

Arkansas ATLAS Grade 7 Math in 30 Days

Day by Day Study Plan for Test Prep

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YOUR 30-DAY MATH PLAN

Grade 6 Math in 30 Days

One Topic a Day • Clear Explanations • Daily Practice

Thirty days. That's all you need to build a solid foundation in Grade 6 math — or review everything before a big test.

Each day covers one focused topic with a clear explanation and practice problems. The schedule is designed so you learn ideas in the right order, with each day building on the one before.

Stick to the plan. One topic a day, 20–30 minutes of focused work. By day 30, you'll have covered every major concept.



Follow the Plan

*One topic each day,
in order*



Do the Practice

*Solve every problem
and check answers*



Track Your Days

*Check off each day
on the tracker*

How to Use This Book

Same routine every day — simple and effective.

1

Read today's topic

Each day starts with a clear explanation of one concept. Read it carefully — don't just skim.

2

Study the example

A worked example shows you how it's done. Cover the solution and try it yourself before looking.

3

Solve the practice problems

Do every problem. Write out your steps. Then check the answers at the back of the book.

4

Mark your progress

Check off the day on the 30-Day Plan. Tomorrow, move to the next topic.

 **Daily time:** About **20–30 minutes**. That's it. Short, focused sessions work better than long, scattered ones.

 **Missed a day?** No problem. Just pick up where you left off. The order matters more than the calendar.

Your 30-Day Plan

Check off each day as you go. Stay on track!

Day	Topic	✓
1	What Is a Ratio?	<input type="checkbox"/>
2	Using Ratio Language	<input type="checkbox"/>
3	What Is a Rate?	<input type="checkbox"/>
4	Finding the Unit Rate	<input type="checkbox"/>
5	Tables of Equivalent Ratios	<input type="checkbox"/>
6	Graphing Ratios	<input type="checkbox"/>
7	What Is a Percent?	<input type="checkbox"/>
8	Solving Percent Problems	<input type="checkbox"/>
9	Rate & Ratio Word Problems	<input type="checkbox"/>
10	Converting Measurement Units	<input type="checkbox"/>
11	Dividing Fractions by Fractions	<input type="checkbox"/>
12	Multi-Digit Division	<input type="checkbox"/>
13	Decimal Operations	<input type="checkbox"/>
14	GCF and LCM	<input type="checkbox"/>
15	The Distributive Property	<input type="checkbox"/>

Day	Topic	✓
16	Positive & Negative Numbers	<input type="checkbox"/>
17	Absolute Value & Ordering	<input type="checkbox"/>
18	The Coordinate Plane	<input type="checkbox"/>
19	Exponents & Powers	<input type="checkbox"/>
20	Order of Operations	<input type="checkbox"/>
21	Algebraic Expressions	<input type="checkbox"/>
22	One-Step Equations	<input type="checkbox"/>
23	Inequalities	<input type="checkbox"/>
24	Area of Triangles	<input type="checkbox"/>
25	Area of Parallelograms	<input type="checkbox"/>
26	Volume of Rectangular Prisms	<input type="checkbox"/>
27	Nets & Surface Area	<input type="checkbox"/>
28	Mean, Median, and Range	<input type="checkbox"/>
29	Dot Plots, Histograms, Box Plots	<input type="checkbox"/>
30	Review & Final Practice	<input type="checkbox"/>

 My start date: _____

Target finish date: _____

You don't have to be perfect every day. Just show up and do the work.

WEEK

1

Ratios and Proportional Relationships

 *This Week's Days* 

1.1 Unit Rates and Proportional Relationships 1

*Day 1: Unit Rates and Proportional Relationships*3



★ 1.1 Unit Rates and Proportional Relationships ★

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DAY

1

Unit Rates and Proportional Relationships

 *Today You Will Learn* 

- ✓ *Compute unit rates involving fractions (complex fractions)*
- ✓ *Determine whether a relationship is proportional*

 *Your Progress: Day 1 of 30*



Ready to begin? →

Unit Rates with Fractions **Key Concept**

Complex Fraction Unit Rates A **unit rate** compares a quantity to one unit of another quantity. In Grade 7, the tricky part is that the quantities can be fractions!

To find a unit rate from a **complex fraction** like $\frac{\frac{1}{2} \text{ mile}}{\frac{1}{4} \text{ hour}}$, divide the numerator by the denominator:

$$\frac{1}{2} \div \frac{1}{4} = \frac{1}{2} \times \frac{4}{1} = 2 \text{ miles per hour.}$$

Rule: $\frac{a/b}{c/d} = \frac{a}{b} \times \frac{d}{c}$ — multiply by the reciprocal of the denominator.

