

FREE 30-DAY STUDY PLAN · GMAT FOCUS EDITION 2026

GMAT Study Plan

 A complete day-by-day roadmap to score **700+** on the GMAT Focus Edition

30

Days of Study

700+

Target Score

3

GMAT Sections

2–3h

Daily Time

This plan was crafted by a **770 GMAT scorer** and covers all three sections of the **GMAT Focus Edition**: Quantitative Reasoning, Verbal Reasoning, and Data Insights. Follow each day, trust the process, and arrive at test day fully prepared. Each day is designed to take 2–3 focused hours.

How to Use This Plan

- Consistency over intensity** Study 2–3 hours daily. Short focused sessions beat weekend cramming marathons every time. Missing a day is fine — just pick up the next day without skipping ahead.
- Diagnostic first** Take Mock Test 1 on Day 1 before studying anything. Your raw baseline score tells you exactly where to focus. Without it, you're guessing at your weaknesses.
- Review every single error** Every wrong answer is a free lesson. Log mistakes in the error tracker on page 8. Patterns in your errors reveal your fastest route to more points.
- Weekly mock tests** Take a full-length mock every 7 days in real test conditions. Score tracking is the only objective way to know your plan is working.
- Adapt the plan to your data** If Mock 2 shows you're strong in Quant, redistribute that time to Verbal or DI. Let your scores drive your schedule — not the other way around.

Who This Plan Is For

- First-time GMAT takers** No prior GMAT prep needed. The plan starts from scratch with a diagnostic.
- Retakers targeting 700+** Use your previous score to skip early concept lessons and jump to Phase 2.

- **Busy professionals**

2–3 hours/day is all you need. Sessions are structured to be focused, not long.



30-Day Overview — Your roadmap at a glance

The Four Phases

01	<p>Phase 1: FOUNDATION — Days 1–7</p> <p>Diagnostic + Core Quant & Verbal concepts</p> <p>Establish your baseline. Understand your weaknesses. Build the fundamental concepts in Arithmetic, Algebra, and Verbal that all higher-level questions rely on.</p>
02	<p>Phase 2: BUILD — Days 8–14</p> <p>Advanced concepts + Data Insights mastery</p> <p>Advance into Geometry, Statistics, and Advanced Verbal. Master the Data Insights section — the most distinctive section of the GMAT Focus Edition.</p>
03	<p>Phase 3: SHARPEN — Days 15–22</p> <p>Full-section timed drills + mock tests</p> <p>Switch from learning to performing. Timed section drills, accuracy tracking, and a mid-phase mock test to validate that your score is moving in the right direction.</p>
04	<p>Phase 4: PEAK — Days 23–30</p> <p>Final mocks, review, test-day preparation</p> <p>Back-to-back mock tests with thorough error review. Develop your personal test-day strategy, refine your timing, and arrive fully confident.</p>

Score Milestones

Milestone	Target	Check On	Action if Below Target
Baseline Diagnostic	—	Day 1	Identify 2–3 weakest sections to prioritise for Phases 1–2
End of Phase 1	545–565	Day 7	Revisit concept lessons in your weakest section before advancing
End of Phase 2	595–625	Day 14	Add 2 extra Data Insights sessions; review DI sub-type accuracy
End of Phase 3	645–675	Day 22	Focus remaining time on timed drills; reduce untimed practice
Final Mock	700+	Day 29	Review pacing strategy, test-day plan, and section order

GMAT Focus Edition: Quick Facts

Section	Questions	Duration	Score Range	Key Formats
Quantitative Reasoning	21	45 min	60–90	Problem Solving only
Verbal Reasoning	23	45 min	60–90	RC + Critical Reasoning
Data Insights	20	45 min	60–90	DS, MSR, TIA, Graph, Two-Part
Total	64	2h 15min	205–805	Optional 10-min break allowed

PHASE 1 — FOUNDATION

W1 Foundation & Diagnostic Days 1–7 · Quant Basics + Verbal Foundations

Concepts Covered This Week

Arithmetic	Fractions, Decimals, Percentages, Ratios, Exponents, Roots
Algebra	Linear & Quadratic Equations, Inequalities, Functions, Word Problems
CR Basics	Argument Structure, Premise/Conclusion, Strengthen, Weaken, Assumption
RC Basics	Passage Mapping, Main Idea, Detail, Inference, Author's Tone

