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Date	Section	Topics to cover	Possible resources
Day 1 270 days to go	Cardiovascular Part 1	Angina	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 2 269 days to go	Cardiovascular Part 2	MI	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 3 268 days to go	Cardiovascular Part 3	Hypertension	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 4 267 days to go	Neurology Part 1	Epilepsy	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 5 266 days to go	Neurology Part 2	Parkinson's Disease	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 6 265 days to go	Musculoskeletal Part 1	Osteoarthritis	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 7 264 days to go	Musculoskeletal Part 2	Rheumatoid Arthritis	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 8 263 days to go	ENT Part 1	Sore throat Tonsillitis Laryngitis	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards
Day 9 262 days to go	ENT Part 2	ENT 2-week referral	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards
Day 10 261 days to go	Cardiovascular Part 4	Heart Failure	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 11 260 days to go	Catch-up Day Part 1	Complete any missed days above Review material from days 270 → 261	Consider taking a Mock Exam
Day 12 259 days to go	Cardiovascular Part 5	Congenital Heart Disease	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 13 258 days to go	Respiratory Part 1	COPD Spirometry	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 14 257 days to go	Respiratory Part 2	Smoking cessation OSA	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 15 256 days to go	Addiction Medicine Part 1	Alcohol	GPI Q Bank – Addiction Medicine. Audio- Video Books – Addiction Medicine. Flash Cards
Day 16 255 days to go	Addiction Medicine Part 2	Addiction Medicine (e.g., opiates, cannabis)	GPI Q Bank – Addiction Medicine Clinical Audio- Video Books – Addiction Medicine
Day 17 254 days to go	Statistics Part 1	Graphs 1 - Bar chart Histogram Box Plot	Statistics GPI Q Bank – Graphs Statistics Audio- Video Books – Graphs
Day 18 253 days to go	Statistics Part 2	Graphs 2 - Scatter plot Labbe plot	Statistics GPI Q Bank – Graphs Statistics Audio- Video Books – Graphs
Day 19 252 days to go	Immunology Part 1	Allergy Anaphylaxis	GPI Q Bank – Immunology. Audio- Video Books – Immunology. Flash Cards
Day 20 251 days to go	Immunology Part 2	Intolerance	GPI Q Bank – Immunology Clinical Audio- Video Books – Immunology

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Date	Section	Topics to cover	Possible resources
Day 21 250 days to go	ENT Part 3	Hyperthyroidism	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards
Day 22 249 days to go	Catch-up Day Part 2	Complete any missed days above Review material from days 259 → 250	Consider taking a Mock Exam
Day 23 248 days to go	ENT Part 4	Thyroid Cancer Goitre	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards
Day 24 247 days to go	Psychiatry Part 1	Depression	GPI Q Bank – Psychiatry. Audio- Video Books – Psychiatry. Flash Cards
Day 25 246 days to go	Psychiatry Part 2	Postnatal Depression	GPI Q Bank – Psychiatry. Audio- Video Books – Psychiatry. Flash Cards
Day 26 245 days to go	Ophthalmology Part 1	Acute Eye problems: Glaucoma Uveitis	GPI Q Bank – Ophthalmology Clinical Audio- Video Books – Ophthalmology
Day 27 244 days to go	Ophthalmology Part 2	Acute Eye problems: Artery/Vein occlusion Flashes/Floaters	GPI Q Bank – Ophthalmology Clinical Audio- Video Books – Ophthalmology
Day 28 243 days to go	Renal Part 1	Acute Kidney Injury	GPI Q Bank – Renal. Audio- Video Books – Renal. Flash Cards
Day 29 242 days to go	Renal Part 2	Chronic Kidney Disease	GPI Q Bank – Renal. Audio- Video Books – Renal. Flash Cards
Day 30 241 days to go	Respiratory Part 3	Pneumothorax	GPI Q Bank – Respiratory Clinical Audio- Video Books – Respiratory
Day 31 240 days to go	Respiratory Part 4	Pleural Effusion	GPI Q Bank – Respiratory Clinical Audio- Video Books – Respiratory
Day 32 239 days to go	Admin Part 1	Birth registration Death registration Disease notification	Admin GPI Q Bank – Admin Audio- Video Books –
Day 33 238 days to go	Catch-up Day Part 3	Complete any missed days above Review material from days 248 → 239	Consider taking a Mock Exam
Day 34 237 days to go	Admin Part 2	Cremation Coroner	Admin GPI Q Bank – Admin Audio- Video Books –
Day 35 236 days to go	Dermatology Part 1	Moles Skin Cancer	GPI Q Bank – Dermatology. Audio- Video Books – Dermatology. Flash Cards
Day 36 235 days to go	Dermatology Part 2	Ulcers Skin infection	GPI Q Bank – Dermatology. Audio- Video Books – Dermatology. Flash Cards -
