



8 Week Study Timeline for the ACE CPT Exam

| Week # | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 1 Time Required 1-2 hours per day | Read Ch. 1 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 1: ACE's Online Learning ACE's Exercise Science Workbook Ch. 1 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 2 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 2: ACE's Online Learning ACE's Exercise Science Workbook Ch. 1 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 3 or use FM Audio Lectures | | Pick 2-3 study tools and do Ch. 3: ACE's Online Learning ACE's Exercise Science Workbook Ch. 1 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests |
| 2 Time Required 1-2 hours per day | Read Ch. 4 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 4: ACE's Online Learning ACE's Exercise Science Workbook Ch. 2 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 5 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 5: ACE's Online Learning ACE's Exercise Science Workbook Ch. 2 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 6 or use FM Audio Lectures | | Pick 2-3 study tools and do Ch. 6: ACE's Online Learning ACE's Exercise Science Workbook Ch. 2 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests |
| 3 Time Required 1-2 hours per day | Read Ch. 7 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 7: ACE's Online Learning ACE's Exercise Science Workbook Ch. 3 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 8 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 8: ACE's Online Learning ACE's Exercise Science Workbook Ch. 3 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Quiz yourself on questions from Chapters 1-9 using FM Practice Tests | | Catch up on any incomplete work and continue to review FM Quizzes |
| 4 Time Required 1-2 hours per day | Read Ch. 9 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 9: ACE's Online Learning ACE's Exercise Science Workbook Ch. 3 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 10 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 10: ACE's Online Learning ACE's Exercise Science Workbook Ch. 3 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 11 or use FM Audio Lectures | | Pick 2-3 study tools and do Ch. 11: ACE's Online Learning ACE's Exercise Science Workbook Ch. 3 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests |

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FM FITNESS MENTORS

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| 5 Time Required 1-2 hours per day | Read Ch. 12 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 12: ACE's Online Learning ACE's Exercise Science Workbook Ch. 4 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 13 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 13: ACE's Online Learning ACE's Exercise Science Workbook Ch. 4 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 14 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 14: ACE's Online Learning ACE's Exercise Science Workbook Ch. 4 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests |
| 6 Time Required 1-2 hours per day | Read Ch. 15 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 15: ACE's Online Learning ACE's Exercise Science Workbook Ch. 5 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 16 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 16: ACE's Online Learning ACE's Exercise Science Workbook Ch. 5 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 17 or use FM Audio Lectures | Pick 2-3 study tools and do Ch. 17: ACE's Online Learning ACE's Exercise Science Workbook Ch. 5 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests |
| 7 Time Required 1-2 hours per day | Read Ch. 18 | Pick 2-3 study tools and do Ch. 15: ACE's Online Learning ACE's Exercise Science Workbook Ch. 5 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | | Reread the following: FM Study Guide FM Study Guide FM Book Notes Review answers from the Exercise Science Workbook of Ch. 1-5 | Quiz Yourself from FM Practice Tests and write down the topics of questions you missed | Revisit the questions you missed and explain in writing why they are incorrect. |
| 8 Time Required 1-2 hours per day | 150 Question Practice Final Exam Version 1 from Fitness Mentors (write down topics of questions you missed) | Reread the following: FM Study Guide FM Study Guide FM Book Notes Review answers from the Exercise Science Workbook of Ch. 1-5 | 120 Question Practice Final Exam Version 2 from Fitness Mentors (write down topics of questions you missed) | Revisit and write down and explain the topics from the questions you missed | 150 Question Practice Final Exam Version 2 & 2 from Fitness Mentors (write down topics of questions you missed) | Revisit topics of questions you missed. If you are scoring a 136/150 or better on both exams, schedule your ACE CPT Exam. If not continue to take the practice tests until the score can be achieved. |

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4 Week Study Timeline for the NASM CPT Exam

| Week # | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| 1 Time Required 2-3 hours per day | Read Ch. 1 Pick 1-2 study tools and do Ch. 1: ACE's Online Learning ACE's Exercise Science Workbook Ch. 1 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 2 Pick 1-2 study tools and do Ch. 2: ACE's Online Learning ACE's Exercise Science Workbook Ch. 1 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 3 Pick 1-2 study tools and do Ch. 3: ACE's Online Learning ACE's Exercise Science Workbook Ch. 1 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 4 Pick 1-2 study tools and do Ch. 4: ACE's Online Learning ACE's Exercise Science Workbook Ch. 1 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 5 Pick 1-2 study tools and do Ch. 5: ACE's Online Learning ACE's Exercise Science Workbook Ch. 2 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Quiz Yourself And write down the topics of questions you missed on chapters 1-5 You need FM's Practice Tests. | Study all of the topics you missed and reread all Notes and FM's Study Guide for Ch. 1-5 |
| 2 Time Required 2-3 hours per day | Read Ch. 6 Pick 1-2 study tools and do Ch. 6: ACE's Online Learning ACE's Exercise Science Workbook Ch. 2 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 7 Pick 1-2 study tools and do Ch. 7: ACE's Online Learning ACE's Exercise Science Workbook Ch. 2 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 8 Pick 1-2 study tools and do Ch. 8: ACE's Online Learning ACE's Exercise Science Workbook Ch. 2 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 9 Pick 1-2 study tools and do Ch. 9: ACE's Online Learning ACE's Exercise Science Workbook Ch. 3 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 10 Pick 1-2 study tools and do Ch. 10: ACE's Online Learning ACE's Exercise Science Workbook Ch. 3 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Quiz Yourself And write down the topics of questions you missed on chapters 6-10 You need FM's Practice Tests. | Study all of the topics you missed and reread all Notes and FM's Study Guide for Ch. 6-10 |
| 3 Time Required 2-3 hours per day | Read Ch. 11 Pick 1-2 study tools and do Ch. 11: ACE's Online Learning ACE's Exercise Science Workbook Ch. 3 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 12 Pick 1-2 study tools and do Ch. 12: ACE's Online Learning ACE's Exercise Science Workbook Ch. 3 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 13 Pick 1-2 study tools and do Ch. 13: ACE's Online Learning ACE's Exercise Science Workbook Ch. 4 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 14 Pick 1-2 study tools and do Ch. 14: ACE's Online Learning ACE's Exercise Science Workbook Ch. 4 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 15 Pick 1-2 study tools and do Ch. 15: ACE's Online Learning ACE's Exercise Science Workbook Ch. 4 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Quiz Yourself And write down the topics of questions you missed on chapters 11-15 You need FM's Practice Tests. | Study all of the topics you missed and reread all Notes and FM's Study Guide for Ch. 11-15 |
| 4 Time Required 2-3 hours per day | Read Ch. 16 Pick 1-2 study tools and do Ch. 16: ACE's Online Learning ACE's Exercise Science Workbook Ch. 4 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 17 Pick 1-2 study tools and do Ch. 17: ACE's Online Learning ACE's Exercise Science Workbook Ch. 5 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Read Ch. 18 Pick 1-2 study tools and do Ch. 18: ACE's Online Learning ACE's Exercise Science Workbook Ch. 5 FM Book Notes FM Study Guide FM Audio Lectures FM Practice Tests | Reread FM Study Guide and Review answers from the Exercise Science Workbook of Ch. 1-5 | Quiz Yourself And write down the topics of questions you missed on chapters 16-18 Take FM's 120 Question Practice Exam Version 1 | Study all of the topics you missed and reread all Notes and FM's Study Guide for Ch. 16-18 Take FM's 120 Question Practice Exam Version 2 | Revisit topics of questions you missed. If you are scoring a 136/150 or better on both exams, schedule your ACE CPT Exam. |

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