Daily Schedule

Day	Topic	Tasks & Activities	Time
D1	Diagnostic Mock	Take Mock Test 1 on gmatacourse.mba/mock-test/ in full timed conditions — no prep beforehand. Record your total score and sub-scores for all three sections.	3 hrs
D2	Diagnostic Review	Analyse every wrong answer in detail. For each: identify the concept tested, why you got it wrong (concept/careless/time), and write it in your error log.	2 hrs
D3	Quant: Arithmetic	Complete Arithmetic lessons on gmatacourse.mba/course.html . Topics: fractions, decimals, percentages, ratios, exponents, roots. Do 20 Quant practice questions. Target 80%+ accuracy.	2.5 hrs
D4	Quant: Algebra	Complete Algebra lessons. Topics: linear/quadratic equations, inequalities, functions, word problems. Do 20 Quant questions. Log all errors with root cause.	2.5 hrs
D5	Verbal: Critical Reasoning	Complete CR Foundation lessons. Topics: argument structure, premise vs conclusion, Strengthen, Weaken, Assumption question types. Do 15 timed CR questions (2 min each).	2.5 hrs
D6	Verbal: Reading Comprehension	Complete RC Foundation lessons. Topics: passage mapping strategy, main idea, inference, author's tone. Do 2 full RC passages (approx. 10 questions). Review all.	2.5 hrs
D7	Week 1 Consolidation	Flashcard review: Quant formulas + CR argument structure. 30-question mixed timed drill (Quant + Verbal). Review error log. Write 3 key takeaways from Week 1 to guide Week 2 focus.	2 hrs

■ **Phase Note:** Complete Mock Test 1 on Day 1 before studying anything. Your baseline score is the single most important data point in this entire plan.

Expert Tips for This Week

- ◆ Don't react emotionally to your Day 1 score — most students are 200+ points below their final result.
- ◆ Categorise every error: concept gap, careless mistake, or timing issue. Each needs a different fix.
- ◆ Build the error log habit from Day 2 — it compounds in value throughout the plan.
- ◆ For Day 3–6 lessons, aim for 85%+ accuracy before moving to the next topic.

PHASE 1 cont. + PHASE 2 — BUILD

W2 Advanced Concepts + Data Insights Days 8–14 · Adv. Quant + Full DI Section

Concepts Covered This Week

Geometry	Triangles, Circles, Quadrilaterals, Coordinate Geometry, 3D Shapes
Stats & P	Mean, Median, Mode, Std Dev, Permutations, Combinations, Probability
DI: DS+TIA	Data Sufficiency logic, Table Analysis, Graph Interpretation
DI: MSR+2PA	Multi-Source Reasoning, Two-Part Analysis strategies

Daily Schedule

Day	Topic	Tasks & Activities	Time
D8	Quant: Geometry	Lessons: triangles (Pythagorean theorem, similar triangles), circles, coordinate geometry, 3D shapes. Complete 20 Quant geometry questions.	2.5 hrs
D9	Quant: Stats & Probability	Lessons: mean/median/mode, standard deviation, permutations, combinations, basic probability, overlapping sets. 20 Quant questions. Review all errors.	2.5 hrs
D10	Data Insights: Foundations	Lessons: Table Analysis (filter & sort strategy), Graphics Interpretation, Two-Part Analysis setup method. Complete 15 DI questions across these sub-types.	2.5 hrs
D11	Data Insights: DS + MSR	Lessons: Data Sufficiency elimination framework, Multi-Source Reasoning tab-skim strategy. Complete 15 DI questions. Track accuracy by sub-type — flag any below 60%.	2.5 hrs
D12	Verbal: Advanced CR	Lessons: Evaluate the Argument, Bold-Face Reasoning, Paradox/Discrepancy question types. 20 CR questions timed at 2 min each. Aim for 75%+ accuracy.	2.5 hrs
D13	Mock Test 2	Full-length Mock Test 2 — full timed conditions. After: immediately record all three section scores. Compare vs Mock 1: identify which section improved least.	3 hrs
D14	Mock 2 Deep Review	Error analysis for all wrong answers on Mock 2. Update score tracker. Re-rank sections by gap from target. Rewrite your Phase 3 focus priority list.	2 hrs

■ **Phase Note:** Data Insights is unique to the GMAT Focus Edition — it replaces the old Integrated Reasoning. Give it serious attention; it's where most test-takers leave 20–40 points on the table.