Day 37 234 days to go	Women's Health Part 1	Contraception (combined options)	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 38 233 days to go	Women's Health Part 2	Contraception (progesterone only options)	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 39 232 days to go	Women's Health Part 3	Emergency contraception	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 40 231 days to go	Genetics Part 1	Genetics: Autosomal Dominant and Recessive	GPI Q Bank – Genetics. Audio- Video Books – Genetics. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 41 230 days to go	Genetics Part 2	Genetics: X-Linked Dominant and Recessive	GPI Q Bank – Genetics. Audio- Video Books – Genetics. Flash Cards
Day 42 229 days to go	Neurology Part 3	Stroke TIA	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 43 228 days to go	Neurology Part 4	Falls LOC	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 44 227 days to go	Catch-up Day Part 4	Complete any missed days above Review material from days 237 → 228	Consider taking a Mock Exam
Day 45 226 days to go	Cardiovascular Part 6	Cholesterol CVD Risk Statins Primary/Secondary Prevention	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 46 225 days to go	Gastroenterology Part 1	Irritable Bowel Disease	GPI Q Bank – Gastroenterology Clinical Audio- Video Books – Gastroenterology
Day 47 224 days to go	Gastroenterology Part 2	Lower GI cancer including referral	GPI Q Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 48 223 days to go	Gastroenterology Part 3	Inherited polyps	GPI Q Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 49 222 days to go	Endocrinology Part 1	Hypo/Hyperkalaemia	GPI Q Bank – Endocrinology Clinical Audio- Video Books – Endocrinology
Day 50 221 days to go	Endocrinology Part 2	Hypo/Hyponatremia	GPI Q Bank – Endocrinology Clinical Audio- Video Books – Endocrinology
Day 51 220 days to go	Admin Part 3	Fitness to Work Maternity	Admin GPI Q Bank. Admin Audio- Video Books –
Day 52 219 days to go	Admin Part 4	Staff occupational health	Admin GPI Q Bank. Admin Audio- Video Books –
Day 53 218 days to go	Haematology Part 1	Leukaemia Lymphoma	GPI Q Bank – Haematology Clinical Audio- Video Books – Haematology
Day 54 217 days to go	Haematology Part 2	Myeloma	GPI Q Bank – Haematology Clinical Audio- Video Books – Haematology
Day 55 216 days to go	Catch-up Day Part 5	Complete any missed days above Review material from days 226 → 217	Consider taking a Mock Exam
Day 56 215 days to go	Musculoskeletal Part 3	Neck - Whiplash Radiculopathy Neck Injury	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 57 214 days to go	Musculoskeletal Part 4	Back Pain (simple and red flag)	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 58 213 days to go	Respiratory Part 5	URTI LRTI	GPI Q Bank – Respiratory Clinical Audio- Video Books – Respiratory
Day 59 212 days to go	Respiratory Part 6	Pneumonia	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 60 211 days to go	Respiratory Part 7	Covid-19	GPI Q Bank – Respiratory Clinical Audio- Video Books – Respiratory

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Date	Section	Topics to cover	Possible resources
Day 61 210 days to go	Neurology Part 5	Meningitis Encephalitis	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 62 209 days to go	Neurology Part 6	Facial nerve palsy	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 63 208 days to go	Paediatrics Part 1	Paediatrics infection e.g., Chickenpox Scarlet Fever	GPI Q Bank – Paediatrics Clinical Audio- Video Books – Paediatrics
Day 64 207 days to go	Paediatrics Part 2	Paediatric infection school exclusion	GPI Q Bank – Paediatrics. Audio- Video Books – Paediatrics. Flash Cards
Day 65 206 days to go	Women's Health Part 4	Menorrhagia	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 66 205 days to go	Catch-up Day Part 6	Complete any missed days above Review material from days 215 → 206	Consider taking a Mock Exam
Day 67 204 days to go	Women's Health Part 5	Endometriosis	GPI Q Bank – Women's Health Clinical Audio- Video Books – Women's Health
Day 68 203 days to go	Women's Health Part 6	Fibroids	GPI Q Bank – Women's Health Clinical Audio- Video Books – Women's Health
Day 69 202 days to go	Statistics Part 3	Odds Risk Error Bias	Statistics GPI Q Bank. Statistics Audio- Video Books –
Day 70 201 days to go	Statistics Part 4	Confounding UK screening	Statistics GPI Q Bank. Statistics Audio- Video Books –
Day 71 200 days to go	Respiratory Part 8	Asthma (adult)	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 72 199 days to go	Respiratory Part 9	Asthma (childhood)	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 73 198 days to go	Endocrinology Part 3	Cushing's disease/syndrome	GPI Q Bank – Endocrinology Clinical Audio- Video Books – Endocrinology
Day 74 197 days to go	Endocrinology Part 4	Addison's Disease	GPI Q Bank – Endocrinology Clinical Audio- Video Books – Endocrinology
Day 75 196 days to go	Endocrinology Part 5	Conn's Syndrome	GPI Q Bank – Endocrinology Clinical Audio- Video Books – Endocrinology
