7-WEEK USMLE STEP 1 SAMPLE SCHEDULE

Thanks for downloading our sample schedule! We don't suggest this is the ultimate schedule, but we offer it a starting point for your plan. Remember, everyone learns differently, and you will need to adjust your plan for your weak areas, if you fall behind, need catch-up days, etc.
Ultimately, we recommend using a personalized, flexible, and easily managed daily study plan like what Cram Fighter offers, to ensure you cover all the Step 1 exam material you need to. Access a 7-day FREE trial of the Cram Fighter study schedule planner at www.cramfighter.com. Good luck!

Day	Event	Subject	Pathoma and Fundamentals of Pathology Tasks	First Aid Tasks	First Aid (2017) pages	Pathoma hours	UWorld questions	Book & Lecture Study Hours	QBank Study Hours	Notes
Day 1	Begin 4-Week Study Block	Nervous	17.1 Developmental Anomalies; 17.2 Spinal Cord Lesions; 17.3 Meningitis; 17.4 Cerebrovascular Disease; 17.5 Trauma; 17.6 Demyelinating Disorders; 17.7 Dementia and Degenerative Disorders	Embryology pp. 460-462; Anatomy & Physiology pp. 463-480; Neuropathology pp. 481-484	25	1.5	70	7	3	**Schedule 1820 UWorld questions, Take a CBSSA practice exam before you begin your 4-Week Study Block**
Day 2		Nervous, Endocrine	17.8 CNS Tumors; 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland; 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia; 15.8 Parathyroid Gland; 15.9 Endocrine Pancreas	Neuropathology pp. 485-502; Otology p. 503; Ophthalmology pp. 504-513	29	1.5	70	7	3	**Read the explanation for every UWorld questions, regardless of whether you got it right or wrong**
Day 3		Nervous, Endocrine, Cardiovascular	15.10 Adrenal Cortex, 15.11 Adrenal Medulla; 7.1 Vasculitis; 7.2 Hypertension (HTN); 7.3 Arteriosclerosis	Pharmacology (Nervous) pp. 514-522; Embryology (Endo) p. 312; Anatomy (Endo) p. 313; Physiology (Endo) pp. 514-522	20	1	70	7	3	**Watch Pathoma on 1.7x speed**
Day 4		Endocrine, Cardiovascular	7.4 Aortic Dissection and Aneurysm; 7.5 Vascular Tumors; 8.1 Ischemic Heart Disease (IHD); 8.2 Congestive Heart Failure (CHF); 8.3 Congenital Defects; 8.4 Valvular Disorders;	Pathology (Endo) pp. 323-339; Pharmacology (Endo) pp. 340-342; Embryology (Cardio) pp. 268-270	23	1.5	70	7	3	
Day 5		Cardiovascular, Musculoskeletal	8.5 Endocarditis; 8.6 Cardiomyopathy, 8.7 Cardiac Tumors; 18.1 Skeletal System; 18.2 Bone Tumors; 18.3 Joint	Anatomy (Cardio) p. 271; Physiology (Cardio) pp. 272-287; Pathology (Cardio) pp. 289-295	25	1	70	7	3	
Day 6		Cardiovascular, Musculoskeletal, Respiratory	18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors; 9.1 Nasopharynx, 9.2 Larynx; 9.3 Pulmonary Infections; 9.4 Chronic Obstructive Pulmonary Disease (Part 1/2, 29 mins)	Pathology (Cardio) pp. 296-303; Pharmacology (Cardio) pp. 304-310; Anatomy & Physiology (Musc) pp. 424-434	26	1	70	7	3	
Day 7		Musculoskeletal, Respiratory	9.4 Chronic Obstructive Pulmonary Disease; 9.5 Restrictive Diseases; 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes; 9.8 Lung Cancer; 9.9 Pleura	Pathology (Musc) pp. 435-445; Dermatology (Musc) pp. 446-454; Pharmacology (Musc) pp. 455-458	24	1	70	7	3	
Day 8	Practice Exam									
Day 9		Skin, Renal & Urinary	19.1 Inflammatory Dermatoses; 19.2 Blistering Dermatoses; 19.3 Epithelial Tumors; 19.4 Disorders of Pigmentation and Melanocytes; 19.5 Infectious Disorders; 12.1 Congenital; 12.2 Acute Renal Failure (ARF)	Catch up on reading		1	70	7	3	
