



Basic Study Tips

Studying is active. You need to do more than read to retain and understand information. Below are a few tips you can use to assist your learning process:

- Taking notes and talking aloud while reading the chapter will help improve your understanding.
- Tensing each muscle as you are studying muscle function will help you remember the muscles.
- The more often you review the information the more you will remember.
- The more ways you review the material the better your comprehension will be.
- For sections with exercises, actually do the exercises. Read the description and look in a mirror as you perform the exercise. Feel and see the correct form for each exercise.
- If you are using supplemental study materials, review the material corresponding to each chapter on the day the chapter is to be studied.
- Explain what you have learned to someone. When you have to explain information to someone else you need to have an improved comprehension of the material.
- Before reading each chapter refer to the study guide on pages xi-xiv. Verbally review all information you remember on each topic. Refer to the text for any information you are unsure of.

Using the 30 or 45 Day Study Schedule

- The calendar has two numbers in the upper right corner of each day. The first number indicates how many days into your study program you are. The second number indicates how many days remain until your training class.
- Each Sunday is a review day. Use this time to assess which areas you need more review and spend time improving your comprehension of the material.
- The last few days are for reviewing any areas you feel you need more time to study.

Day 1

1. Set up study space. Is the area comfortable enough to sit for long periods? Is the lighting appropriate for reading? Can you spread out enough to comfortably study? Is the area free from distractions, including phones, internet, and people? Is there a way to indicate to others in the house you are busy and cannot be distracted?
2. Commit study schedule to calendar. Block off time in each day to be devoted to study. Make a pact with yourself to not let other activities take away from your study time.
3. Review book layout. Become familiar with all of your study materials. Review the Table of Contents in the book. Review the study guide pages xi-xiv. If you are using any additional study materials such as a Study Workbook, DVD, Flash Cards, or any other additional study material, assemble them in one place.
4. Acquire and assemble all necessary supplies. Do you have enough pens, pencils, erasers, paper, etc?

Remember, the amount of study time you need may vary depending on your existing knowledge, the quality of your study sessions, and how quickly you learn.

30 Day GX Study Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 (30) Set up study space. Commit study schedule to calendar. Review pages xi-xii.	2 (29) Chapter 1 Chapter 2 Chapter 3 Section I Review
Review Chapters 1-3 3 (28)	Chapter 4 Appendix 1 Appendix 2 4 (27)	Chapter 5 5 (26)	Chapter 6 6 (25)	Chapter 7 Section II Review 7 (24)	Chapter 8 Section II Review 8 (23)	Chapter 9 Chapter 10 Section III Review 9 (22)
Review Chapters 1-10 10 (21)	Chapter 11 Appendix 3 Section IV Review 11 (20)	Chapter 13 12 (19)	Chapter 14 13 (18)	Chapter 15 14 (17)	Chapter 16 Section V Review 15 (16)	Chapter 16 Section V Review 16(15)
Review Chapters 1-17 17(14)	Chapter 18 Section VI Review 18(13)	Chapter 19 19(12)	Chapter 20 20(11)	Chapter 21 21(10)	Chapter 22 22(9)	Chapter 23 Section VII Review 23(8)
Review Chapters 1-23 24(7)	Chapter 24 Appendix 4 25(6)	Chapter 25 26(5)	Chapter 26 Section VIII 27(4)	Practice Exam (optional) Review 28(3)	Review 29(2)	GX Workshop Exam 30(1)

45 Day GX Study Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 (45) Set up study space. Commit study schedule to calendar. Review pages xi-xii.	2 (44) Chapter 1	3 (43) Chapter 2
Review Chapters 1-2 4 (42)	Chapter 3 Section I Review 5 (41)	Chapter 4 Appendix 1 Appendix 2 6 (40)	Chapter 4 7 (39)	Chapter 5 8 (38)	Chapter 5 9 (37)	Chapter 6 10 (36)
Review Chapters 1-6 11 (35)	Chapter 7 12 (34)	Chapter 7 13 (33)	Review Section II Review 14 (32)	Chapter 8 15 (31)	Chapter 9 16 (30)	Chapter 10 Section III Review 17(29)
Review Chapters 1-10 18(28)	Chapter 11 Appendix 3 Section IV Review 19(27)	Chapter 13 20(26)	Chapter 13 21(25)	Chapter 14 22(24)	Chapter 14 23(23)	Chapter 15 24(22)
Review Chapters 1-15 25(21)	Chapter 16 Section V Review 26(20)	Chapter 16 27(19)	Chapter 17 28(18)	Chapter 17 29(17)	Chapter 18 Section VI Review 30(16)	Chapter 19 31(15)
Review Chapters 1-19 32(14)	Chapter 20 33(13)	Chapter 21 34(12)	Chapter 22 35(11)	Chapter 23 Section VII Review 36(10)	Review Chapters 1-23 37(9)	Chapter 24 Appendix 4 38(8)
Chapter 25 39(7)	Chapter 26 Section VIII Review 40(6)	Review Chapters 1-26 41(5)	Practice Exam (optional) Review 42(4)	Review 43(3)	Review 44(2)	GX Workshop Exam 45(1)