Day 76 195 days to go	Paediatrics Part 3	Autism ADHD	GPI Q Bank – Paediatrics. Audio- Video Books – Paediatrics. Flash Cards
Day 77 194 days to go	Catch-up Day Part 7	Complete any missed days above Review material from days 204 → 195	Consider taking a Mock Exam
Day 78 193 days to go	Paediatrics Part 4	Enuresis	GPI Q Bank – Paediatrics. Audio- Video Books – Paediatrics. Flash Cards
Day 79 192 days to go	Paediatrics Part 5	Child safeguarding	GPI Q Bank – Paediatrics Clinical Audio- Video Books – Paediatrics
Day 80 191 days to go	Haematology Part 3	Anaemia (B12 Folate Fe) FBC results	GPI Q Bank – Haematology. Audio- Video Books – Haematology. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 81 190 days to go	Haematology Part 4	Sickle Cell Disease Thalassaemia	GPI Q Bank – Haematology. Audio- Video Books – Haematology. Flash Cards
Day 82 189 days to go	Haematology Part 5	Spleen and Splenectomy	GPI Q Bank – Haematology. Audio- Video Books – Haematology. Flash Cards
Day 83 188 days to go	Dermatology Part 3	Eczema Psoriasis	GPI Q Bank – Dermatology. Audio- Video Books – Dermatology. Flash Cards
Day 84 187 days to go	Dermatology Part 4	Acne	GPI Q Bank – Dermatology. Audio- Video Books – Dermatology. Flash Cards
Day 85 186 days to go	ENT Part 5	Nose: Epistaxis, Polyps, Fracture	GPI Q Bank – ENT Clinical Audio- Video Books – ENT
Day 86 185 days to go	ENT Part 6	Allergic Rhinitis	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards
Day 87 184 days to go	Gastroenterology Part 4	Irritable Bowel Syndrome	GPI Q Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 88 183 days to go	Catch-up Day Part 8	Complete any missed days above Review material from days 193 → 184	Consider taking a Mock Exam
Day 89 182 days to go	Gastroenterology Part 5	Coeliac Disease	GPI Q Bank – Gastroenterology Clinical Audio- Video Books – Gastroenterology
Day 90 181 days to go	Psychiatry Part 3	Somatisation	GPI Q Bank – Psychiatry Clinical Audio- Video Books – Psychiatry
Day 91 180 days to go	Psychiatry Part 4	Dementia Delirium	GPI Q Bank – Psychiatry. Audio- Video Books – Psychiatry. Flash Cards
Day 92 179 days to go	Psychiatry Part 5	Bipolar disorder	GPI Q Bank – Psychiatry Clinical Audio- Video Books – Psychiatry
Day 93 178 days to go	Statistics Part 5	Graphs 3 - Forest Plot Funnel plot	Statistics GPI Q Bank – Graphs Statistics Audio- Video Books – Graphs
Day 94 177 days to go	Statistics Part 6	Graphs 4 - Cates Diagram	Statistics GPI Q Bank – Graphs Statistics Audio- Video Books – Graphs
Day 95 176 days to go	Cardiovascular Part 7	Bradycardia	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 96 175 days to go	Cardiovascular Part 8	Tachycardia including Atrial Fibrillation	GPI Q Bank – Cardiovascular Clinical Audio- Video Books – Cardiovascular
Day 97 174 days to go	Women's Health Part 7	PCOS	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 98 173 days to go	Women's Health Part 8	Infertility	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 99 172 days to go	Catch-up Day Part 9	Complete any missed days above Review material from days 182 → 173	Consider taking a Mock Exam
Day 100 171 days to go	Women's Health Part 9	Urinary Incontinence	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 101 170 days to go	Admin Part 5	Abortion Adoption Surrogacy	Admin GPI Q Bank. Admin Audio- Video Books –
Day 102 169 days to go	Admin Part 6	Capacity Power of Attorney RMS Fitness to Drive	Admin GPI Q Bank. Admin Audio- Video Books –
Day 103 168 days to go	Neurology Part 7	Migraine Tension Headache	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 104 167 days to go	Neurology Part 8	Cluster Headache Medical Overuse Headache	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 105 166 days to go	Endocrinology Part 6	Hyperparathyroidism Hyper/Hypocalcaemia	GPI Q Bank – Endocrinology Clinical Audio- Video Books – Endocrinology
Day 106 165 days to go	Endocrinology Part 7	Obesity	GPI Q Bank – Endocrinology. Audio- Video Books – Endocrinology. Flash Cards
Day 107 164 days to go	Ophthalmology Part 3	Chronic vision loss: Cataract Age Related Macular Degeneration	GPI Q Bank – Ophthalmology. Audio- Video Books – Ophthalmology. Flash Cards
Day 108 163 days to go	Ophthalmology Part 4	Chronic vision loss: Retinopathy - DM hypertensive	GPI Q Bank – Ophthalmology. Audio- Video Books – Ophthalmology. Flash Cards
Day 109 162 days to go	ENT Part 7	Tinnitus Hearing Loss	GPI Q Bank – ENT Clinical Audio- Video Books – ENT
Day 110 161 days to go	Catch-up day Part 10	Complete any missed days above Review material from days 171 → 162	Consider taking a Mock Exam
Day 111 160 days to go	ENT Part 8	Ear infection Cholesteatoma	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards
Day 112 159 days to go	ENT Part 9	Vertigo	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards
Day 113 158 days to go	Paediatrics Part 6	Immunisation schedule	GPI Q Bank – Paediatrics. Audio- Video Books – Paediatrics. Flash Cards