Day 10		Respiratory, Renal & Urinary	12.3 Nephrotic Syndrome; 12.4 Nephritic Syndrome; 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure; 12.8 Renal Neoplasia; 12.9 Lower Urinary Tract Carcinoma	Respiratory pp. 625-650	26	1	70	7	3	
Day 11		Renal & Urinary, Hematology & Oncology	4.1 Primary Hemostasis and Related Bleeding Disorders; 4.2 Secondary Hemostasis and Related Disorders; 4.3 Other Disorders of Hemostasis; 4.4 Thrombosis	Embryology (Renal) pp. 548-549; Anatomy (Renal) p. 550; Physiology (Renal) pp. 551-561	14	1.5	70	7	3	
Day 12		Renal & Urinary, Hematology & Oncology	4.5 Embolism; 5.1 Anemia; 5.2 Microcytic Anemias Part 1; 5.2 Microcytic Anemias Part 2; 5.2 Microcytic Anemias Part 3	Pathology (Renal) pp. 562-573; Pharmacology (Renal) pp. 574-578	17	1.5	70	7	3	
Day 13		Hematology & Oncology	5.3 Macrocytic Anemia; 5.4 Normocytic Anemia; 5.5 Normocytic Anemias w/ Extravascular Hemolysis; 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction	Anatomy (Heme/Onc) pp. 386-388; Physiology (Heme/Onc) pp. 389-393; Pathology (Heme/Onc) pp. 394-412	27	1.5	70	7	3	
Day 14		Hematology & Oncology, Gastrointestinal	6.1 Leukopenia and Leukocytosis; 6.2 Acute Leukemia; 6.3 Chronic Leukemia; 6.4 Myeloproliferative Disorders (MPD)	Pharmacology (Heme/Onc) pp. 413-422; Embryology (GI) p. 344; Anatomy (GI) pp. 345-355	22	1	70	7	3	
Day 15		Hematology & Oncology, Gastrointestinal	6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL); 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis; 10.1 Oral Cavity; 10.2 Salivary Gland; 10.3 Esophagus	Physiology (GI) pp. 356-358; Pathology (GI) pp. 359-380	25	1.5	70	7	3	
Day 16		Gastrointestinal, Reproductive	10.4 Stomach; 10.5 Small Bowel	Pharmacology (GI) pp. 381-384; Embryology (Repro) pp. 580-590; Anatomy (Repro) pp. 591-594	19	1	70	7	3	
Day 17		Gastrointestinal, Reproductive	10.6 Appendix, 10.7 Inflammatory Bowel Disease; 10.8 Colon (1); 10.8 Colorectal Carcinoma (2); 11.1 Exocrine Pancreas; 11.2 Gallbladder and Biliary Tract; 11.3 Liver: Jaundice	Physiology (Repro) pp. 595-602; Pathology (Repro) pp. 603-619; Pharmacology (Repro) pp. 620-624	30	1.5	70	7	3	
Day 18		Gastrointestinal, Reproductive, Psychiatry	11.3 Liver: Hepatitis; 11.3 Liver: Cirrhosis & Tumors; 13.1 Vulva; 13.2 Vagina; 13.3 Cervix	Psychiatry pp. 523-546	24	1.5	70	7	3	
Day 19		Biochemistry, Reproductive	13.4 Endometrium and Myometrium; 13.5 Ovary; 13.6 Ovarian Tumors	Molecular (Biochem) pp. 32-41; Cellular (Biochem) pp. 42-47; Lab Techniques (Biochem) pp. 48-51	20	1	70	7	3	
Day 20		Biochemistry, Reproductive	13.7 Gestational Pathology; 14.1 Penis; 14.2 Testicle; 14.3 Testicular Tumors; 14.4 Prostate; 16.1 Introduction	Genetics (Biochem) pp. 52-60; Nutrition (Biochem) pp. 61-67; Metabolism (Biochem) pp. 68-75	24	1	70	7	3	
Day 21		Biochemistry, Reproductive, Immunology, Microbiology	16.2 Inflammatory Conditions; 16.3 Benign Tumors and Fibrocystic Changes; 16.4 Breast Cancer; 2.3 Primary Immunodeficiency; 2.4 Autoimmune Disorders Part 1	Metabolism (Biochem) pp. 76-90; Basic Bacteriology (Micro) pp. 120-129	25	2	70	7	3	
Day 22	Catch-up Day									
Day 23		Microbiology, Immunology, Pathology	2.4 Autoimmune Disorders Part 2; 1.1 Growth Adaptations;	Clinical Bacteriology (Micro) pp. 130-146; Mycology (Micro) pp. 147-150	21	1	70	7	3	
Day 24		Microbiology, Pathology	1.2 Cellular Injury; 1.3 Cell Death	Parasitology (Micro) pp. 151-157; Virology (Micro) pp. 158-173	23	1.5	70	7	3	
Day 25		Microbiology, Pathology	1.4 Free Radical Injury; 1.5 Amyloid; 2.1 Acute Inflammation Part 1	Systems (Micro) pp. 174-182; Antimicrobials (Micro) pp. 183-202	29	1	70	7	3	