Expert Tips for This Week

- ◆ After Mock 2, re-rank your three sections by score gap — spend 60% of remaining time on your weakest.
- ◆ For Two-Part Analysis: set up a 2-column table before solving — it prevents logic errors.
- ◆ Data Sufficiency: always evaluate Statement 1 and Statement 2 independently before combining.
- ◆ Multi-Source Reasoning: skim all tabs first (90 sec) before answering any question in the set.

PHASE 3 — SHARPEN

W3 Drills & Full-Section Practice Days 15–22 · Speed + Accuracy + Mock 3

Concepts Covered This Week

Quant Drill	60 Qs timed — track accuracy by topic: Arithmetic / Algebra / Geometry / Stats
Verbal Drill	50 Qs timed — track RC accuracy (by passage type) vs CR accuracy (by sub-type)
DI Drill	40 Qs timed — track accuracy for each of the 5 DI sub-types separately
Weak Dive	One full 3-hour session dedicated entirely to your lowest-scoring section

Daily Schedule

Day	Topic	Tasks & Activities	Time
D15	Quant Timed Drill	60 Quant questions under strict 2 min 9 sec per question. Track accuracy by topic type. Any topic below 70% accuracy goes on your review list.	2.5 hrs
D16	Verbal Timed Drill	50 Verbal questions — 20 CR + 3 RC passages — fully timed. Track CR accuracy by sub-type and RC accuracy by question type. Log all wrong answers in your error tracker.	2.5 hrs
D17	Data Insights Full Drill	40 DI questions across all 5 sub-types: DS, Table Analysis, MSR, Graph Interpretation, Two-Part Analysis. Flag any sub-type below 65% accuracy.	2.5 hrs
D18	Weak Section Deep Dive	Full 3-hour session on your Mock 2 lowest-scoring section. Re-do relevant lessons, then complete 30 fresh practice questions. Log every error with root cause.	3 hrs
D19	Mock Test 3	Full-length Mock Test 3 under timed conditions. Goal: beat Mock 2 total score by at least 20 points. Record all section scores immediately after.	3 hrs
D20	Mock 3 Deep Review	Error analysis for Mock 3 wrong answers. Identify 2–3 recurring error patterns. Refine your section-order preference based on today's pacing data.	2 hrs
D21	CR + RC Verbal Session	30 CR questions (all 7 sub-types) + 2 full RC passages. Focus: accuracy first. If accuracy is above 80%, add a 10% time reduction.	2.5 hrs
D22	Full Quant Review	Flashcard run: all Quant formulas. 40-question mixed Quant set. Target 80%+ accuracy. Review every error with concept reference.	2.5 hrs

■ **Phase Note:** By end of Week 3, your target on Mock 3 is 645–675. If you hit it, you are squarely on track for 700+ on test day.

Expert Tips for This Week

- ◆ If timed accuracy drops below 60%, slow down by 20% — accuracy drives score, not raw speed.
- ◆ This is an application week: no new concepts. Go deeper on what you already know.
- ◆ In timed drills, simulate real conditions — no pausing, no replaying explanations mid-drill.

◆ After each timed set, review your 3 longest questions: where did you lose time and why?

