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**Exam Readiness Checklist**

This short checklist should give you a fair idea as to just how prepared you are for your personal trainer certification exam.

In it, you won’t be asked questions you would expect to see on the exam as you should have done a few practice tests already. Instead, it's simple yes or no answers to see if you covered all the steps we went through in chapter 2 as part of your preparation for your certification exam.

So let’s begin.

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| **Exam Readiness Questions** |

 **Yes/No**

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| Knowing your learning style gives you the best chance of learning new information as you prepare for your exam. Have you worked out your learning style yet? |  |
| Have you worked through every single part of your coursework, particularly the textbook or any other course material provided to you? |  |
| Have you identified key concepts that are likely to appear in the certification exam and studied them fully? |  |
| If you identified problem areas in the coursework that you struggled to understand, did you consult with fellow students or the certification organization to help iron them out? |  |
| Have you worked through some form of study guide to increase your overall knowledge and identify key concepts that will appear in the certification exam? |  |
| Have you used extra study assets to further enhance your learning experience? These include tools such as flashcards, the use of mnemonics, or additional resource materials found online. |  |
| Do you have a revision system in place to work through the chapters you first studied at the beginning of your certification? A revision system is key to keep all the knowledge you learn fresh in your mind at all times. |  |
| Have you put time aside before the exam to work through additional resources that focus on anatomy to brush up on your knowledge in that area? |  |
| Have you taken at least two practice exams (the more the better) and passed them? |  |
| Have you taken time downtime away from your studies to refresh and recharge?  |  |

Of course, the more “yes” answers you have here, the more prepared you are for the exam. In fact, you should be aiming for 10 out of 10. Anything less than 8 means you should focus on those “no” answers and the area that they refer to and improve.