FREE PLANNER · DENTAL STUDENTS

INBDE Study Planner

A calm twelve-week plan for the Integrated National Board Dental Examination, with weekly pages, a practice log, and an exam-day checklist.

2026–27 edition

ToothOps
Your quiet guide through dental school and beyond

Free resource
thetoothops.com

Before you begin

The Integrated National Board Dental Examination (INBDE) is one long, integrated test of whether you can apply what you know to real patient care. This planner turns twelve weeks of preparation into calm, manageable pieces: a plan, a weekly page, a practice log, and an exam-day checklist.

The exam at a glance

- **500 questions over two days** — about 12½ hours of appointment time, at a Prometric test center
- **Pass or fail.** Results are reported as pass/fail; passing is a scaled score of 75
- **Integrated by design.** Questions mix foundation science with clinical decision-making, often around patient cases
- **Retakes:** at least 60 days between attempts, no more than 4 attempts in 12 months, and a limit of 5 years or 5 attempts from your first attempt

Confirm fees, eligibility, and current rules in the **INBDE Candidate Guide** from the Joint Commission on National Dental Examinations (JCNDE) before you register.

How to use this planner

1. **Pick your test date first,** about 12 weeks out, and write it at the top of the plan.
2. **Take a diagnostic test in week 1.** It tells you where your time should go.
3. **Fill in one weekly page each Sunday.** Keep it realistic — consistency beats heroics.
4. **Log every practice block.** Patterns in your mistakes show you what to review.

A calm reminder. Sleep, food, movement, and people you trust are part of your preparation, not a distraction from it. A rested brain recalls and reasons better.

THE PLAN

Twelve weeks to exam day

My test date: _____ My test center: _____

Weeks	Focus	What to do
1–2	Baseline and setup	Read the Candidate Guide. Take a full diagnostic test. Choose your main question bank and review resources. Block study time in your calendar around clinic.
3–8	Content cycles	Work through one system or discipline at a time, connecting the science to the clinic: anatomy and physiology, pathology, pharmacology, microbiology and immunology, oral medicine and radiology, periodontics, endodontics, restorative, prosthodontics, oral surgery, orthodontics and pediatrics, and patient management and ethics. Do daily mixed question blocks so earlier topics stay fresh.
9–10	Mixed practice and patient cases	Switch to mostly timed, mixed blocks and case sets. Use your practice log to target your three weakest areas each week.
11	Full simulation	Take a timed, two-day practice exam on the same schedule as the real test, then review every question you missed or guessed.
12	Light review and rest	Review your notes and missed-question log only. Confirm logistics. Protect your sleep.

My three goals for this exam

WEEKLY PAGE

Week _____ of 12

Dates: _____ Focus this week: _____

Day	Topics	Question blocks (number and % correct)	Review and notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

End-of-week check-in

- [ ] I reviewed every question I missed this week
- [ ] I updated my weak-area list
- [ ] I slept at least seven hours most nights
- [ ] I did something restful that wasn't studying

What worked this week, and what will I change?

Print or copy this page for each of your twelve weeks.

PRACTICE LOG

Question blocks

Date	Source	Questions	% correct	Topics I missed

WEAK AREAS

What I'm working on

Write down each topic that keeps showing up in your missed questions. Cross it off when you've answered several questions on it correctly in a row.

Topic	Why I'm missing it	My plan	Fixed

Three ways to learn from a missed question

1. **Explain why the right answer is right** — in one sentence, in your own words.
2. **Explain why your answer was wrong.** Was it a knowledge gap, a misread, or second-guessing?
3. **Connect it to a patient.** Imagine the case in clinic: what would you see, and what would you do?

EXAM DAYS

Checklist

The week before

- [ ] Confirm your appointment, test center address, and arrival time
- [ ] Check the ID requirements in the Candidate Guide and make sure your name matches exactly
- [ ] Plan your route and parking, and do a trial run if the center is new to you
- [ ] Shift your sleep schedule so you're awake and alert at your start time

The night before each day

- [ ] Lay out your ID, confirmation, comfortable layers, snacks, and water for your locker
- [ ] Stop studying early, eat a familiar meal, and go to bed on time

During the exam

- [ ] Arrive early so check-in doesn't rush you
- [ ] Read each patient case carefully before the questions
- [ ] If you're stuck, make your best choice, flag it, and move on
- [ ] Use your breaks: stand up, eat, drink water, breathe slowly

After

- [ ] Rest. You did the work. Whatever the result, you have options — including a retake after 60 days.

Sources and where to confirm

- **Joint Commission on National Dental Examinations (JCNDE): INBDE Candidate Guide** — format, eligibility, fees, ID rules, and the retest policy: jcnde.ada.org
- **JCNDE: INBDE Domain of Dentistry and test specifications** — the official content outline
- **Your dental school** — school-specific timelines for when students sit for the INBDE

About ToothOps. ToothOps is a free guide for pre-dental and dental students, created by a dental student and HPSP recipient. All views are personal and do not reflect any school, military branch, or government agency. ToothOps is not affiliated with the JCNDE or the ADA.

Free for personal and educational use. Please share the link instead of the file: thetoothops.com/resources. © 2026 ToothOps.