

**MBE REGIMEN SEQUENCE for Summer per Holtz**

*(THRICE-A-DAY PRACTICE: 10-15-20 Qs each session; ramp up number over time. Use per suggestions in the MBE Tipsheet.)*

WEEK 1	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>WEEK 2</b>							
<b>WEEK 3</b>							
<b>WEEK 4</b>							
<b>WEEK 5</b>							
<b>WEEK 6</b>							
<b>WEEK 7</b>							
<b>WEEK 8</b>							
<b>WEEK 9</b>							
<b>WEEK 10</b>		GOOD	YOU ARE				
		LUCK	READY				
		TODAY!	FOR THIS!				

Start after First subject has been covered in class and in MBE workshop.  
 After each new subject, include it in the cycle with a 'heavier' presence in the rotation.  
 Week 4 on: 1st session each day should be do-overs of missed Qs from 1-2 wks. earlier.

Once you are caught up with the last subject, cycle through all 7 Every 2-plus days. 'Missing' days in the above frame can be made up before/after the planned absence by upping the numbers for a few sessions. Of course, take off days when taking NCBE Ex OPE/Exams or course Simulated MBE. Secondary MBE sources should be used every few days in order to stay honest. © **John B. Holtz**