

10-Minute Daily Drill Study Planner

A 14-Day micro-study roadmap for working students · 3 slots/day · No 4-hour marathon sessions required

HOW TO USE THIS PLANNER

- Each day has 3 optional time slots: Morning (AM), Lunch Break (MID), Evening (PM). Use 1, 2, or all 3.
- Every slot = exactly 10 minutes. Set a timer. Stop when it rings.
- Mini-Quiz = 5 rapid-fire Q&A items reviewed mentally or out loud (no pen needed).
- Weekly Checkpoint = timed 20-question self-test. Use domain quiz questions from Chapters 4–8.
- ✓ the checkbox when done. At end of 14 days, any unchecked box = your study gap.
- If you miss a day: absorb it into the next evening slot. Do NOT double-up on content.

Day	Focus	☀ AM (10 min)	☕ MID (10 min)	🌙 PM (10 min)	Mini-Quiz Focus	✓
WEEK 1 — FOUNDATIONS (Days 1–7)						
Day 1	Ch. 1 + Study Plan	Read Ch. 1: Exam at a Glance + Scoring Decoded (§1.1–1.2)	Read §1.3: Why Most Candidates Fail — 3 failure patterns	Set up your study space: print plans, open book, bookmark Ch. 2	<i>Name the 5 NHA domains & % weights from memory</i>	☐
Day 2	Wording Strategy	Read Ch. 2 §2.1–2.2: FIRST/NEXT traps + 2-correct-answers logic	Work through Decoded Examples #1–15 (Ch. 2.2.3)	Work through Decoded Examples #16–30 (Ch. 2.2.3)	<i>Identify priority vs. administrative action in 3 scenarios</i>	☐
Day 3	Anatomy You Need	Read §3.1–3.2: Heart anatomy + Arteries vs. Veins	Read §3.3: Antecubital fossa map — all 3 veins	Read §3.4–3.5: Hand veins + 10 medical terminology roots	<i>Describe the 3 AC veins, priority order, and complication risk</i>	☐
Day 4	Safety & Compliance I	Read §4.1–4.3: OSHA BBP Standard + PPE donning/doffing + C. diff	Read §4.4–4.5: Sharps disposal, needlestick protocol, SDS, NFPA 704	Read §4.6–4.8: RACE/PASS, HIPAA, CLIA levels	<i>Recite PPE doffing order (GGMG) and C. diff exception</i>	☐
Day 5	Safety & Compliance II + Quiz Prep	Review 50 Facts §1 (Facts #1–10) — cover the NHA CATCH and predict it	Re-read Ch. 4 Exam Alert boxes only (scan in 10 min)	Complete Ch. 4 Timed Quiz §4.9 — 26 Q, 30 min (use 10 min tonight to start)	<i>State HBV timeline, ECP update frequency, 1:10 bleach rule</i>	☐
Day 6	Patient Preparation I	Read §5.1–5.2: Two-Identifier Rule + Consent types	Read §5.3–5.4: Pre-analytical variables + Patient communication	Read §5.5: Difficult patient scenarios (pediatric, vasovagal, combative)	<i>Explain passive vs. active ID verification with an example</i>	☐
Day 7	★ WEEK 1 CHECKPOINT	Review all starred items from Days 1–6 (check your margin stars)	Redo 5 questions you got wrong in Ch. 4 quiz — read rationale aloud	Mini brain dump practice: write Order of Draw + 5 critical numbers from memory	<i>20-Q timed self-test (mix Ch. 1–5 domain quiz questions)</i>	★
WEEK 2 — APPLICATION & FULL EXAM (Days 8–14)						
Day 8	Routine Collections I	Read §6.1–6.3: Equipment + Needle gauge + Order of Draw with chemistry logic	Memorize §6.4: Tube inversions table (quiz yourself aloud)	Read §6.5–6.6.2: Butterfly discard rule + Venipuncture steps 1–5	<i>State inversion counts for all 7 tube types without looking</i>	☐
Day 9	Routine Collections II	Read §6.6.3–6.6.4: Site cleaning + Tourniquet release timing	Read §6.7: Complications — hematoma, hemolysis, syncope, electric shock sign	Complete Ch. 6 Timed Quiz §6.8 — 28 Q, 34 min (10 min start)	<i>Explain EDTA carryover effect on K+ and Ca2+</i>	☐
Day 10	Special	Read §7.1–7.1.3:	Read §7.2–7.4:	Read §7.5–7.8 +	<i>State capillary</i>	☐

	Collections	Capillary puncture + Heel stick + First drop discard	Blood cultures (aerobic/anaerobic) + Newborn screening + Smear	complete domain quiz §7.8 (12 Q, 15 min)	<i>Order of Draw + minimum donor hemoglobin values</i>	
Day 11	Specimen Processing I	Read §8.1–8.2: Centrifugation + Temperature trio (ice / foil / 37°C)	Read §8.3–8.5: Aliquoting + Chain of custody + Rejection criteria (H-L-I)	Read §8.6–8.7: POCT + LIS basics	<i>Name 3 specimens requiring ice + 2 requiring light protection</i>	☐
Day 12	Processing II + 50 Facts	Complete Ch. 8 Timed Quiz §8.8 (14 Q, 17 min) + review rationales	Complete Cumulative Mixed Review §8.9 — 30 Q, 35 min (10 min start)	Read 50 Must-Know Facts §3–5 (Facts #21–50) — cover NHA CATCH, predict it	<i>State H-L-I mnemonic and which analyte each affects</i>	☐
Day 13	Full-Length Exam 1	Re-read Ch. 9 §9.1 Exam Instructions + complete 60-sec brain dump on paper	Take Ch. 9 Practice Exam 1 — 120 Q, timed 120 min (use a full block if available)	Review ALL rationales for wrong answers. Flag domains with >3 misses.	<i>Identify your lowest-scoring domain — write it down</i>	☐
Day 14	★ WEEK 2 CHECKPOINT + Final Protocol	Re-read Ch. 12: Test-Day Protocol + Online/PSI proctoring walkthrough	Scan Appendices A–C (Order of Draw card, Inversions chart, Special Handling matrix)	Practice 60-sec brain dump 3× without looking. Read 50 Facts top-10 strip.	<i>20-Q timed self-test from your weakest domain only</i>	★

IF YOU HAVE 4+ WEEKS Use this as your Week 3–4 planner only. Pair with the 4-Week Optimal Plan.	IF YOU HAVE 1 WEEK Run the full 14-day plan at 2× speed: combine AM+MID each day into one 20-min block.	MISSED A DAY? Fold the missed slot into tonight's PM block. Never try to catch up on content you haven't read yet.
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