

30-Day NCLEX Study Planner

Your Daily Guide to NCLEX Success

AllNurseSchools.com

Week 1: Foundation & Core Content

- Day 1: Orientation — set goals, review NCLEX format, diagnostic test (75 Qs)
- Day 2: Safety & Infection Control + 50 practice questions
- Day 3: Health Promotion & Maintenance + 50 questions
- Day 4: Basic Care & Comfort + 50 questions
- Day 5: Pharmacology basics + 50 questions
- Day 6: Physiological Adaptation + 75 questions
- Day 7: Self-assessment quiz (100 Qs mixed)

Week 2: Body Systems Deep Dive

- Day 8: Cardiovascular system + 75 questions
- Day 9: Respiratory system + 75 questions
- Day 10: Neurological system + 75 questions
- Day 11: Gastrointestinal system + 75 questions
- Day 12: Musculoskeletal + Integumentary + 50 questions
- Day 13: Endocrine + 75 questions
- Day 14: Mini-mock exam (125 Qs timed)

Week 3: Specialty Areas & Advanced Practice

- Day 15: Maternity care + 75 questions
- Day 16: Pediatrics + 75 questions
- Day 17: Mental health/psychiatric nursing + 75 questions
- Day 18: Leadership, management, delegation + 50 questions
- Day 19: Pharmacology deep dive + 75 questions
- Day 20: Lab values & diagnostics review + 75 questions
- Day 21: Full-length practice exam (150 Qs)

Week 4: Practice & Test Readiness

- Day 22: Review weak area #1 + 75 questions
- Day 23: Review weak area #2 + 75 questions
- Day 24: Review weak area #3 + 75 questions
- Day 25: 50 SATA (Select All That Apply) questions
- Day 26: Full practice exam (150 Qs)
- Day 27: Review all exams & rationales
- Day 28: Content refresh (flashcards, notes)
- Day 29: Final practice test (75 Qs, light)
- Day 30: Relax & prepare (test-eve review)

Quick Reference Sheet

Common Lab Values

Test	Normal Range
Sodium (Na ⁺)	135–145 mEq/L
Potassium (K ⁺)	3.5–5.0 mEq/L
Calcium (Ca ⁺⁺)	8.5–10.5 mg/dL
Hemoglobin	12–16 g/dL (F), 14–18 g/dL (M)
Hematocrit	37–47% (F), 42–52% (M)
WBC	5,000–10,000 /mm ³
Platelets	150,000–400,000 /mm ³

Isolation Precautions

Type	Examples	PPE Required
Contact	C. diff, MRSA	Gloves, Gown
Droplet	Flu, Meningitis	Mask
Airborne	TB, Measles, Varicella	N95, Negative Pressure

Drug Suffixes (High-Yield)

Suffix	Drug Class	Example
-pril	ACE Inhibitors	Lisinopril
-lol	Beta Blockers	Propranolol
-statin	Antilipidemics	Atorvastatin
-prazole	Proton Pump Inhibitors	Omeprazole
-cillin	Penicillin Antibiotics	Amoxicillin