PHASE 4 — PEAK

W4 Peak Preparation & Final Mocks Days 23–30 · Mocks + Strategy + Confidence

Concepts Covered This Week

Mock 4+5	Two full mocks (Days 23 & 27) with thorough error reviews after each
Polish	Light targeted sessions Days 25–26: Quant careless errors + Verbal/DI accuracy
Strategy	Day 28: write personal test-strategy note — pacing, section order, emergency plan
Rest	Day 29: flashcards + optional light drill only. Prioritise sleep above all else

Daily Schedule

Day	Topic	Tasks & Activities	Time
D23	Mock Test 4	Full-length Mock Test 4. Strictest test conditions yet: phone off, timer running, no pausing. Record all section scores. Note any pacing issues by section.	3 hrs
D24	Mock 4 Deep Review	Full error analysis for Mock 4. Identify any new error types not seen in previous mocks. Refresh concept notes for recurring gaps. Update your score tracker.	2.5 hrs
D25	Light Quant Polish	30 mixed Quant questions focused on eliminating careless errors. Review your Quant error log — are the same mistakes recurring? If yes, drill that concept.	2 hrs
D26	Light Verbal + DI Polish	20 Verbal questions (split CR/RC by your weaker type) + 20 DI questions (focus on your weakest DI sub-type). Full flashcard review of all three sections.	2 hrs
D27	Mock Test 5	Full-length Mock 5 — your graduation test. Target: 700+ total. After: record scores and write 3 key observations about your performance compared to Mock 1.	3 hrs
D28	Mock 5 Review + Strategy	Error analysis for Mock 5. Write your personal 1-page test strategy note: section order, time checkpoints (every 5 Qs), emergency skip protocol, positive affirmations.	2 hrs
D29	Light Review Only	Flashcard run: all three sections (30 min max). Optional: 20-question relaxed mixed drill. No full mock. No new content. Eat well. Sleep 8 hours.	1 hr
D30	Test Day	Light breakfast. Re-read your personal strategy note. Arrive 20 minutes early. Take the optional break between sections. Trust 30 days of preparation. Execute your plan.	—

■ **Phase Note:** Day 29 is a rest day. No new content, no full mock. Sleep is the single highest-ROI activity you can do the night before the exam.

Expert Tips for This Week

- ◆ Write a 1-page personal 'test strategy note' on Day 28: pacing plan, section order, mindset cues.

- ◆ If Mock 5 total is below 680, spend Day 29 on one focused 90-min DI or CR sub-type session only.
- ◆ Day 30 morning: read your strategy note, eat a real breakfast, arrive 20 minutes early.
- ◆ If you feel anxious on exam day, breathe and remind yourself: your preparation is already done.

Essential Resources & Study Tools — All free on gmatcourse.mba

- 60-Lesson Course**

gmatcourse.mba/course.html

Structured video-style lessons covering every GMAT Focus Edition topic. Lessons are organised by section and difficulty, with concept explanations and worked examples. Covers Quant, Verbal, and Data Insights in full.
- 300 Practice Questions**

gmatcourse.mba/practice.html

Realistic GMAT-style questions with instant feedback and detailed step-by-step explanations. Filter by section, topic, and difficulty. Each explanation shows the full thought process, not just the answer.
- 10 Full Mock Tests**

gmatcourse.mba/mock-test/

Adaptive full-length mocks replicating official GMAT Focus Edition conditions. Scored on the official 205–805 scale. Use Mocks 1–5 during the 30-day plan and keep Mocks 6–10 for additional practice.
- Flashcards**

gmatcourse.mba/flashcards/

Three decks: Quant formulas, Verbal grammar rules and CR argument structures, and Data Insights patterns. Use at the start or end of each study session to reinforce memory of key concepts.
- GMAT Syllabus PDF**

gmatcourse.mba/pdfs/GMAT-Syllabus-Guide.pdf

Complete official topic breakdown and weighting for all three sections. Use it to verify your lesson coverage and confirm no topic has been missed before your test date.
- Quant Formula Sheet**

gmatcourse.mba/pdfs/GMAT-Quant-Formula.pdf

One-page reference covering all arithmetic, algebra, geometry, and statistics formulas tested on the GMAT. Print it and keep it visible during every Quant study session.