Finding a Unit Rate

A recipe uses $\frac{3}{4}$ cup of sugar for every $\frac{1}{2}$ batch. How much sugar per batch?

Solution: $\frac{\frac{3}{4}}{\frac{1}{2}} = \frac{3}{4} \times \frac{2}{1} = \frac{6}{4} = \frac{3}{2} = 1\frac{1}{2}$ cups per batch.

Recognizing Proportional Relationships **Key Concept**

Is It Proportional? A relationship between x and y is **proportional** if:

- The ratio $\frac{y}{x}$ is the same for every pair in a table, OR
- The graph is a straight line through the origin $(0, 0)$.

A straight line that does NOT pass through $(0, 0)$ is **not** proportional — don't forget to check!



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 **Testing a Table**

x	y	$y \div x$
2	6	3
5	15	3
8	24	3

Every ratio equals 3, so the relationship is **proportional**.



“ A proportional relationship always starts at zero — if the line misses the origin, it’s a no-go! ”

 **Practice**
Unit Rates with Fractions

- Find the unit rate: $\frac{\frac{2}{3} \text{ mile}}{\frac{1}{6} \text{ hour}}$.
- A painter uses $\frac{3}{5}$ gallon of paint for $\frac{1}{3}$ of a wall. How many gallons per wall?
- Find the unit rate: $\frac{\frac{7}{8} \text{ pound}}{\frac{1}{4} \text{ bag}}$.
- Maria jogs $\frac{3}{4}$ mile in $\frac{3}{8}$ hour. What is her speed in miles per hour?

Recognizing Proportional Relationships

- Does the table show a proportional relationship?

x	1	3	5	7
y	4	12	20	28



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6. Does the table show a proportional relationship?

x	2	4	6	8
y	5	9	13	17

7. A graph shows a straight line passing through $(0,0)$ and $(3,9)$. Is the relationship proportional?

8. A graph shows a straight line passing through $(1,3)$ and $(2,6)$, but it crosses the y -axis at $(0,1)$. Is it proportional?

Daily Challenge

9. A car travels $\frac{7}{8}$ mile in $\frac{1}{3}$ minute. A bike travels $\frac{2}{5}$ mile in $\frac{1}{6}$ minute. Which is faster, and by how many miles per minute?

 **Key Takeaway:** To find a unit rate with fractions, multiply by the reciprocal; a relationship is proportional only if every $\frac{y}{x}$ ratio is the same and the graph passes through $(0,0)$.

 Day Complete 

I understand today's lesson I finished the practice



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WEEK

2

Operations with Rational Numbers

 This Week's Days 

2.1 Subtracting Integers and Rational Numbers 7

Day 9: Subtracting Integers and Rational Numbers9



★ *2.1 Subtracting Integers
and Rational Numbers* ★

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DAY

9

Subtracting Integers and Rational Numbers

 *Today You Will Learn* 

- ✓ *Subtract integers by adding the opposite*
- ✓ *Add and subtract rational numbers (fractions and decimals)*

 *Your Progress: Day 9 of 30*

0%

Ready to begin? →

Subtracting Integers

Key Concept

Subtract = Add the Opposite The key rule for subtracting integers:

$$p - q = p + (-q)$$

Change the subtraction sign to addition and flip the sign of the second number. Then use the addition rules from Day 8.

Distance between two numbers: $|a - b|$ gives the distance between a and b on the number line — always positive.

Common error: Forgetting to change both the operation and the sign. For example, $5 - (-3)$ becomes $5 + 3 = 8$, not $5 - 3 = 2$.

Subtracting a Negative Integer

Find $4 - (-7)$.

Step 1: Rewrite as addition: $4 - (-7) = 4 + 7$.

Step 2: Add: $4 + 7 = 11$.

Adding and Subtracting Rational Numbers



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 **Key Concept**

Extending to Fractions and Decimals The same sign rules apply to all **rational numbers** — fractions and decimals, not just integers.

Fractions: Find a common denominator, then add or subtract the numerators.

$$-\frac{3}{4} + \frac{1}{2} = -\frac{3}{4} + \frac{2}{4} = -\frac{1}{4}$$

Decimals: Line up the decimal points, then apply the sign rules.

$$-2.7 + 1.3 = -(2.7 - 1.3) = -1.4$$

 **Subtracting Mixed Numbers**

Find $-1\frac{1}{3} - 2\frac{2}{3}$.

