

Standard plan · enhanced ACT

Your 8-week ACT plan

Math first, with the optional Science section. Lessons teach the rule; the practice below is where the points come from.

62

video lessons

1,440

QBank questions

16

timed sections

4

practice tests

~14h

a week

Your practice rhythm

Daily ×6

30 QBank
questions

Daily ×6

15 min of
flashcards

Each week

2 timed full
sections

Each week

45 min redoing
misses

Every 2nd week

A full-length
practice test

Where your week goes

75% of it is practice

● Lessons 3.5 h

● Flashcards 1.5 h

● QBank + miss review 5.5 h

● Practice tests 2 h

● Timed sections 2 h

Your weeks at a glance



Week 1

Start Here · Mathematics · about 13 h

Learn

- ☐  M0-1 How the enhanced ACT works Video + lesson page · 5:05
- ☐  M0-2 Scores and setting your target Video + lesson page · 5:04
- ☐  M0-3 Taking the diagnostic and reading your plan Video + lesson page · 4:47

- ☐ **One-hour diagnostic**, right after the Start Here lessons. It estimates a 1 to 36 score for each section.

- ☐  M-01 Calculator strategy Video + lesson page · 7:08
- ☐  M-02 Percents, ratios and rates Warm-up · video · Check · cards · 7:01
- ☐  M-03 Unit conversion Warm-up · video · Check · cards · 6:38
- ☐  M-04 Exponents and radicals Warm-up · video · Check · cards · 7:05
- ☐  M-05 Complex numbers Warm-up · video · Check · cards · 7:00

Practice

Daily practice: 30 QBank questions from this week's Mathematics topics, then 15 min of flashcards.
Read every explanation, right or wrong.

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6

- ☐ **Timed Math section** · 45 questions in 50 min

- ☐ **Timed English section** · 50 questions in 35 min

- ☐ **Miss review**, 45 min: redo every question you missed this week without looking, then reread its explanation.

Week 2

Mathematics · about 16.5 h

Learn

- | | | | |
|--------------------------|---|--|--|
| ☐ |  | M-06 Matrices and vectors | Warm-up · video · Check · cards · 7:28 |
| ☐ |  | M-07 Linear equations and inequalities | Warm-up · video · Check · cards · 6:43 |
| ☐ |  | M-08 Systems of equations | Warm-up · video · Check · cards · 7:07 |
| ☐ |  | M-09 Quadratics | Warm-up · video · Check · cards · 7:16 |
| ☐ |  | M-10 Polynomials and rational expressions | Warm-up · video · Check · cards · 7:27 |
| ☐ |  | M-11 Exponential and logarithmic equations | Warm-up · video · Check · cards · 6:55 |
| ☐ |  | M-12 Function notation and composition | Warm-up · video · Check · cards · 7:12 |
| ☐ |  | M-13 Graphs and transformations | Warm-up · video · Check · cards · 6:53 |

Practice

Daily practice: 30 QBank questions from this week's Mathematics topics and earlier misses, then 15 min of flashcards. Read every explanation, right or wrong.

☐ Day 1

☐ Day 2

☐ Day 3

☐ Day 4

☐ Day 5

☐ Day 6

☐ **Timed Math section** · 45 questions in 50 min

☐ **Timed English section** · 50 questions in 35 min

☐ **Miss review**, 45 min: redo every question you missed this week without looking, then reread its explanation.

☐ **Full-length practice test**, timed, then review every miss. Note your Math score against last time.

Week 3

Mathematics · about 12.5 h

Learn

- | | | | |
|--------------------------|---|----------------------------------|--|
| ☐ |  | M-14 Modelling with functions | Warm-up · video · Check · cards · 7:46 |
| ☐ |  | M-15 Sequences | Warm-up · video · Check · cards · 6:50 |
| ☐ |  | M-16 Angles, lines and triangles | Warm-up · video · Check · cards · 7:16 |
| ☐ |  | M-17 Right-triangle trigonometry | Warm-up · video · Check · cards · 6:50 |
| ☐ |  | M-18 Circles | Warm-up · video · Check · cards · 6:54 |
| ☐ |  | M-19 Area and volume | Warm-up · video · Check · cards · 7:03 |
| ☐ |  | M-20 Coordinate geometry | Warm-up · video · Check · cards · 7:06 |
| ☐ |  | M-21 Center and spread | Warm-up · video · Check · cards · 6:28 |

Practice

Daily practice: 30 QBank questions from this week's Mathematics topics and earlier misses, then 15 min of flashcards. Read every explanation, right or wrong.

