



# 7 Days Out

## *Your Last-Minute Checklist for a Successful Test Day*

### 7 Days Out...

- Take a full-length practice test
- Cut out distractors and negativity (social media, news)
- Reconnect with your WHY

### 6 Days Out...

- Review yesterday's practice test
- Normal prep day
- +15 minutes / day of additional reading

### 5 Days Out...

- Dial in your nutrition (cut out sugar and processed foods, increase intake of fruits and vegetables, limit alcohol, etc. — see *The Dominate Test Prep Podcast episode #17* for more details)
- Introduce a timer to your practice sessions

### 4 Days Out...

- Prioritize sleep (7 hours minimum, 8 hours maximum)
- Continue normal prep, focusing on your weaknesses
- Scout out the test center

### 3 Days Out...

- Take a full-length practice test
- Read the relevant page(s) on your exam's official website about what to expect on test day; watch test center walk-through videos if available

## 2 Days Out...

- Review yesterday's practice test
- Final "big" study session (have final meeting with your tutor or coach, if applicable)
- Ensure that nutrition + sleep are on point — it's even more important today than tomorrow!

## 1 Day Out...

- REST DAY!
- Prepare your supplies for tomorrow (drinks, snacks, Identification, etc.)
- Spend some time meditating / praying / visualizing
- Do something fun — go to a movie, get out in nature, ride your bike, etc.

## Test Day!

- Take a cold shower
- Dress for success!
- Have a hearty, nutritious breakfast
- Perform a random act of kindness
- Prime your brain before entering the test center
- Breathe... Breathe.... Breathe.
- Trust your preparation and knock it out of the park... you've got this!

## 1 Day After...

- Celebrate!
- Do something fun to un-wind, rest, and relax