Day 114 157 days to go	Paediatrics Part 7	Neonatal conditions e.g., FTT, Jaundice	GPI Q Bank – Paediatrics Clinical Audio- Video Books – Paediatrics
Day 115 156 days to go	Palliative Care Part 1	Palliative care - Nausea including dose calculations	GPI Q Bank – Palliative Care Clinical Audio- Video Books – Palliative Care
Day 116 155 days to go	Palliative Care Part 2	Palliative care - Analgesia including dose calculations	GPI Q Bank – Palliative Care. Audio- Video Books – Palliative Care. Flash Cards
Day 117 154 days to go	Admin Part 7	Confidentiality	Admin GPI Q Bank. Admin Audio- Video Books –
Day 118 153 days to go	Admin Part 8	Data Protection Request for records	Admin GPI Q Bank. Admin Audio- Video Books –
Day 119 152 days to go	Endocrinology Part 8	Hypothyroidism (including subclinical)	GPI Q Bank – Endocrinology. Audio- Video Books – Endocrinology. Flash Cards
Day 120 151 days to go	Cardiovascular Part 9	Peripheral Vascular Disease	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 121 150 days to go	Catch-up Day Part 11	Complete any missed days above Review material from days 160 → 151	Consider taking a Mock Exam
Day 122 149 days to go	Cardiovascular Part 10	DVT Varicose Veins	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 123 148 days to go	Neurology Part 9	Intracerebral bleeds	GPI Q Bank – Neurology Clinical Audio- Video Books – Neurology
Day 124 147 days to go	Neurology Part 10	Temporal Arteritis PMR	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 125 146 days to go	Psychiatry Part 6	Anxiety OCD PTSD	GPI Q Bank – Psychiatry. Audio- Video Books – Psychiatry. Flash Cards
Day 126 145 days to go	Psychiatry Part 7	Schizophrenia Acute psychosis	GPI Q Bank – Psychiatry Clinical Audio- Video Books – Psychiatry
Day 127 144 days to go	Women's Health Part 10	Breast cancer including referral	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 128 143 days to go	Women's Health Part 11	Familial and Benign Breast Disease	GPI Q Bank – Women's Health Clinical Audio- Video Books – Women's Health
Day 129 142 days to go	Men's Health Part 1	Erectile Dysfunction	GPI Q Bank – Men's Health Clinical Audio- Video Books – Men's Health
Day 130 141 days to go	Renal Part 1	STIs including Chlamydia Gonorrhoeae	GPI Q Bank – Renal Clinical Audio- Video Books – Renal
Day 131 140 days to go	Endocrinology Part 9	Diabetes diagnosis and targets	GPI Q Bank – Endocrinology. Audio- Video Books – Endocrinology. Flash Cards
Day 132 139 days to go	Catch-up Day Part 12	Complete any missed days above Review material from days 150 → 140	Consider taking a Mock Exam
Day 133 138 days to go	Endocrinology Part 10	Diabetes management and complications (acute and chronic)	GPI Q Bank – Endocrinology. Audio- Video Books – Endocrinology. Flash Cards
Day 134 137 days to go	Musculoskeletal Part 5	Knees e.g., Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, Knee OA, Replacement, Injury	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 135 136 days to go	Musculoskeletal Part 6	Foot e.g., Plantar Fasciitis, Injury, Achilles, Morton's, Diabetic foot	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 136 135 days to go	Renal Part 3	UTI (adult + children)	GPI Q Bank – Renal Clinical Audio- Video Books – Renal
Day 137 134 days to go	Renal Part 4	Glomerulonephritis	GPI Q Bank – Renal Clinical Audio- Video Books – Renal
Day 138 133 days to go	Renal Part 5	Renal Stones	GPI Q Bank – Renal Clinical Audio- Video Books – Renal
Day 139 132 days to go	Gastroenterology Part 6	Hernia Appendix Abdominal surgery	GPI Q Bank – Gastroenterology Clinical Audio- Video Books – Gastroenterology
Day 140 131 days to go	Gastroenterology Part 7	Enteral feeding	GPI Q Bank – Gastroenterology Clinical Audio- Video Books – Gastroenterology

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Date	Section	Topics to cover	Possible resources
Day 141 130 days to go	Neurology Part 11	Neuro assessment - CN UML/LMN Dermatomes Myotomes Gait	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 142 129 days to go	Gastroenterology Part 8	Hepatitis A, B, C	GPI Q Bank – Gastroenterology Clinical Audio- Video Books – Gastroenterology
Day 143 128 days to go	Catch-up Day Part 13	Complete any missed days above Review material from days 138 → 129	Consider taking a Mock Exam
Day 144 127 days to go	Respiratory Part 10	Tuberculosis	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 145 126 days to go	Infectious Disease Part 1	Malaria Yellow Fever	GPI Q Bank –, Infectious Diseases Clinical Audio- Video Books – Infectious Diseases
Day 146 125 days to go	Infectious Disease Part 2	HIV + PEP	GPI Q Bank –, Infectious Diseases Clinical Audio- Video Books – Infectious Diseases
Day 147 124 days to go	Paediatrics Part 8	Paediatrics development (all 4 areas)	GPI Q Bank – Paediatrics. Audio- Video Books – Paediatrics. Flash Cards