Day 26		Immunology, Pathology	2.1 Acute Inflammation Part 2; 2.1 Acute Inflammation Part 3; 2.2 Chronic Inflammation	Immunology pp. 91-118	28	1	70	7	3	
Day 27		Pathology	2.5 Wound Healing; 3.1 Neoplasia; 3.2 Carcinogenesis Part 1	Pathology pp. 203-222	20	1.5	70	7	3	
Day 28		Pharmacology, Pathology	3.2 Carcinogenesis Part 2; 3.2 Carcinogenesis Part 3; 3.3 Tumor Progression; 3.4 Clinical Characteristics	Pharmacology pp. 223-244	22	1	70	7	3	
Day 29			Catch up on lectures	Rapid Review pp. 651-670	20			7		
Day 30	Practice Exam									

Day 31	Begin 2-Week Study Block	Nervous		Neurology and Special Senses pp. 460-522	63		60	4	3	**Schedule 780 UWorld questions**
Day 32		Nervous, Endocrine	Read Fundamentals of Pathology, Ch. 17: Central Nervous System Pathology pp. 177-190	Endocrine pp. 312-342	57		60	4	3	
Day 33		Cardiovascular	Ch. 7: Vascular Pathology, Ch 8: Cardiac Pathology pp. 65-84	Cardiovascular pp. 268-310	63		60	4	3	
Day 34		Musculoskeletal, Skin	Ch. 18: Musculoskeletal Pathology, Ch 19: Skin Pathology pp. 191-208	Musculoskeletal, Skin, & Connective Tissue pp. 424-458	53		60	4	3	
Day 35		Respiratory	Ch. 9: Respiratory Tract Pathology pp. 85-98	Respiratory pp. 625-650	40		60	4	3	
Day 36		Renal & Urinary, Hematology & Oncology	Ch. 12: Kidney & Urinary Tract Pathology pp. 125-136	Renal pp. 548-578; Anatomy (Heme/Onc) pp. 386-388; Physiology (Heme/Onc) pp. 388-393; Pathology (Heme/Onc) pp. 394-412	70		60	4	3	
Day 37	Catch-up day									
Day 38		Hematology & Oncology, Gastrointestinal	Ch. 4: Hemostasis & Related Disorders; Ch. 5: Red Blood Cell Disorders; Ch. 6: White Blood Cell Disorders pp. 31-64	Pharmacology (Heme/Onc) pp. 413-422; Embryology (GI) p. 344; Anatomy (GI) pp. 345- 355; Physiology (GI) pp. 356-358	59		60	4	3	
Day 39		Gastrointestinal, Reproductive	Ch. 10: GI Pathology, Ch. 11: Exocrine Pancreas, Gallbladder, & Liver Pathology pp. 115-124	Pathology (GI) pp. 359-380; Pharmacology (GI) pp. 381-384; Embryology (Repro) pp. 580-590; Anatomy (Repro) pp. 591-594	67		60	4	3	
Day 40		Reproductive	Ch. 13: Female Genital System & Gestational Pathology, Ch. 14: Male Genital System Pathology, Ch. 16: Breast Pathology pp. 137-176	Physiology (Repro) pp. 595-602; Pathology (Repro) pp. 603-619; Pharmacology (Repro) pp. 620-624	58		60	4	3	
Day 41		Psychiatry, Biochemistry		Psychiatry pp. 523-532; Biochemistry pp. 32-90	69		60	4	3	
Day 42		Psychiatry, Microbiology		Psychiatry pp. 533-546; Basic Bacteriology (Micro) pp. 120-129; Clinical Bacteriology (Micro) pp. 130-146; Mycology (Micro) pp. 147-150; Parasitology (Micro) pp. 151-157; Virology (Micro) pp. 158-173	68		60	4	3	
Day 43		Microbiology, Immunology, Pathology		Systems (Micro) pp. 174-182; Antimicrobials (Micro) pp. 183-202; Immunology (Imm) pp. 91-118; Pathology (Path) pp. 203-211	66		60	4	3	
Day 44		Pathology, Pharmacology	Ch. 1: Growth Adaptations, Cellular Injury, & Cell Death, Ch. 2: Inflammation, Inflammatory Disorders, & Wound Healing, Ch. 3: Principles of Neoplasia pp. 1-30	Pathology (Path) pp. 212-222	63		60	4	3	
Day 45	Catch-up day						60	4	3	
Day 46	Begin 1-Week Study Block			Review weak subjects			250		8	**Schedule 1500 UWorld questions, Identify weak subjects with practice exam results**
Day 47				Review weak subjects			250		8	
Day 48				Review weak subjects			250		8	
Day 49				Review weak subjects			250		8	
Day 50				Review weak subjects			250		8	
Day 51				Review weak subjects			250		8	