☐ Day 1

☐ Day 2

☐ Day 3

☐ Day 4

☐ Day 5

☐ Day 6

☐ **Timed Math section** · 45 questions in 50 min

☐ **Timed English section** · 50 questions in 35 min

☐ **Miss review**, 45 min: redo every question you missed this week without looking, then reread its explanation.

Week 4

Mathematics · English · about 16.5 h

Learn

- | | |
|--|--|
| ☐  M-22 Data displays | Warm-up · video · Check · cards · 6:37 |
| ☐  M-23 Probability and counting | Warm-up · video · Check · cards · 7:24 |
| ☐  M-24 Factors, multiples and primes | Warm-up · video · Check · cards · 6:30 |
| ☐  E-01 Sentence boundaries | Warm-up · video · Check · cards · 7:24 |
| ☐  E-02 Commas | Warm-up · video · Check · cards · 6:52 |
| ☐  E-03 Colons, dashes and other punctuation | Warm-up · video · Check · cards · 6:59 |
| ☐  E-04 Apostrophes and possessives | Warm-up · video · Check · cards · 7:33 |
| ☐  E-05 Subject-verb agreement | Warm-up · video · Check · cards · 6:28 |

Practice

Daily practice: 30 QBank questions from this week's Mathematics and English topics and earlier misses, then 15 min of flashcards. Read every explanation, right or wrong.

- ☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6

☐ **Timed Math section** · 45 questions in 50 min

☐ **Timed English section** · 50 questions in 35 min

☐ **Miss review**, 45 min: redo every question you missed this week without looking, then reread its explanation.

☐ **Full-length practice test**, timed, then review every miss. Note your Math score against last time.

Week 5

English · about 12.5 h

Learn

☐	☒ E-06 Pronouns	Warm-up · video · Check · cards · 7:31
☐	☒ E-07 Verb tense and form	Warm-up · video · Check · cards · 7:14
☐	☒ E-08 Modifiers and parallel structure	Warm-up · video · Check · cards · 7:11
☐	☒ E-09 Comparisons and idioms	Warm-up · video · Check · cards · 7:04
☐	☒ E-10 Word choice and concision	Warm-up · video · Check · cards · 7:14
☐	☒ E-11 Tone and style	Warm-up · video · Check · cards · 7:21
☐	☒ E-12 Transitions	Warm-up · video · Check · cards · 7:44
☐	☒ E-13 Sentence order and placement	Warm-up · video · Check · cards · 7:32

Practice

Daily practice: 30 QBank questions from this week's English topics and earlier misses, then 15 min of flashcards. Read every explanation, right or wrong.

☐ Day 1

☐ Day 2

☐ Day 3

☐ Day 4

☐ Day 5

☐ Day 6

☐ **Timed English section** · 50 questions in 35 min

☐ **Timed Math section** · 45 questions in 50 min

☐ **Miss review**, 45 min: redo every question you missed this week without looking, then reread its explanation.

Week 6

English · Reading · about 16 h

Learn

- | | |
|---|--|
| ☐  E-14 Add, delete and purpose questions | Warm-up · video · Check · cards · 7:37 |
| ☐  R-01 How to read an ACT passage fast | Warm-up · video · Check · cards · 7:34 |
| ☐  R-02 Main idea and purpose | Warm-up · video · Check · cards · 7:20 |
| ☐  R-03 Details and evidence | Warm-up · video · Check · cards · 6:42 |
| ☐  R-04 Inference | Warm-up · video · Check · cards · 7:26 |
| ☐  R-05 Words in context | Warm-up · video · Check · cards · 7:08 |
| ☐  R-06 Function and structure | Warm-up · video · Check · cards · 7:44 |
| ☐  R-07 Point of view | Warm-up · video · Check · cards · 7:11 |

Practice

Daily practice: 30 QBank questions from this week's English and Reading topics and earlier misses, then 15 min of flashcards. Read every explanation, right or wrong.

