

PMI · PgMP EXAM PREPARATION

30-Day PgMP Study Plan

The Ultimate Game Plan to Pass the PgMP Exam on Your First Attempt

A step-by-step daily study guide designed for PMP-certified professionals preparing for the PMI Program Management Professional (PgMP) exam.

2026 Edition

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INTRODUCTION

Before You Begin

If you have already earned your PMP, you are starting from a strong position. You understand PMI's decision-making logic, its scenario-based exam format, and how to think about projects the PMI way. The PgMP builds directly on that foundation — but it takes you to a different level.

This exam is not about managing individual projects. It is about thinking strategically across a portfolio of related projects, aligning them to organizational goals, managing governance structures, protecting benefits realization, and navigating complex stakeholder relationships across the program life cycle.

That shift in perspective — from project manager to program manager — is exactly what this 30-day plan is designed to develop. Follow it consistently, use the resources recommended here, and give each day the focused attention it deserves.

Important Prerequisite Check

Before you begin Day 1, confirm that your PgMP application has been officially approved by PMI. You do not want to invest serious study time until you know you are cleared to sit for the exam. Once PMI approves your application, this 30-day plan is ready when you are.

Review the current PgMP eligibility requirements before applying:

<https://www.pmi.org/certifications/program-management-pgmp>

Tools You Need to Follow This Plan

This 30-day schedule works best when used alongside the core PMLearning PgMP preparation resources listed below. Each one serves a specific purpose in your study routine.

1

PMI-PgMP: The Ultimate Secret Weapon — eBook

Your primary reading material. Covers all five domains in depth, aligned to the PgMP ECO.

<https://www.pmlearning.org/project-management-study-guides>

2

The Ultimate PMI-PgMP Exam Simulator

Full-length practice exams with detailed explanations. Essential for building exam stamina.

<https://www.pmlearning.org/pmi-pgmp/premium-exam-questions>

3

PMI-PgMP Premium Bundle — Best Value

The eBook and Exam Simulator together at a discounted price. Most candidates choose this option.

<https://www.pmlearning.org/pmi-pgmp/premium-exam-questions>

4

Free PMI-PgMP Exam Simulator — Try It First

A no-cost sample to get comfortable with the question format before committing.

<https://www.pmlearning.org/pmi-pgmp/exam-simulator>

THE 30-DAY STUDY PLAN

Your Daily Breakdown

Each day has a clear focus. Work through the plan in sequence, one day at a time. Check off each day as you complete it.

DOMAIN I — 4 DAYS

Strategic Program Management

Days 1 – 4

Pro Tip

Focus on strategic alignment, the business case, and how the program connects to organizational goals. This domain tests whether you can think at the strategic level — not just manage the work.

DAY	STUDY FOCUS	DONE
1	Read Domain I — Strategic Program Management	<input type="checkbox"/>
2	Continue reading Domain I	<input type="checkbox"/>
3	Finish and review Domain I — consolidate your notes	<input type="checkbox"/>
4	Complete the Domain I practice exams and review every missed question carefully	<input type="checkbox"/>

DOMAIN II — 8 DAYS

Program Life Cycle Management

Days 5 – 12

Pro Tip

This is the largest domain. Work through the full program life cycle — from initiation through closure. Pay close attention to how programs are structured, governed, transitioned, and formally closed.

DAY	STUDY FOCUS	DONE
5	Read Domain II — Program Life Cycle Management	<input type="checkbox"/>
6	Continue reading Domain II	<input type="checkbox"/>
7	Continue reading Domain II	<input type="checkbox"/>
8	Re-read and review the key Domain II concepts	<input type="checkbox"/>
9	Strengthen any weak areas identified in your Domain II review	<input type="checkbox"/>

DAY	STUDY FOCUS	DONE
10	Complete approximately 45 practice questions and review your mistakes	<input type="checkbox"/>
11	Complete another 45 practice questions and review your mistakes	<input type="checkbox"/>
12	Complete the remaining Domain II questions (~140 total) and review carefully	<input type="checkbox"/>

DOMAIN III — 4 DAYS

Benefits Management

Days 13 – 16

Pro Tip

Programs exist to deliver measurable benefits. Study benefits identification, realization, transition, and sustainment. On the exam, always think beyond project outputs — focus on long-term business value.

DAY	STUDY FOCUS	DONE
13	Read Domain III — Benefits Management	<input type="checkbox"/>
14	Continue reading Domain III	<input type="checkbox"/>
15	Finish and review Domain III	<input type="checkbox"/>
16	Complete the Domain III practice exams and review what went wrong	<input type="checkbox"/>

DOMAIN IV — 4 DAYS

Stakeholder Engagement

Days 17 – 20

Pro Tip

Think about stakeholders through a program lens. You are not just managing individual project stakeholders — you are aligning expectations across multiple projects, sponsors, governance bodies, and business groups simultaneously.

DAY	STUDY FOCUS	DONE
17	Read Domain IV — Stakeholder Engagement	<input type="checkbox"/>
18	Continue reading Domain IV	<input type="checkbox"/>
19	Finish and review Domain IV	<input type="checkbox"/>
20	Complete two Domain IV practice exams and review every missed question	<input type="checkbox"/>

DOMAIN V — 4 DAYS

Program Governance

Days 21 – 24

Pro Tip

Understand the role of steering committees, program sponsors, governance boards, escalation paths, decision rights, and oversight mechanisms. Governance keeps the program aligned, controlled, and on track to deliver value.

DAY	STUDY FOCUS	DONE
21	Read Domain V — Program Governance	<input type="checkbox"/>
22	Continue reading Domain V	<input type="checkbox"/>
23	Finish and review Domain V	<input type="checkbox"/>
24	Complete the Domain V practice exams and review carefully	<input type="checkbox"/>

FINAL PHASE — 6 DAYS

Full Exam Simulation

Days 25 – 30

Pro Tip

Build your stamina and sharpen your timing. Treat every simulation as the real thing — sit for the full exam, manage your time, eliminate distractions, and review every missed question with the same discipline you have applied all month.

DAY	STUDY FOCUS	DONE
25	Complete Full Exam 1	<input type="checkbox"/>
26	Review every missed question from Full Exam 1 — understand the logic behind each answer	<input type="checkbox"/>
27	Complete Full Exam 2	<input type="checkbox"/>
28	Review every missed question from Full Exam 2 — focus on pattern recognition	<input type="checkbox"/>
29	Re-take Full Exam 1, focusing on speed, confidence, and improving your score	<input type="checkbox"/>
30	Re-take Full Exam 2 — your final review and confidence check before exam day	<input type="checkbox"/>

You Are Ready.

Once you check off Day 30, you are in a solid position to schedule your exam. Choose the earliest date that feels realistic, trust the preparation you have put in, and go earn that credential.

You have studied the domains, worked through hundreds of practice questions, and sharpened your strategic thinking. That work does not disappear when you walk into the exam room.

A Final Thought

You do not need to know everything perfectly. You need to think like a program manager — manage uncertainty with discipline, protect strategic value, align stakeholders, and make decisions the PMI way. That is exactly what these 30 days have prepared you for.

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<https://www.pmlearning.org>

Good luck — and congratulations in advance.

Still have a question?

We are here to help. Reach out to our team any time and we will get back to you. Email us at: support@pmlearning.org