PRINTABLE / 30-DAY PLANNER

Prepare for the Qatar Prometric Exam

Track your subjects, study time, MCQs, revisions and mock-test scores.

WEEK 01	WEEK 02	WEEK 03	FINAL DAYS
DAYS 1-7	DAYS 8-14	DAYS 15-21	DAYS 22-30
Foundation	Core revision	MCQs + mocks	Revision + readiness

PROFESSION / EXAM CATEGORY

START DATE

TARGET EXAM DATE

HOW TO USE

Fill in one row each day. Use the official DHP blueprint to choose your subjects.

Record MCQs as attempted / correct. Leave mock scores blank on days without a mock.

Week 1 | Foundation

DAYS 01-07

Choose the correct exam blueprint, organise references and rebuild core concepts.

DAY / DATE	SUBJECT / TOPIC	STUDY TIME	MCQs DONE	REVISION	MOCK SCORE	NEXT ACTION
DAY 01 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 02 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 03 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 04 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 05 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 06 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 07 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	

WEEKLY CHECK-IN Study time: _____ hours MCQs attempted: _____ Mocks completed: _____

Reflection / next focus: _____

Week 2 | Core Revision

DAYS 08-14

Prioritise blueprint subjects, use active recall and practise topic-based questions.

DAY / DATE	SUBJECT / TOPIC	STUDY TIME	MCQs DONE	REVISION	MOCK SCORE	NEXT ACTION
DAY 08 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 09 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 10 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 11 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 12 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 13 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 14 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	

WEEKLY CHECK-IN Study time: _____ hours MCQs attempted: _____ Mocks completed: _____

Reflection / next focus: _____

Week 3 | MCQs + Mocks

DAYS 15-21

Mix subject areas, review answer explanations and take timed practice tests.

DAY / DATE	SUBJECT / TOPIC	STUDY TIME	MCQs DONE	REVISION	MOCK SCORE	NEXT ACTION
DAY 15 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 16 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 17 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 18 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 19 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 20 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 21 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	

WEEKLY CHECK-IN Study time: _____ hours MCQs attempted: _____ Mocks completed: _____

Reflection / next focus: _____

Final Days | Revision

DAYS 22-26

Focus on recurring mistakes and weak topics. Keep tracking accuracy and pacing.

DAY / DATE	SUBJECT / TOPIC	STUDY TIME	MCQs DONE	REVISION	MOCK SCORE	NEXT ACTION
DAY 22 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 23 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 24 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 25 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 26 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	

REVIEW YOUR PROGRESS

Weakest topics: _____

Topics improved: _____

Final Days | Readiness

DAYS 27-30

Consolidate learning, confirm your test-day instructions and avoid last-minute cramming.

DAY / DATE	SUBJECT / TOPIC	STUDY TIME	MCQs DONE	REVISION	MOCK SCORE	NEXT ACTION
DAY 27 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 28 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 29 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	
DAY 30 Date: _____		_____ min	____ / ____	☐ To do ☐ Done	____ %	

EXAM-READINESS CHECKLIST

- ☐ I reviewed all major subjects in my applicable blueprint.
- ☐ I reviewed difficult MCQs and recorded recurring mistakes.
- ☐ I can complete a practice test within my exam time limit.
- ☐ I checked current Prometric instructions, ID and test details.

Mock Test + Weak-Area Tracker

PRACTICE LOG

Use this sheet alongside the daily pages to identify where extra revision is needed.

MOCK-TEST SCORE LOG

MOCK	DATE	QUESTIONS	SCORE (%)	TIME USED	MAIN IMPROVEMENT
01					
02					
03					
04					

WEAK-AREA REVISION TRACKER

FOCUS AREA 01

Review date: _____ ☐ Done

FOCUS AREA 02

Review date: _____ ☐ Done

FOCUS AREA 03

Review date: _____ ☐ Done

FOCUS AREA 04

Review date: _____ ☐ Done

FOCUS AREA 05

Review date: _____ ☐ Done

FOCUS AREA 06

Review date: _____ ☐ Done