

# 4-Week Balanced CNA Study Plan

Complete Day-by-Day Timeline

**Best For:** Most students, completed training 1-3 months ago, moderate time availability, 1.5-2 hours daily

## Week 1: Foundation (60% Written, 40% Skills)

Days	Focus	Tasks
Days 1-3	Assessment & Planning	<ul style="list-style-type: none"><li>• Diagnostic practice test</li><li>• Identify weak domains</li><li>• Create personalized study schedule</li></ul>
Days 4-7	Physical Care Skills Domain	<ul style="list-style-type: none"><li>• Study 64% of exam content</li><li>• Active recall techniques</li><li>• Begin spaced repetition</li></ul>

## Week 2: Knowledge Building (60% Written, 40% Skills)

Days	Focus	Tasks
Days 8-10	Psychosocial + Role Domains	<ul style="list-style-type: none"><li>• Psychosocial Care domain</li><li>• Role of Nurse Aide domain</li><li>• Continue spaced repetition</li></ul>
Days 11-14	Complete Content Review	<ul style="list-style-type: none"><li>• Review all domains</li><li>• Spaced repetition (Days 2, 5, 12)</li><li>• Practice question sets</li></ul>

## Week 3: Skills Integration (40% Written, 60% Skills)

Days	Focus	Tasks
Days 15-17	All Skills Practice	<ul style="list-style-type: none"><li>• Practice all 21-25 skills once</li><li>• Identify difficult skills</li><li>• Verbalization technique</li></ul>
Days 18-21	Deliberate Practice	<ul style="list-style-type: none"><li>• Focused practice on weak skills</li><li>• Perfect verbalization</li><li>• Critical steps mastery</li></ul>

## Week 4: Testing & Refinement (30% Written, 70% Skills)

Days	Focus	Tasks
Days 22-24	Timed Practice Test	<ul style="list-style-type: none"><li>• Full timed practice test</li><li>• Comprehensive error analysis</li><li>• Targeted weak area review</li></ul>
Days 25-27	Final Skills Practice	<ul style="list-style-type: none"><li>• Skills under observation</li><li>• Perfect critical steps</li><li>• Build test-day confidence</li></ul>
Day 28	Final Preparation	<ul style="list-style-type: none"><li>• Light review only</li><li>• Test simulation</li><li>• Rest and mental preparation</li></ul>

**Practice Test Schedule:** Days 1, 15, 22, 26

### ***You're Ready When:***

- 85%+ on 2 consecutive practice tests
- Skills performed automatically
- Can verbalize all procedures

Download the complete study guide at [CNAClasses.com](http://CNAClasses.com)