (Organic)
Day 54	NUMS Marathon: 2015-2020	Analysis of NUMS biology angles	Complex Physics numericals
Day 55	NUMS Marathon: 2021-2025	Diagnostic check on weak links	1-1 Mentorship & Strategy
Day 56	PREMIUM FLP 01: Exact PMDC Blueprint	Evaluation of skipped questions	Speed-drills for LR
Day 57	PREMIUM FLP 02: High-Difficulty	Concept Mapping for errors	English Grammar Checklist
Day 58	PREMIUM FLP 03: National Merit Standard	Time-management calibration	Verify operational formulas
Day 59	PREMIUM FLP 04: Probable Questions	Final Revision of Handouts	Calming Strategy Prep
Day 60	FINAL MOCK EXAM	Final Accountability Check-In	Relax and Rest

Daily Execution Strategy & Accountability Matrix

06:00 AM - 09:00 AM

Premium Lecture (Detailed/Overview Watch-time)

09:30 AM - 11:30 AM

Active Reading: New Notes & Shortlisted Handouts

12:00 PM - 02:30 PM

Chapter-Wise/Topic-Wise MCQ Practice (50-100 MCQs)

03:30 PM - 05:30 PM

Physics/Chemistry Formula & Mnemonic Practice

07:00 PM - 09:00 PM

English & Logical Reasoning Target Drills

09:30 PM - 10:30 PM

Daily Accountability Follow-up & Error Log Entry

Important: Never leave an incorrect MCQ without writing down *why* it was wrong. This Error Log becomes your final review source on days 58-60.

Ready to Excel in MDCAT 2026? Join Us Today!



ORIGINAL PRICE: Rs 5000
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Your Path to Medical Entrance Exam Excellence

EXAMS CONDUCTED BY	PREMIUM CONTENT	COMPREHENSIVE TESTING	EXTENSIVE PRACTICE	PERSONAL SUPPORT
 UHS  STS  KMU  SZABMU  BUMHS  NUMS	<ul style="list-style-type: none">• 2026-New Video Lectures (Units + Topics + One Shot Wise)• Detailed + Overview Version Lectures• e-Notes• New Notes• New Handouts• New Shortlisted	<ul style="list-style-type: none">• 50+ FLPs (Full Length Papers, 180 Questions, Separate for Every Province, PMDC Syllabus Compliant)• 10+ Mock Exams• PMDC Focused Testing (Mock, Grand, Chapter, Topics, Full Book, Half Book, Quarter Book, Syllabus Wise Tests)	<ul style="list-style-type: none">• 50,000+ MCQs Question Bank (High Yield + Repeated)• Chapter Wise MCQs• Unit Topic Wise MCQs• 10+ Years NUMS Past Papers• MDCAT 25 Years Past Paper (Online Test + PDF Format for Every Province)	<ul style="list-style-type: none">• Doubt Solving• Formula and Mnemonic• 1-1 Mentorship• Daily Accountability & Motivation• Daily Follow-up• Time Table and Test Series Schedule (A to Z)• High Yield Key Points and Final Revision Notes

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