

This is a suggested 4 Week NASM CPT Exam Prep schedule.

This schedule suggests two to four hours/day, seven days/week - modify as needed.



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Week 1</b>  Listen to the <a href="#">CPT Audio Study Guide</a>	Read Chapters 1 and 2 <a href="#">Listen to Chapters 1 – 4 Audio Guide</a> <a href="#">Take quizzes 1 and 2</a>	Read Chapter 3 and 4 <a href="#">Listen to Chapters 1 – 4 Audio Guide</a> <a href="#">Take quizzes ch 3 and 4</a>	Review ch 1 - 4	Read chapter 5 <a href="#">Listen to Chapter 5 Audio Guide</a> <a href="#">Take chapter 5 quiz</a> Review ch 5  <a href="#">Listen to the Ch 5 &amp; 6 Deep dive</a>	Read chapter 6 <a href="#">Listen to Chapter 6 Audio Guide</a> <a href="#">Take chapter 6 quiz</a> Review ch 6  <a href="#">Listen to the Ch 5 &amp; 6 Deep dive</a>	Review ch 1 - 6	Review ch 1 - 6
<b>Week 2</b>	Read chapter 7 <a href="#">Listen to Chapter 7 Audio Guide</a> <a href="#">Take chapter 7 quiz</a>  <a href="#">Listen to the Ch 7 &amp; 8 Deep dive</a>	Read chapter 8 <a href="#">Listen to Chapter 8 Audio Guide</a> <a href="#">Take chapter 8 quiz</a>  <a href="#">Listen to the Ch 7 &amp; 8 Deep dive</a>	Read chapter 9 <a href="#">Listen to Chapter 9 Audio Guide</a> <a href="#">Take chapter 9 quiz</a>	Review ch 7 - 9	Read chapter 10 <a href="#">Listen to Chapter 10 Audio Guide</a> <a href="#">Take chapter 10 quiz</a>	Read chapter 11 <a href="#">Listen to Chapter 11 Audio Guide</a> <a href="#">Take chapter 11 quiz</a>	Read chapter 12 <a href="#">Listen to Chapter 12 Audio Guide</a>  <a href="#">Listen to the Overactive/Underactive Deep Dive Breakdown</a> <a href="#">Take chapter 12 quiz</a>  Review ch 10 - 12
<b>Week 3</b>	Read chapter 13 <a href="#">Listen to Chapter 13 Audio Guide</a> <a href="#">Take chapter 13 quiz</a>	Read chapter 14 <a href="#">Listen to Chapter 14 Audio Guide</a> <a href="#">Take chapter 14 quiz</a>	<a href="#">Listen to Chapter 15 - 19 Audio Guide</a>  Read chapter 15 <a href="#">Take chapter 15 quiz</a>  Read chapter 16 <a href="#">Take chapter 16 quiz</a>	Review ch 13 - 15	Read chapter 17 <a href="#">Take chapter 17 quiz</a>  Read chapter 18 <a href="#">Take chapter 18 quiz</a>	Read chapter 19 <a href="#">Take chapter 19 quiz</a>	Review ch 17 - 19
<b>Week 4</b>  Listen to the <a href="#">CPT Audio Study Guide</a> again	Read chapter 20 <a href="#">Listen to Chapter 20 Audio Guide</a> <a href="#">Take chapter 20 quiz</a>	Read chapter 21 <a href="#">Listen to Chapter 21 Audio Guide</a> <a href="#">Take chapter 21 quiz</a>	Read chapter 22 <a href="#">Listen to Chapter 22 Audio Guide</a> <a href="#">Take chapter 22 quiz</a> Review ch 22	Listen to the <a href="#">CPT Audio Study Guide</a> again to review the main points that will be on the exam from each chapter.	Final review of content, topics, or chapters you are unsure of.	Final review of content, topics, or chapters you are unsure of.	Final review of content, topics, or chapters you are unsure of.

Check out [www.MarkFitnessCoaching.com](http://www.MarkFitnessCoaching.com) for additional exam and career prep resources and materials.