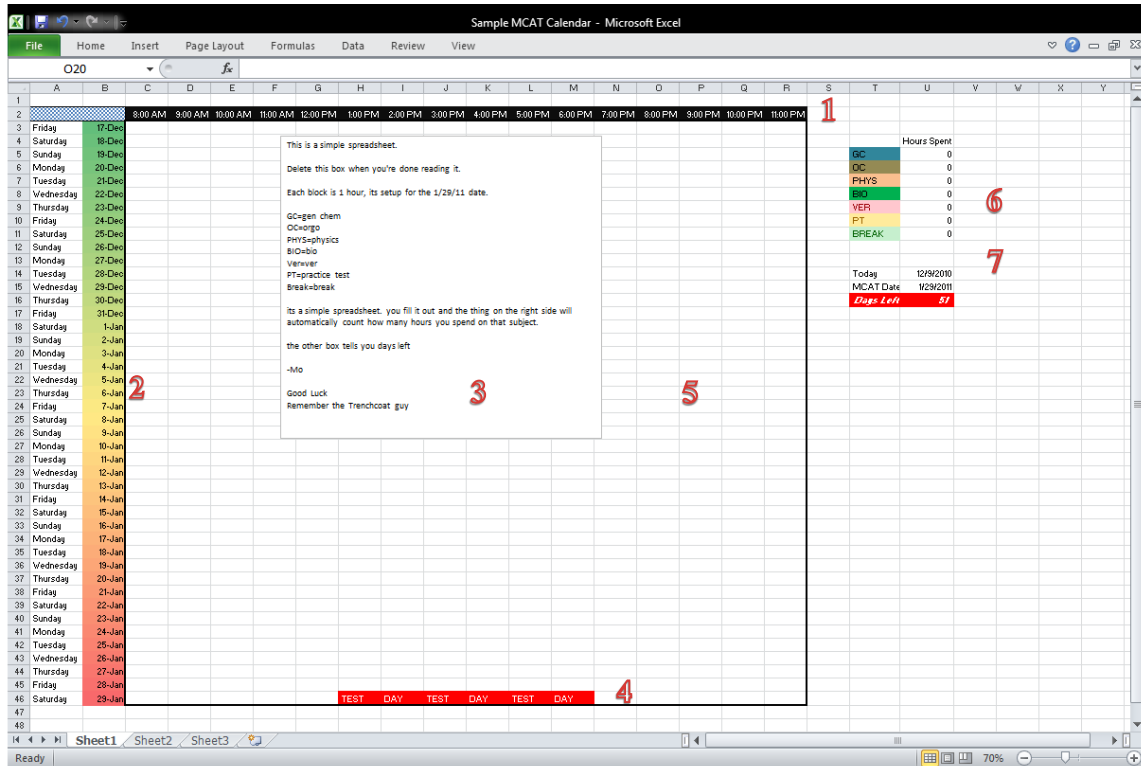


Read this box before using spreadsheet. Delete or move to the side after reading.

Firstly, congratulations on registering for the MCAT and taking this step, it will be a long and arduous process but you should be able to succeed. I created this spreadsheet to help me schedule my MCAT study time; as such it is planned from the day my finals end to the 11/29 testing date. It is very easy to alter the spreadsheet and I plan on making an alterable version after my test.

I have attempted to make this spreadsheet as easy as possible to use.



1. This row represents the time of day; it runs from 8:00AM-11:00PM.
2. The two columns to the left of the number represent the date and weekday.
3. A box telling you to read this document.
4. Test Day
5. The scheduling area, each block represents one hour, if you use the codes referred to in point 6 it will automatically color code it and count hours spend on each subject.
6. Hours spent studying each subject
7. Days left till the MCAT.

Codes

This spreadsheet relies on the use of specific codes for its counting and color coding functionality to work. The codes are as follows:

	Hours Spent
GC	0
OC	0
PHYS	0
BIO	0
VER	0
PT	0
BREAK	0

Provided those codes are used, each block with those codes present will add 1 to the hours spent count and the colors will change to reflect it. This is how your spreadsheet would look like if you used the codes to fill in your time. (*note: this is not a real schedule, I just randomly copy pasted the codes all over the place.*)

The screenshot shows a Microsoft Excel spreadsheet titled "Sample MCAT Calendar". The spreadsheet displays a calendar grid from December 17th to January 20th. The columns represent hours from 8:00 AM to 11:00 PM. The rows represent days of the week. The grid is filled with colored blocks representing different activities, each labeled with a code: 'bio' (green), 'phys' (orange), 'gc' (blue), 'oc' (brown), 'pt' (yellow), and 'BREAK' (light green). The spreadsheet also includes a status bar at the bottom showing "Sheet1 / Sheet2 / Sheet3" and a zoom level of 90%.

Adding codes is quite simple.

1. Select a cell near the key on the right side.
2. Type in your code.
3. Under the home tab click Conditional Formatting (on the right side)
4. Go to highlight cell rules>text that contains...
5. Enter the text into the box and select your colors.

It is also very easy to enable the count function:

1. Select the cell that neighbors your key cell.
2. Enter =COUNTIF(\$A\$3:\$R\$46, **XX**) where **XX** is the cell number of your key cell.

I hope that you enjoy this spreadsheet and use it to rock the MCAT. Feel free to email me mohammad@marfeen.com if you have any questions about the spreadsheet or if you want to suggest new features, or codes.

This is a continuously evolving project, and I'm sure I will be adding more features such as score tracking, etc in the future.

MCAT_Sample_Calendar_b_01.xlsx

vsn: 0.01Beta

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Date: 12/9/2010



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