Day 148 123 days to go	Cardiovascular Part 11	Pericarditis Myocarditis Endocarditis	GPI Q Bank – Cardiovascular Clinical Audio- Video Books – Cardiovascular
Day 149 122 days to go	Cardiovascular Part 12	Valvular heart disease Murmurs	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 150 121 days to go	Respiratory Part 11	Bronchiectasis Pulmonary Fibrosis Clubbing	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 151 120 days to go	Respiratory Part 12	Lung cancer including referral	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 152 119 days to go	Musculoskeletal Part 7	Shoulder e.g., Frozen Shoulder Rotator Cuff Dislocation	GPI Q Bank – Musculoskeletal Clinical Audio- Video Books – Musculoskeletal
Day 153 118 days to go	Musculoskeletal Part 8	Elbow e.g., Tennis/Golfers/Bursa	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 154 117 days to go	Catch-up Day Part 14	Complete any missed days above Review material from days 127 → 118	Consider taking a Mock Exam
Day 155 116 days to go	Musculoskeletal Part 9	Wrist e.g., Carpal Tunnel Syndrome De Quervain's	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 156 115 days to go	Admin Part 9	Mental Health act Social care Sight impairment	Admin GPI Q Bank Admin Audio- Video Books
Day 157 114 days to go	Women's Health Part 12	Cervical cancer and screening	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 158 113 days to go	Women's Health Part 13	Ovarian Endometrial cancer Gynaecology 2-week referral	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 159 112 days to go	Men's Health Part 2	BPH	GPI Q Bank – Men's Health. Audio- Video Books – Men's Health. Flash Cards
Day 160 111 days to go	Men's Health Part 3	PSA Prostate Cancer including referral	GPI Q Bank – Men's Health. Audio- Video Books – Men's Health. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 161 110 days to go	Gastroenterology Part 9	Dyspepsia H Pylori	GPIQ Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 162 109 days to go	Gastroenterology Part 10	Peptic Ulcers GORD	GPIQ Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 163 108 days to go	Gastroenterology Part 1Part 1	Upper GI cancer including referral	GPIQ Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 164 107 days to go	Statistics Part 7	Screening table and calculations	Statistics GPIQ Bank –screening Statistics Audio- Video Books –careening
Day 165 106 days to go	Catch-up Day Part 15	Complete any missed days above Review material from days 116 → 107	Consider taking a Mock Exam
Day 166 105 days to go	Musculoskeletal Part 10	Osteoporosis	GPIQ Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 167 104 days to go	Musculoskeletal Part 1Part 1	SLE	GPIQ Bank – Musculoskeletal Clinical Audio- Video Books – Musculoskeletal
Day 168 103 days to go	Musculoskeletal Part 12	Gout	GPIQ Bank – Musculoskeletal Clinical Audio- Video Books – Musculoskeletal
Day 169 102 days to go	Admin Part 10	Controlled drugs Medicare eligibility Medicare funding	Admin GPIQ Bank. Admin Audio- Video Books –
Day 170 101 days to go	Admin Part 1Part 1	GP contracts Complaints	Admin GPIQ Bank. Admin Audio- Video Books –
Day 171 100 days to go	Gastroenterology Part 12	Gallstones Pancreas Jaundice	GPIQ Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 172 99 days to go	Gastroenterology Part 13	Liver Cirrhosis LFTs	GPIQ Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 173 98 days to go	Neurology Part 12	Multiple Sclerosis Motor Neurone Disease Myasthenia Gravis	GPIQ Bank – Neurology Clinical Audio- Video Books – Neurology
Day 174 97 days to go	Women's Health Part 14	Antenatal - advice Early problems e.g., miscarriage, ectopic	GPIQ Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 175 96 days to go	Women's Health Part 15	Antenatlet - Mid and Late problems e.g., pre-eclampsia	GPIQ Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 176 95 days to go	Catch-up Day Part 16	Complete any missed days above Review material from days 105 → 96	Consider taking a Mock Exam
Day 177 94 days to go	Admin Part 12	AMC Good Medical Practice 1	AMC Website Good Medical Practice Booklet
Day 178 93 days to go	Admin Part 13	AMC Good Medical Practice 2	AMC Website Good Medical Practice Booklet
Day 179 92 days to go	Women's Health Part 16	Menopause HRT	GPIQ Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 180 91 days to go	Men's Health Part 4	Testicles e.g., Epididymis-orchitis Torsion	GPIQ Bank – Men's Health Clinical Audio- Video Books – Men's Health

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Date	Section	Topics to cover	Possible resources
Day 181 90 days to go	Men's Health Part 5	Testicular Cancer/referral	GPI Q Bank – Men's Health Clinical Audio- Video Books – Men's Health
Day 182 89 days to go	Statistics Part 8	SD Confidence interval	Statistics GPI Q Bank. Statistics Audio- Video Books –
Day 183 88 days to go	Statistics Part 9	Parametric/non-P P value Types of study	Statistics GPI Q Bank. Statistics Audio- Video Books –