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6

☐ **Timed English section** · 50 questions in 35 min

☐ **Timed Reading section** · 36 questions in 40 min

☐ **Miss review**, 45 min: redo every question you missed this week without looking, then reread its explanation.

☐ **Full-length practice test**, timed, then review every miss. Note your Math score against last time.

Week 7

Reading · Science · about 12 h

Learn

- | | |
|---|--|
| ☐  R-08 Paired passages | Warm-up · video · Check · cards · 6:57 |
| ☐  R-09 Passages with a figure | Warm-up · video · Check · cards · 7:06 |
| ☐  S-01 Answer from the figures, not the text | Warm-up · video · Check · cards · 6:17 |
| ☐  S-02 Reading tables and graphs | Warm-up · video · Check · cards · 5:59 |
| ☐  S-03 Trends, interpolation and extrapolation | Warm-up · video · Check · cards · 7:26 |
| ☐  S-04 Experimental design | Warm-up · video · Check · cards · 6:29 |
| ☐  S-05 Research summaries | Warm-up · video · Check · cards · 6:36 |
| ☐  S-06 Conflicting viewpoints | Warm-up · video · Check · cards · 6:22 |

Practice

Daily practice: 30 QBank questions from this week's Reading and Science topics and earlier misses, then 15 min of flashcards. Read every explanation, right or wrong.

- ☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6

☐ **Timed Reading section** · 36 questions in 40 min

☐ **Timed Science section** · 40 questions in 40 min

☐ **Miss review**, 45 min: redo every question you missed this week without looking, then reread its explanation.

Week 8

Science · Test Day · about 15.5 h

Learn

- | | |
|--|--|
| ☐  S-07 The math inside Science | Warm-up · video · Check · cards · 6:48 |
| ☐  S-08 Reasoning with hypotheses and models | Warm-up · video · Check · cards · 7:07 |
| ☐  S-09 Timing a Science section | Warm-up · video · Check · cards · 6:16 |
| ☐  S-10 Should you take Science? | Video + lesson page · 6:42 |
| ☐  T-1 Pacing and guessing across all sections | Video + lesson page · 5:04 |
| ☐  T-2 The final week | Video + lesson page · 4:08 |

Practice

Daily practice: 30 QBank questions from this week's Science topics and earlier misses, then 15 min of flashcards. Read every explanation, right or wrong.

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6

☐ **Timed Science section** · 40 questions in 40 min

☐ **Timed Math section** · 45 questions in 50 min

☐ **Miss review**, 45 min: redo every question you missed this week without looking, then reread its explanation.

☐ **Full-length practice test**, timed, then review every miss. Note your Math score against last time.

Test day, in four numbers

English

~42 s

per question · 50 questions
in 35 minutes

Math

~67 s

per question · 45 questions
in 50 minutes

Reading

~67 s

per question · 36 questions
in 40 minutes

Science

60 s

per question · 40 questions
in 40 minutes

Never leave a blank. There is no penalty for a wrong answer, and unscored field-test questions look like the rest, so treat every question as scored.

Two passes. The Test Day module turns these paces into halfway checks and a two-pass method. Rehearse it on every practice test in this plan.

Your score guarantee. If you complete the plan and your official Composite rises by fewer than 3 points, we extend your access free for the same length you bought: 3 more months on a 3-month plan, 6 on a 6-month plan, 12 on a 12-month plan.

Time estimates assume about 20 minutes per lesson for its quizzes and lesson page, a minute and a half per QBank question including its explanation, a timed section plus 15 minutes of review, and four hours per practice test with its review. Seven lessons have no quizzes.

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