

9-Week Study Schedule for the Menopause Exam

Aim for 30 minutes a day



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Clinician Guide Chapter 1: Menopause (Pages 1–6)	Clinician Guide Chapter 1: Menopause (Pages 10–17) Q-spot Power Point Bundle #1	Clinician Guide Study Figure 1 (Page 2)	Recharge and Refresh!	Clinician Guide Chapter 2: Midlife & Aging-Related Body Changes (Pages 23–28)	Study Table 3 (Page 27)	Review a challenging concept for 60 minutes look over study guide
Week 2	Clinician Guide Chapter 2: Midlife & Aging-Related Body Changes (Pages 30–38) Q-spot Power Point Bundle #1	Clinician Guide Chapter 3: Vasomotor Symptoms Q-spot Power Point Bundle #1	Recharge and Refresh!	Clinician Guide Chapter 4: Common Genitourinary Symptoms (Pages 57–63)	Clinician Guide Chapter 4: Common Genitourinary Symptoms (Pages 64–75) Q-spot Power Point Bundle #1	Read TMS GSM Position Statement in downloads toolbox	Review a challenging concept for 60 minutes look over study guide
Week 3	Clinician Guide Chapter 5: Other Common Symptoms (Pages 81–90)	Clinician Guide Chapter 5: Other Common Symptoms (Pages 91–100)	Recharge and Refresh!	Clinician Guide Chapter 5: Other Common Symptoms (Pages 101–110)	Clinician Guide Chapter 5: Other Common Symptoms (Pages 111–120)	Read TMS Hormone Therapy Position Statement in downloads toolbox	Review a challenging concept for 60 minutes look over study guide
Week 4	Clinician Guide Chapter 6: Diseases Common in Midlife Women (Pages 131–138)	Clinician Guide Chapter 6: Diseases Common in Midlife Women (Pages 139–141) Q-spot Power Point Bundle #2	Recharge and Refresh!	Clinician Guide Chapter 6: Diseases Common in Midlife Women (Pages 144–153)	Clinician Guide Chapter 7: Osteoporosis (Pages 159–166)	Read Management of Osteoporosis Position Statement need to get through the TMS website as a member	Review a challenging concept for 60 minutes look over study guide
Week 5	Clinician Guide Chapter 7: Osteoporosis (Pages 166–173) Q-spot Power Point Bundle #2	Clinician Guide Chapter 8: Cardiometabolic Disorders (Pages 177–184)	Recharge and Refresh!	Clinician Guide Chapter 8: Cardiometabolic Disorders (Pages 185–192)	Clinician Guide Chapter 8: Cardiometabolic Disorders (Pages 193–202) Power Point Bundle #2	Read TMS Nonhormone Therapy Position Statement In downloads toolbox	Review a challenging concept for 60 minutes look over study guide
Week 6	Clinician Guide Chapter 9: Cancers in Midlife Women (Pages 209–216)	Clinician Guide Chapter 9: Cancers in Midlife Women (Pages 217–224) Q-spot Power Point Bundle #3	Recharge and Refresh!	Clinician Guide Chapter 9: Cancers in Midlife Women (Pages 225–234)	Clinician Guide Chapter 10: Vitamins, Minerals, and Supplements (Pages 245–251)	Read Immunization Practice Pearls	Review a challenging concept for 60 minutes look over study guide
Week 7	Clinician Guide Chapter 10: Vitamins, Minerals, and Supplements (Pages 252–262)	Clinician Guide Chapter 10: Vitamins, Minerals, and Supplements (Pages 263–270) Q-spot Power Point Bundle #3	Clinician Guide Chapter 11: Prescription Therapies (Pages 277–289)	Recharge and Refresh!	Clinician Guide Chapter 11: Prescription Therapies (Pages 290–296) Q-spot Power Point Bundle #3	Start Reading through Q-Bank 200 questions in course	Review a challenging concept for 60 minutes look over study guide
Week 8	Clinician Guide Chapter 11: Prescription Therapies (Pages 298–304)	Clinician Guide Chapter 11: Prescription Therapies (Pages 305–312) Q-spot Power Point Bundle #3	Recharge and Refresh!	Clinician Guide Chapter 11: Prescription Therapies (Pages 305–312) Q-spot Power Point Bundle #3	Review Q-spot Power Point Bundle 1–3	Start Reading through Q-Bank 200 questions	Review a challenging concept for 60 minutes look over Q-spot study guide
Week 9	Review through Q-Bank 200 questions	Review through Q-Bank 200 questions and take practice test	Recharge and Refresh!	Review through Q-Bank 200 questions	Review through Q-Bank 200 questions and take practice test	Review through Q-Bank 200 questions	Review a challenging concept for 60 minutes look over study guide