Day 184 87 days to go	Ophthalmology Part 5	Conjunctivitis	GPI Q Bank – Ophthalmology. Audio- Video Books – Ophthalmology. Flash Cards
Day 185 86 days to go	Ophthalmology Part 6	Blepharitis Subconjunctival Haemorrhage	GPI Q Bank – Ophthalmology. Audio- Video Books – Ophthalmology. Flash Cards
Day 186 85 days to go	---	Round 1 catch up	Consider taking a Mock Exam
Day 187 84 days to go	---	Round 1 catch up	Consider taking a Mock Exam
Day 188 83 days to go	---	Round 1 catch up	Consider taking a Mock Exam
Day 189 82 days to go	---	Round 1 catch up	Consider taking a Mock Exam
Day 190 81 days to go	---	Round 1 catch up	Consider taking a Mock Exam
Day 191 80 days to go	Cardiovascular Part 13	Revision: Angina MI	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 192 79 days to go	Cardiovascular Part 14	Revision: Hypertension congenital heart disease	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 193 78 days to go	Neurology Part 13	Revision: Epilepsy Parkinson's Disease Falls LOC	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 194 77 days to go	Musculoskeletal Part 13	Revision: Osteoarthritis Rheumatoid Arthritis SLE Gout	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 195 76 days to go	ENT Part 10	Revision: Sore throat Tonsillitis Laryngitis ENT 2-week referral	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards
Day 196 75 days to go	Catch-up Day Part 17	Complete any missed days above Review material from days 94 → 76	Consider taking a Mock Exam
Day 197 74 days to go	Respiratory Part 13	Revision: COPD Spirometry Smoking cessation OSA	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 198 73 days to go	Addiction Medicine Part 3	Revision: Alcohol Addiction Medicine (e.g., opiates, cannabis)	GPI Q Bank – Addiction Medicine. Audio- Video Books – Addiction Medicine. Flash Cards
Day 199 72 days to go	Statistics Part 10	Revision: Graphs 1 - Bar chart Histogram Box Plot Scatter Plot Labbe plot Forest Plot Funnel Plot	Statistics GPI Q Bank – Graphs Statistics Audio- Video Books – Graphs
Day 200 71 days to go	ENT Part 1 Part 1	Revision: Ear infection Tinnitus Hearing Loss	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards

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Date	Section	Topics to cover	Possible resources
Day 201 70 days to go	Immunology Part 3	Revision: Allergy Anaphylaxis Intolerance	GPI Q Bank – Immunology. Audio- Video Books – Immunology. Flash Cards
Day 202 69 days to go	Catch-up Day Part 18	Complete any missed days above Review material from days 74 → 70	Consider taking a Mock Exam
Day 203 68 days to go	Endocrinology Part 1 Part 1	Revision: Hyperthyroidism Thyroid Cancer Goitre Hypothyroidism (including subclinical)	GPI Q Bank – Endocrinology. Audio- Video Books – Endocrinology. Flash Cards
Day 204 67 days to go	Psychiatry Part 8	Revision: Depression Postnatal depression Dementia Delirium	GPI Q Bank – Psychiatry. Audio- Video Books – Psychiatry. Flash Cards
Day 205 66 days to go	Ophthalmology Part 7	Revision: Acute Eye problems: Glaucoma Uveitis Artery/Vein occlusion Flashes/Floaters Conjunctivitis Blepharitis Subconjunctival Haemorrhage	GPI Q Bank – Ophthalmology. Audio- Video Books – Ophthalmology. Flash Cards
Day 206 65 days to go	Renal Part 6 Musculoskeletal Part 14	Revision: Acute Kidney Injury chronic kidney disease Osteoporosis	GPI Q Bank – Renal Musculoskeletal. Audio- Video Books – Renal Musculoskeletal. Flash Cards -
Day 207 64 days to go	Dermatology Part 5	Revision: Moles Skin Cancer Ulcers Skin infection Psoriasis Acne	GPI Q Bank – Dermatology. Audio- Video Books – Dermatology. Flash Cards -
Day 208 63 days to go	Catch-up Day Part 19	Complete any missed days above Review material from days 68 → 64	Consider taking a Mock Exam
Day 209 62 days to go	Women's Health Part 17	Revision: Infertility Contraception (including Emergency) Menorrhagia	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards -
Day 210 61 days to go	Genetics Part 3	Revision: Genetics: Autosomal Dominant and Recessive X-linked Dominant and Recessive	GPI Q Bank – Genetics. Audio- Video Books – Genetics. Flash Cards
Day 211 60 days to go	Cardiovascular Part 15	Revision: Cholesterol CVD Risk Statins Primary/Secondary Prevention Tachycardia including Atrial Fibrillation	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards -
Day 212 59 days to go	Gastroenterology Part 14	Revision: Irritable Bowel Disease Lower GI cancer including referral Inherited polyps	GPI Q Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 213 58 days to go	Endocrinology Part 12	Revision: Hypo/Hyperkalaemia Hypo/Hyponatremia Hyperparathyroidism Hyper/Hypocalcaemia	GPI Q Bank – Endocrinology Clinical Audio- Video Books – Endocrinology
Day 214 57 days to go	Catch-up Day Part 20	Complete any missed days above Review material from days 62 → 58	Consider taking a Mock Exam
