

PMPVAULT PRESS

PMP® Prep Field Guide

*The plain-English playbook for passing
the PMP exam on your first try*

By Ishtiyaq Hussain, PMP, CSM

2026 Edition · Aligned to the latest ECO
People • Process • Business Environment

PMP® Prep Field Guide

2026 Edition · Aligned to the latest PMP Examination Content Outline

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How to use this guide

Read it front-to-back once, then use it as a quick-reference during your final week. Chapters 3–7 introduce the PMBOK 8 spine that drives the 2026 exam. Chapters 8–11 give you the working toolkit. Chapters 12–14 sharpen exam-day performance. Appendices are designed to be printed as desk references.

PART I

Foundations

The exam, the mindset, and how they connect

How the PMP Exam Actually Works

The PMP exam is not a memory test. It is a judgment test wearing a memory test's clothing. You get 180 questions in 240 minutes (170 scored + 10 unscored pretest), split across three exam domains: **People (33%)**, **Process (41%)**, and **Business Environment (26%)**. About half the questions are written from a predictive (waterfall) lens, and roughly half from an agile or hybrid lens. Almost none of them ask you to recall a definition.

Exam Domain Distribution at a Glance

These percentages come from PMI's **Examination Content Outline (ECO)** — the blueprint that governs question sourcing. They are not from PMBOK; PMBOK itself does not publish domain percentages. The ECO and PMBOK 8 are complementary: the ECO tells you what is tested, PMBOK 8 tells you how to think.

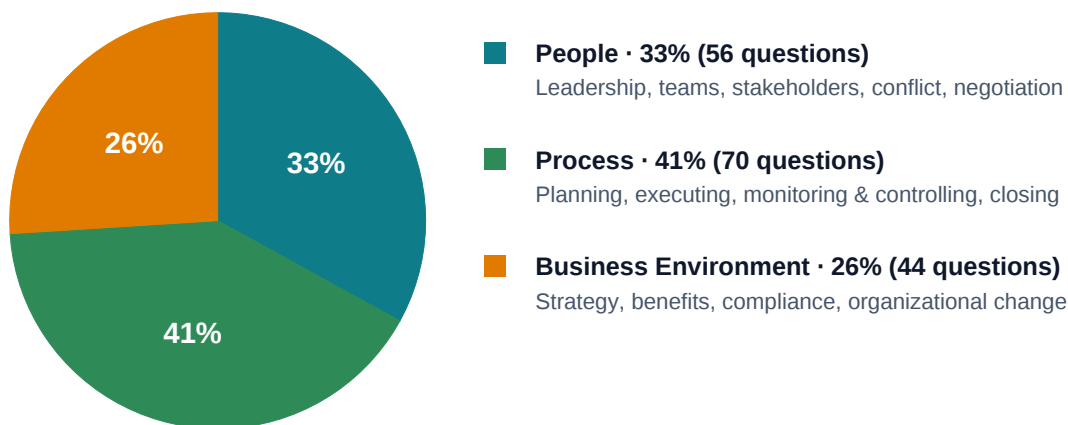


Figure 1 · PMP Exam Domain Distribution · 170 scored questions per PMI ECO (not a PMBOK figure)

Question Type Breakdown

The exam blends predictive, agile, and hybrid scenarios. PMI does not publish the exact split, but experienced candidates consistently report a roughly even mix. You must be fluent in both worlds.