

Test-Day Countdown Checklist

Bonus · walk in calm, not cramming.

NCLEX
BOOTCAMP

1 week before

- Confirm test date, time & location (ATT in hand)
- Do a route/parking dry run or check directions
- Shift to timed, full-length practice sets
- Start tapering volume — review, don't cram new content
- Lock in a consistent sleep schedule

72 hours before

- Light review of your "leak list" only
- Re-skim lab values, antidotes, priority rules
- Prep two acceptable IDs
- Plan meals & what you'll wear (layers)

The night before

- Stop studying by evening** — your brain needs to consolidate
- Pack: IDs, ATT/confirmation, snack, water
- Set two alarms
- Do something calming; aim for real sleep

Morning of

- Eat a real, protein-forward meal
- Arrive early — give yourself buffer
- Leave notes in the car; no last-minute cramming
- Bathroom before you start

During the exam

- Read the full stem — what is it **really** asking?
- Use your method: ABCs, Maslow, safety, assess vs act
- Pick the best answer and **commit** — don't look back
- Breathe; treat each question as its own fresh start
- Take the optional breaks — reset and refuel

Want to walk in genuinely confident? One 90-minute 1:1 session before test day turns shaky reasoning into reflexes — white paper included free.