Day 215 56 days to go	Admin Part 14	Revision: Fitness to Work Maternity Staff occupational health Cremation Coroner Confidentiality	Admin GPI Q Bank. Admin Audio- Video Books –
Day 216 55 days to go	Men's Health Part 6 Haematology Part 6	Revision: PSA Prostate Cancer Leukaemia Lymphoma Myeloma	GPI Q Bank – Men's Health Haematology Clinical Audio- Video Books – Men's Health Haematology Clinical Flash Cards
Day 217 54 days to go	Musculoskeletal Part 15	Revision: Neck e.g., Whiplash, Radiculopathy, Neck Injury Back Pain (simple and red flag) Shoulder e.g., Frozen Shoulder, Rotator Cuff, Dislocation	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 218 53 days to go	Respiratory Part 14	Revision: URTI LRTI Pneumonia Covid-19 Tuberculosis	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 219 52 days to go	Neurology Part 14	Revision: Meningitis Encephalitis Facial Nerve Palsy Temporal Arteritis PMR	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 220 51 days to go	Catch-up Day Part 21	Complete any missed days above Review material from days 56 → 52	Consider taking a Mock Exam

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Date	Section	Topics to cover	Possible resources
Day 221 50 days to go	Paediatrics Part 9	Revision: Paediatrics infection e.g., Chickenpox, Scarlet Fever School Exclusion	GPI Q Bank – Paediatrics. Audio- Video Books – Paediatrics. Flash Cards
Day 222 49 days to go	Endocrinology Part 13	Revision: Pulmonary Embolism Autism ADHD	GPI Q Bank – Endocrinology. Audio- Video Books – Endocrinology. Flash Cards
Day 223 48 days to go	Respiratory Part 15 Dermatology Part 6	Revision: Eczema Asthma including childhood Pneumothorax	GPI Q Bank – Respiratory Dermatology Clinical Audio- Video Books – Respiratory Dermatology Clinical Flash Cards
Day 224 47 days to go	Haematology Part 7	Revision: Anaemia (B12 Folate Fe) FBC results Sickle Cell Disease Thalassaemia Spleen	GPI Q Bank – Haematology. Audio- Video Books – Haematology. Flash Cards
Day 225 46 days to go	Catch-up Day Part 22	Complete any missed days above Review material from days 50 → 47	Consider taking a Mock Exam
Day 226 45 days to go	Endocrinology Part 14	Revision: Cushing's Addison's Disease Conn's Syndrome Obesity	GPI Q Bank – Endocrinology. Audio- Video Books – Endocrinology. Flash Cards
Day 227 44 days to go	ENT Part 12	Revision: Cholesteatoma Vertigo Nose e.g., Epistaxis, Polyps, Fracture, Hay Fever	GPI Q Bank – ENT. Audio- Video Books – ENT. Flash Cards
Day 228 43 days to go	Statistics Part 1 Part 1	Revision: Graphs 2 - Cates Diagram Screening table and Calculations UK Screening	Statistics GPI Q Bank. Statistics Audio- Video Books –
Day 229 42 days to go	Admin Part 15	Revision: Abortion Adoption Surrogacy Capacity Power of Attorney RMS Fitness to Drive Data Protection Request for records	Admin GPI Q Bank. Admin Audio- Video Books –
Day 230 41 days to go	Neurology Part 15	Revision: Migraine Tension Headache Cluster Headache Medical Overuse Headache	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 231 40 days to go	Ophthalmology Part 8	Revision: Chronic vision loss: Cataract Age Related Macular Degeneration Retinopathy (DM and Hypertensive)	GPI Q Bank – Ophthalmology. Audio- Video Books – Ophthalmology. Flash Cards
Day 232 39 days to go	Catch-up Day Part 23	Complete any missed days above Review material from days 45 → 40	Consider taking a Mock Exam
Day 233 38 days to go	Paediatrics Part 10 Women's Health Part 18	Revision: Immunisation Schedule Neonate conditions e.g., FTT, Jaundice Antenatal: Advice, Early Pregnancy Problems, Mid Pregnancy Problems	GPI Q Bank – Paediatrics Women's Health Clinical Audio- Video Books – Paediatrics Women's Health Flash Cards
Day 234 37 days to go	Palliative Care Part 3	Revision: Palliative care - Analgesia Nausea Dose Calculations	GPI Q Bank – Palliative Care. Audio- Video Books – Palliative Care. Flash Cards
Day 235 36 days to go	Cardiovascular Part 16	Revision: Heart Failure Peripheral Vascular Disease DVT Varicose Veins	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 236 35 days to go	Neurology Part 16	Revision: Intracerebral bleeds Multiple Sclerosis Motor Neurone Disease Myasthenia Gravis	GPI Q Bank – Neurology Clinical Audio- Video Books – Neurology
Day 237 34 days to go	Psychiatry Part 9	Revision: Anxiety OCD PTSD Schizophrenia Acute psychosis bipolar disorder Somatisation	GPI Q Bank – Psychiatry. Audio- Video Books – Psychiatry. Flash Cards
Day 238 33 days to go	Catch-up Day Part 24	Complete any missed days above Review material from days 38 → 34	Consider taking a Mock Exam
Day 239 32 days to go	Women's Health Part 19	Revision: Breast Cancer including referral Familial Benign Breast Disease Urinary Incontinence Endometriosis	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 240 31 days to go	Renal Part 2 Infectious Disease Part 3	Revision: Erectile Dysfunction STIs including Chlamydia Gonorrhoeae HIV + PEP	GPI Q Bank – GUM Clinical Audio- Video Books – GUM

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Date	Section	Topics to cover	Possible resources
Day 241 30 days to go	Endocrinology Part 15	Revision: Diabetes Diagnosis, Management and Complications (acute and chronic)	GPI Q Bank – Endocrinology. Audio- Video Books – Endocrinology. Flash Cards
Day 242 29 days to go	Musculoskeletal Part 16	Revision: Knees e.g., Osgood-Schlatter's Disease, Chondromalacia Patella, Osteochondritis Dissecans, Knee OA, Replacement, Injury Foot e.g., Plantar fasciitis, Injury, Achilles, Morton's, Diabetic Foot Elbow e.g., Tennis/Golfers/Bursa Wrist e.g., Carpal Tunnel Syndrome, De Quervain	GPI Q Bank – Musculoskeletal. Audio- Video Books – Musculoskeletal. Flash Cards
Day 243 28 days to go	Renal Part 7 Infectious Disease Part 4	Revision: UTI (adult and kids) Glomerulonephritis Renal Stones Malaria Yellow Fever	GPI Q Bank – Renal, Infectious Diseases Clinical Audio- Video Books – Renal, Infectious Diseases
Day 244 27 days to go	Catch-up Day Part 25	Complete any missed days above Review material from days 32 → 28	Consider taking a Mock Exam
Day 245 26 days to go	Gastroenterology Part 15	Revision: Irritable Bowel Syndrome Coeliac Disease Hernia Appendix Abdominal Surgery Enteral feeding	GPI Q Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 246 25 days to go	Neurology Part 17	Revision: Stroke TIA Neuro assessment - CN UML/LMN Dermatomes Myotomes Gait	GPI Q Bank – Neurology. Audio- Video Books – Neurology. Flash Cards
Day 247 24 days to go	Paediatrics Part 1 Part 1	Revision: Paediatrics development (all 4 areas) Enuresis Child safeguarding	GPI Q Bank – Paediatrics. Audio- Video Books – Paediatrics. Flash Cards
Day 248 23 days to go	Cardiovascular Part 17	Revision: Pericarditis Myocarditis Endocarditis Valvular Heart Disease Murmurs Bradycardia	GPI Q Bank – Cardiovascular. Audio- Video Books – Cardiovascular. Flash Cards
Day 249 22 days to go	Respiratory Part 16	Revision: Pleural Effusion Bronchiectasis Pulmonary Fibrosis Clubbing Lung Cancer including referral	GPI Q Bank – Respiratory. Audio- Video Books – Respiratory. Flash Cards
Day 250 21 days to go	Catch-up Day Part 26	Complete any missed days above Review material from days 26 → 22	Consider taking a Mock Exam
Day 251 20 days to go	Admin Part 16	Revision: Birth registration Death registration Mental health act Social care sight impairment	Admin GPI Q Bank – Admin Audio- Video Books –
Day 252 19 days to go	Women's Health Part 20	Revision: Cervical Cancer and screening Ovarian Endometrial Cancer Gynaecology 2-week referral	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards
Day 253 18 days to go	Gastroenterology Part 16	Revision: Dyspepsia H Pylori Peptic Ulcers GORD Upper GI cancer including referral	GPI Q Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 254 17 days to go	Admin Part 17	Revision: Controlled Drugs Medicare eligibility Medicare Funding Contracts Complaints	Admin GPI Q Bank. Admin Audio- Video Books –
Day 255 16 days to go	Gastroenterology Part 17	Revision: Gallstones Pancreas Jaundice Liver Cirrhosis LFTs Hepatitis A, B, C	GPI Q Bank – Gastroenterology. Audio- Video Books – Gastroenterology. Flash Cards
Day 256 15 days to go	Catch-up Day Part 27	Complete any missed days above Review material from days 20 → 16	Consider taking a Mock Exam
Day 257 14 days to go	Admin Part 18	Revision: Disease notification AMC Good Medical Practice	AMC Website Good Medical Practice Booklet
Day 258 13 days to go	Women's Health Part 21	Revision: Menopause including HRT Fibroids PCOS	GPI Q Bank – Women's Health. Audio- Video Books – Women's Health. Flash Cards-
Day 259 12 days to go	Men's Health Part 7	Revision: BPH Testicles: Epididymis-orchitis Torsion Testicular Cancer/referral	GPI Q Bank – Men's Health Clinical Audio- Video Books – Men's Health
Day 260 11 days to go	Statistics Part 12	Revision: Standard Deviation Confidence interval Parametric/non-P P value Types of study Odds Risk Error Bias Confounding	Statistics GPI Q Bank. Statistics Audio- Video Books –

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Date	Section	Topics to cover	Possible resources
Day 261 10 days to go	Re-review Day	Re-review days 80-61	Mocks
Day 262 9 days to go	Re-review Day	Re-review days 60-41	Mocks
Day 263 8 days to go	Re-review Day	Re-review days 40-21	Mocks
Day 264 7 days to go	Re-review Day	Re-review days 20-11	Mocks
Day 265 6 days to go	Mocks Day	Final preps – High value topics	Mocks
Day 266 5 days to go	Mocks Day	Final preps – High value topics	Mocks
Day 267 4 days to go	Mocks Day	Final preps	Mocks
Day 268 3 days to go	Mocks Day	Final preps	Mocks
Day 269 2 days to go	Mocks Day	Final preps	Mocks
Day 270 1 day to go	Mocks Day	Final preps	Mocks

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