Step 1: Rewrite subtraction as addition of the opposite:

$$-1\frac{1}{3} + \left(-2\frac{2}{3}\right)$$

Step 2: Both are negative, so add and keep the negative sign:

$$1\frac{1}{3} + 2\frac{2}{3} = \frac{4}{3} + \frac{8}{3} = \frac{12}{3} = 4$$

Answer: -4 .



“Subtract” is just a disguise — underneath, it’s always adding the opposite!”

 **Practice**

Subtracting Integers



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1. $10 - 15 =$
2. $-6 - (-9) =$
3. $-11 - 4 =$
4. Find the distance between -8 and 5 on the number line.

Adding and Subtracting Rational Numbers

5. $-\frac{2}{5} + \frac{4}{5} =$
6. $3.2 - (-1.8) =$
7. $-\frac{3}{4} - \frac{1}{2} =$
8. A diver is at -12.5 meters. She descends another 8.3 meters. What is her new depth?

Daily Challenge

9. The overnight low temperature on Monday was $-6\frac{1}{2}F$. By Tuesday morning, it had dropped another $3\frac{3}{4}F$. Then by noon on Tuesday, it rose $12\frac{1}{4}F$. What was the temperature at noon on Tuesday?

 **Key Takeaway:** To subtract any number, add its opposite — this one rule works for integers, fractions, and decimals alike.

 **Day Complete** 

I understand today's lesson I finished the practice



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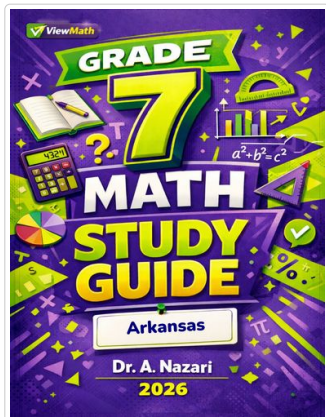
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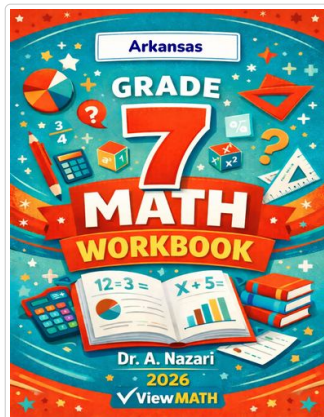
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Study Guide



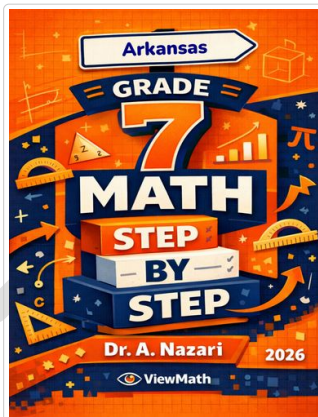
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Workbook



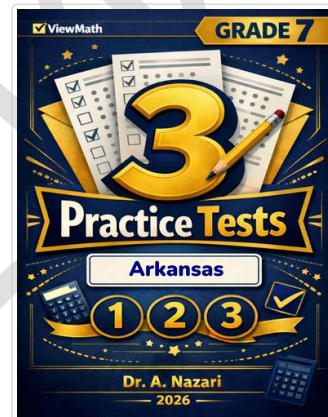
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Step-by-Step



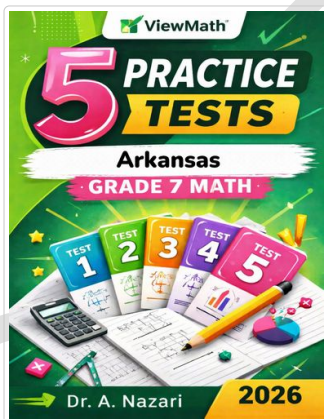
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3 Practice Tests



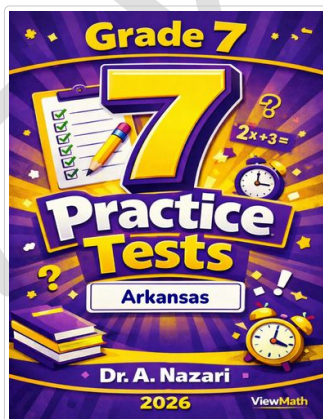
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5 Practice Tests



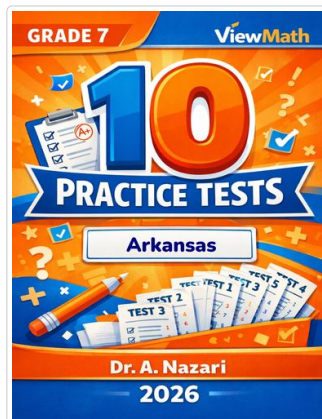
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7 Practice Tests



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10 Practice Tests



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