

7-Step Implementation Action Checklist

From Decision to Test-Day Readiness

Use this checklist to transform your test decision into concrete action within 7 days.

[] **STEP 1: Take Official Diagnostic Test**

Deadline: Complete within 3 days of decision

Action: Download and complete full official practice test under timed conditions

Success criteria: Test completed and scored; weaknesses identified

[] **STEP 2: Verify Target Program Requirements**

Deadline: Complete within 1 week

Action: Create spreadsheet of 5-8 target programs; verify test acceptance at each

Success criteria: 100% of programs accept chosen test OR list adjusted

[] **STEP 3: Set Target Scores**

Deadline: Complete within 1 week

Action: Research admitted student score ranges; set targets at 60th percentile

Success criteria: Specific numeric target scores documented

[] **STEP 4: Calculate Study Timeline & Select Resources**

Deadline: Complete within 1 week

Action: Calculate prep hours needed; select materials; purchase immediately

Success criteria: Materials purchased; timeline calculated

[] **STEP 5: Create Week-by-Week Study Plan**

Deadline: Complete within 3 days

Action: Build detailed schedule; schedule study sessions in calendar

Success criteria: 8-16 week plan created with sessions scheduled

[] **STEP 6: Register for Test Date**

Deadline: Complete within 1 week

Action: Select date 6-8 weeks before application deadline; register immediately

Success criteria: Test date confirmed and paid

[] **STEP 7: Begin Preparation Immediately**

Deadline: Start today

Action: Complete first study session from your plan

Success criteria: First 2-hour study session completed

I commit to completing all 7 steps by [DATE]:

My test date:

My target score:

Signature:
