

WEEK 1 — Measurement + Assessment

DAY 1 Measurement Intro Read Measurement section (Domain A) of the study guide. Take notes on continuous vs discontinuous measurement. ~2 hrs	DAY 2 Measurement Deep Re-read Measurement. Take the Data Collection & Graphing topic quiz. Aim for 80%+. ~2 hrs	DAY 3 Measurement Practice Take the 25-question beginner test focused on Measurement items. Review every wrong answer. ~1.5 hrs	DAY 4 Assessment Intro Read Assessment section (Domain B). Focus on preference assessment methods and ABC recording. ~2 hrs	DAY 5 Assessment Deep Take the Behavior Assessment topic quiz. Review weak areas, especially MSWO vs free-operant. ~2 hrs	DAY 6 Review Re-take the Measurement and Assessment topic quizzes. Compare scores to Day 2 and Day 5. ~1.5 hrs	DAY 7 Rest + Light Review Light review only. Make flashcards for any terms still confusing from Weeks 1. ~1 hrs
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WEEK 2 — Skill Acquisition (biggest section)

DAY 8 Skill Acquisition Intro Read Skill Acquisition section first half. Focus on DTT, NET, and the difference between them. ~2.5 hrs	DAY 9 Prompting Strategies Deep study of prompting hierarchies: most-to-least, least-to-most, time delay, errorless learning. ~2.5 hrs	DAY 10 Chaining Master forward chaining, backward chaining, and total task chaining. Know when to use each. ~2 hrs	DAY 11 Verbal Behavior Study verbal operants: mand, tact, intraverbal, echoic, listener responding, imitation. Same word, different operant. ~2 hrs	DAY 12 Generalization & Maintenance Read about stimulus generalization, response generalization, and maintenance probes. ~2 hrs	DAY 13 Topic Quiz Take the Skill Acquisition topic quiz. Aim for 80%+. This is the biggest exam section. ~1.5 hrs	DAY 14 Retake + Practice Retake Skill Acquisition quiz. Then take a full 75-question practice exam as a midpoint check. ~3 hrs
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WEEK 3 — Behavior Reduction + Documentation + Ethics

DAY 15 Behavior Reduction Intro Read Behavior Reduction section. Focus on differential reinforcement (DRA, DRI, DRO, DRL, DRH). ~2.5 hrs	DAY 16 Extinction Study extinction in depth: extinction burst, spontaneous recovery, and when extinction is appropriate. ~2 hrs	DAY 17 Other Reduction Procedures Review response cost, time-out, overcorrection, NCR, and antecedent strategies. ~2 hrs	DAY 18 Documentation Read Documentation section. Practice writing objective vs subjective notes. Learn HIPAA basics. ~2 hrs	DAY 19 Topic Quizzes Take both Behavior Reduction and Documentation topic quizzes. Aim for 80%+ each. ~2 hrs	DAY 20 Ethics Read Ethics section. Focus on scope of practice, multiple relationships, confidentiality. ~2 hrs	DAY 21 Ethics Quiz + Review Take the Ethics topic quiz. Re-take all 6 topic quizzes to identify remaining weak areas. ~2.5 hrs
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WEEK 4 — Practice + Final Readiness

DAY 22 Full Practice Exam #1 Take the full 85-question practice exam under TIMED conditions (90 minutes, no notes). ~2 hrs	DAY 23 Review Wrong Answers Review every question you missed from Day 22. Note which domains had the most misses. ~2 hrs	DAY 24 Weak Domain Deep Dive Re-study your weakest domain from Day 22. Re-take its topic quiz until you score 90%+. ~2.5 hrs	DAY 25 Full Practice Exam #2 Take the 75-question practice exam under TIMED conditions. Aim for 80%+ this time. ~1.5 hrs	DAY 26 Pearson Mock Take the Pearson VUE-style mock exam to simulate the actual testing experience. ~2 hrs	DAY 27 Light Review + Rest Light review only. Read your notes and flashcards. Don't take any more full exams today. ~1 hrs	DAY 28 Schedule the Real Exam If you're consistently scoring 80%+, schedule your real RBT exam at Pearson VUE. You're ready. ~0.5 hrs
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