



30-Day SAT Study Plan (Complete Printable Guide)

Need a fast, focused way to boost your SAT score in the next 30 days? This structured study plan gives you daily assignments, proven practice routines, and targeted strategies so you can maximize improvement in just four weeks.

Who This Plan Is For

This 30-day SAT study plan is perfect if you:

- Are 4–6 weeks away from test day
- Need a structured daily routine
- Want to raise your score 100–250 points
- Prefer manageable study blocks (45–90 minutes per day)

How This Plan Works

The plan is broken into four weekly phases:

- **Week 1:** Concepts, fundamentals, and content review
- **Week 2:** Skill-building + practice question sets

- **Week 3:** Full-length SAT practice exams + timing work
- **Week 4:** Weakness fixing + test-day preparation



Week-by-Week Breakdown

Week 1 — Foundation & Concepts

Daily focus: Understanding the SAT format and reviewing key content.

- Day 1: SAT overview + take a diagnostic quiz
- Day 2: Reading — main ideas, evidence questions
- Day 3: Grammar rules — punctuation, sentence structure
- Day 4: Math — algebra basics & linear equations
- Day 5: Math — ratios, proportions, percentages
- Day 6: Reading — paired passages + vocabulary in context
- Day 7: Light review + take a short practice section

Week 2 — Practice Sets & Skill Building

Daily focus: Tackling sets of 10–15 questions per subject.

- Day 8: Reading question sets (timed)
- Day 9: Grammar question sets
- Day 10: Math — algebra & functions practice
- Day 11: Math — geometry & data analysis
- Day 12: Reading — high-difficulty passages
- Day 13: Writing — sentence precision & clarity
- Day 14: Review mistakes + regroup

Week 3 — Full-Length SAT Tests

Daily focus: Practice exams and timing improvement.

- Day 15: Full-length SAT (Test #1)
- Day 16: Review all missed questions (very important)
- Day 17: Reading — pacing drills

- Day 18: Math — no-calculator practice
- Day 19: Math — calculator section drills
- Day 20: Writing — grammar mastery session
- Day 21: Full-length SAT (Test #2)

Week 4 — Fixing Weaknesses + Test-Day Prep

Daily focus: Focus only on your weak areas.

- Day 22: Analyze your weakest domain
- Day 23: Reinforce missing skills + mini-lessons
- Day 24: Math formula review (printable sheet)
- Day 25: Reading strategies refresher
- Day 26: Grammar rules recap
- Day 27: Light practice (avoid burnout)
- Day 28: Full-length SAT (Test #3)
- Day 29: Only review mistakes
- Day 30: Test-day checklist + mental prep

SAT Study Tips to Maximize Results

- Study during your most alert time of day
- Limit sessions to 45–90 minutes (no marathon sessions)
- Always review every wrong answer
- Practice under timed conditions
- Rotate subjects to avoid burnout

Download the 30-Day Study Plan

A downloadable and printable PDF version will be available soon.