Study Session Structure (Recommended)

Block	Duration	Activity	Purpose
Warm-up	15 min	Review yesterday's error log entries	Re-activate memory, avoid repeating mistakes

Block	Duration	Activity	Purpose
Concept	45 min	Lesson(s) on today's scheduled topic	Build or deepen understanding of the concept
Practice	60 min	Timed questions on today's topic	Apply the concept under realistic conditions
Review	30 min	Analyse all wrong answers from today	Identify root cause; update error log
Flashcards	10 min	Run relevant flashcard deck for today's topic	Cement formulas and patterns into memory

GMAT Focus Edition: Complete Section Breakdown

Section	Qs	Duration	Scale	Question Formats
Quantitative Reasoning	21	45 min	60–90	Problem Solving (algebra, arithmetic, geometry, stats, word problems)
Verbal Reasoning	23	45 min	60–90	Reading Comprehension (3–4 passages) + Critical Reasoning
Data Insights	20	45 min	60–90	DS, Table Analysis, MSR, Graph Interpretation, Two-Part Analysis
Total (all sections)	64	2h 15m	205–80 5	One optional 10-minute break permitted between any two sections

Mock	Date	Total	Quant	Verbal	DI Score	Notes / Key Pattern
Mock 1						
Mock 2						
Mock 3						
Mock 4						
Mock 5						
Mock 6						
Mock 7						
Mock 8						

Test-Day Strategy & Time Management — Score maximisation on exam day

Time Budget Per Section

Section	Qs	Time	Per Q	Pacing Strategy
Quantitative Reasoning	21	45 min	~2 min 9 sec	Check time every 5 Qs. Flag and skip at 2.5 min; never leave blank.
Verbal Reasoning	23	45 min	~1 min 57 sec	RC: ~3 min to read the passage + 80–90 sec per question.
Data Insights	20	45 min	~2 min 15 sec	MSR: 4 min per passage set. DS: eliminate logically, max 2 min.

Section Order Strategy

The GMAT Focus Edition allows you to choose the order of the three sections. The most common approach is to start with your **strongest section** to build confidence, then tackle your **weakest section** second when mental energy is still high, and finish with your middle section. Decide your order during Mock 3 or 4 and stick to it.

If You Get Stuck: Emergency Protocol

Step	Action	Time Limit
1	Read the question stem again carefully — did you misread a key word?	20 sec
2	Eliminate any obviously wrong answer choices using logic	30 sec
3	If 2+ answers remain and time is tight — pick the best remaining and flag it	10 sec
4	Move on immediately. Do not spend more than 3 min on any single question	—

Exam-Day Do's and Don'ts

■ DO	■ DON'T
------	---------

✓ Read every question stem in full before looking at answer choices	✗ Spend more than 3 minutes on any single question
✓ Use the on-screen scratch pad for all calculations and logic notes	✗ Leave any question blank — eliminate and educated-guess if needed
✓ Flag uncertain questions — review at end of section if time allows	✗ Rush the first 5 questions — early accuracy matters
✓ Check time every 5 questions: are you on pace?	✗ Change an answer without a clear, logical reason for doing so
✓ Take the optional break between sections; eat a snack, reset mentally	✗ Cram new formulas or concepts the night before the exam
✓ Trust your preparation — your 30 days of work are already inside you	✗ Compare your performance to others in the testing room





The Night Before: Checklist

✓	Confirm your test centre address and arrival time (aim 20 min early)
✓	Prepare your ID and appointment confirmation
✓	Review your personal 1-page test strategy note (written on Day 28)
✓	Light flashcard review only — 20 minutes maximum
✓	Prepare a light snack for the optional break
✓	Sleep 8 hours — it is the highest-ROI activity you can do right now

You've got this.
30 days. One goal. 700+.

If you followed this plan consistently, you have completed over **500 practice questions**, taken **5 full mock tests**, reviewed every error, and built the habits that top scorers use. You are ready. Walk in, execute your plan, and trust your preparation.

Access All Free Resources

 Website gmatcourse.mba	 Mock Tests .../mock-test/	 Course .../course.html	 Resources .../blog/
--------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------

Built by a 770 scorer · For aspirants who want to reach their full potential
© 2026 GMATCourse.mba — Not affiliated with GMAC or the Graduate Management Admission Council