Map readiness and capacity

Use official school and application-service instructions for the relevant cycle. Extend beyond twelve months if dependencies require it. Do not include patient information.

Provisional cycle, application services, and adviser / support roles

Requirements: school, course / score policy, source, date checked

Dependencies: course sequence, availability, testing, letters

Weekly capacity: work, study, exposure, service, care, recovery

Financial runway: recurring / one-time costs, lost income, contingency

First readiness review: evidence needed and date

Sequence the year

Use actual dates only after checking official sources. Each phase can take more than one month. Blank rows allow a longer horizon; duplicate this page as needed.

Period / phase	Academic / test	Exposure / service / research	Application / relationships	Capacity / cost / dependency

School-specific exceptions or unresolved policy questions; source and date

Use readiness gates

Choose proceed, revise, or a later cycle at each gate. Moving the date is a planning decision, not a judgment of your commitment to medicine.

Gate 1: feasible course sequence, weekly capacity, and cost plan?

Gate 2: academics, test readiness, exposure, letters, fit, writing?

Gate 3: requirements reconciled with current official instructions?

Relationship plan: updates, letter-writer needs, thanks, support

Meaningful reflection: contribution, lesson, change in understanding

Decision, evidence still needed, next action, owner, review date