



This is a suggested 10 Week NASM CPT Exam Prep schedule. The focus is to prepare for the exam AND truly understand the exam content. Your focus is to pass the exam and truly understand the content to confidently and competently train clients. This schedule suggests two hours/day, five days/week, modified as needed.

Week	Weekly Tasks	Additional available exam prep resources
Week # 1	Read Chapters 1 through 4 Listen to Chapters 1 – 4 Audio Guide Take quizzes 1 - 4 Review ch 1 through 4	Listen to the CPT Audio Study Guide to review the main points that will be on the exam so you have a good idea of focus points as you read and go through the the manual
Week # 2	Read chapter 5 Listen to Chapter 5 Audio Guide Take chapter 5 quiz Review ch 5	Listen to the Ch 5 & 6 Deep dive
Week # 3	Read chapter 6 Listen to Chapter 6 Audio Guide Take chapter 6 quiz Review ch 6	Listen to the Ch 5 & 6 Deep dive
Week # 4	Read chapter 7 Listen to Chapter 7 Audio Guide Take chapter 7 quiz Review ch 7	Listen to the Ch 7 & 8 Deep dive
Week # 5	Read chapter 8 Listen to Chapter 8 Audio Guide Take chapter 8 quiz Read chapter 9 Listen to Chapter 9 Audio Guide Take chapter 9 quiz Review ch 8 and 9	Listen to the Ch 7 & 8 Deep dive
Week # 6	Read chapter 10 Listen to Chapter 10 Audio Guide Take chapter 10 quiz Read chapter 11 Listen to Chapter 11 Audio Guide Take chapter 11 quiz Review ch 10 and 11	

<p>Week # 7</p>	<p>Read chapter 12 Listen to Chapter 12 Audio Guide Take chapter 12 quiz Read chapter 13 Listen to Chapter 13 Audio Guide Take chapter 13 quiz Read chapter 14 Listen to Chapter 14 Audio Guide Take chapter 14 quiz Review ch 12, 13 and 14</p>	<p>Listen to the Overactive/Underactive Deep Dive Breakdown</p>
<p>Week # 8</p>	<p>Listen to Chapter 15 - 19 Audio Guide Read chapter 15 Take chapter 15 quiz Read chapter 16 Take chapter 16 quiz Read chapter 17 Take chapter 17 quiz Read chapter 18 Take chapter 18 quiz Read chapter 19 Take chapter 19 quiz Review ch 15 - 19</p>	
<p>Week # 9</p>	<p>Read chapter 20 Listen to Chapter 20 Audio Guide Take chapter 20 quiz Read chapter 21 Listen to Chapter 21 Audio Guide Take chapter 21 quiz Review Ch 20 & 21</p>	
<p>Week # 10</p>	<p>Read chapter 22 Listen to Chapter 22 Audio Guide Take chapter 22 quiz Review ch 22 Final review</p>	<p>Listen to the CPT Audio Study Guide again to review the main points that will be on the exam from each chapter</p>