Your 12-Week PMP Roadmap

A focused, week by week plan to prepare for the updated PMP exam and walk in ready. Built for working professionals who want a clear path, not a pile of advice.

Weeks 1–4 Class Week 5 Apply Weeks 6–12 Practice & exam

Plan on 6 to 8 hours a week. Find a class that delivers 35 contact hours up front,* then the weeks that follow are about practice, repetition, and timing. Block the same study windows each week and protect them like a meeting you cannot move.

Suggested course: **PMP Exam Prep Certification Training on Coursera**

** Most people plan about four weeks to finish a self-paced course around a busy schedule. That timeline can be accelerated.*

PHASE ONE

Completing your 35-contact-hour class

WEEKS 1–4

WEEK 1

Choosing your self-paced course

Pick your 35 contact-hour self-paced online program. Confirm it covers the current Exam Content Outline, consider getting the PMBOK Guide 8th Edition and my book, **PMP Exam Prep for Dummies, 2nd Ed**.

WEEKS 2–3

Working the content

Move through the coursework and the three domains, People, Process, and Business Environment, across predictive, agile, and hybrid delivery. Keep a running list of the topics that feel shaky.

WEEK 4

Finishing your hours

Complete the full 35 contact hours and save your certificate of completion. Make a first pass back over your notes so the material is fresh and ready for your application.

PHASE TWO

Submitting your application

WEEK 5

WEEK 5

Submit your PMP application

With your 35 hours done, document your project experience, which can now come from work in the last 10 years, and submit. Apply early so approval clears before you go deep on practice. Be sure your application uses PMI language for your work descriptions. Describe what YOU did, not what the team did or “we did”.
Learn more here: https://www.pmi.org/certifications/project-management-pmp

PHASE THREE

Practicing for the exam

WEEKS 6–12

Week 6 checkpoint: If you are behind in your exam preparation, this is the moment to consider a structured PMP boot camp. A fixed schedule, live instruction, and built in accountability can rebuild momentum faster than studying alone. Boot camps are designed to get you ready within 4-6 weeks after attending a course.

WEEK 6

Baseline practice exam

Take a full, timed exam to set your starting line. Review every miss to find your patterns, not just your wrong answers. This score is your honest checkpoint.

WEEK 7

People and process

Rework your weakest People and Process topics with targeted question sets and short, focused drills.

WEEK 8

Delivery and business environment

Drill agile, hybrid, and value delivery, plus includes topics on AI and sustainability.

WEEK 9

New question formats

Practice case sets, drag and drop, and graphic interpretation so the format never surprises you on test day.

WEEK 10

Second full practice exam

Confirm your gains under timed conditions, then rebuild your weak list from the results.

WEEK 11

Final targeted review

Close the remaining gaps with short, timed sets each day. Keep the volume steady, not frantic.

WEEK 12

Exam day

Keep the review light and confident, confirm your logistics, and sit the exam. A full year of eligibility and retakes are there if you ever need them, but this plan is built to get you through the first time.

What is new on the 2026 exam

- **The weighting tilts toward agile and hybrid.** Predictive work moves to roughly 40 percent of the exam.
- **New topics appear:** AI in projects, sustainability, and value delivery.
- **New question types:** case study sets, drag and drop, and graphic interpretation.
- **It aligns to PMBOK 8** and runs 240 minutes. The credential itself does not change.

Study note: Reference the PMBOK Guide 8th Edition, not the 7th. The exam follows PMI's Exam Content Outline (ECO), not any single book, and the ECO draws on a published reference list of frequently cited sources. See **PMI's reference list**.

Make this plan yours

Pick the format that fits you, or use them together. Fill in your own dates and notes.

Set your dates

My start date _____

Finish my 35-hour class (Weeks 1–4) _____

Submit my application (Week 5) _____

First practice exam (Week 6) _____

Exam day (Week 12) _____

Plan all 12 weeks

W1 Choose class		**W7** People & process	
W2 Course content		**W8** Delivery & biz env	
W3 Course content		**W9** Question formats	
W4 Finish 35 hours		**W10** Practice exam 2	
W5 Apply for exam		**W11** Targeted review	
W6 Practice exam 1		**W12** Exam day	

My plan and notes

My start date _____

My exam target _____

My weekly study windows _____

Additional notes

_____

_____

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Check out the interactive version of this resource >>>
https://www.themindsparq.com/12-week-roadmap