

## 8-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](http://www.cramfighter.com). Good luck!

Day	Event	Subject	Fundamentals Tasks	First Aid Tasks	First Aid (2017) pages	UWorld questions	Anki flashcards	Fundamentals of Pathology (2016) pages	Book Hours	QBank Hours	Flashcard Hours	Notes
Day 1	Begin Study Block #1	Pathology	Ch. 1: Growth Adaptations, Cellular Injury, & Cell Death pp. 1-10; Ch. 2: Inflammation, Inflammatory Disorders, & Wound Healing pp. 11-22.	Pathology pp. 203-220	18	88			3	3		Omit First Aid Rapid Review chapter for First Pass. UWorld Total: 2728.
Day 2		Pathology	Ch. 3: Principles of Neoplasia pp. 23-30	Pathology pp. 221-222	2	88	20	22	4	3	1	
Day 3		Pathology, Biochemistry		Molecular (Biochem) pp. 32-41; Cellular (Biochem) pp. 42-47	16	88		8	4	3		
Day 4	Catch-up day											
Day 5		Biochemistry		Laboratory Techniques pp. 48-51; Genetics pp. 52-60; Nutrition pp. 61-64	17	88	20		3	3	1	
Day 6		Biochemistry		Nutrition pp. 65-67; Metabolism pp. 68-88	24	88			4	3		
Day 7		Biochemistry, Microbiology		Metabolism (Biochem) pp. 89-90; Basic Bacteriology (Micro) pp. 120-129; Clinical Bacteriology (Micro) pp. 130-135	18	88	20		3	3	1	
Day 8		Microbiology		Clinical Bacteriology pp. 136-146; Mycology pp. 147-150; Parasitology pp. 151-153	18	88			3	3		
Day 9		Microbiology		Parasitology pp. 154-157; Virology pp. 158-173; System pp. 174-176	23	88	20		4	3	1	
Day 10		Microbiology		Systems pp. 177-182; Antimicrobials pp. 183-200	24	88			4	3		
Day 11	Practice Exam											
Day 12		Microbiology, Immunology		Antimicrobials (Micro) pp. 201-202; Immunology (Imm) pp. 91-106	18	88	20		3	3	1	
Day 13		Immunology, Cardiovascular		Immunology (Imm) pp. 107-118; Embryology (Cardio) pp. 268-270; Anatomy (Cardio) p. 271; Physiology (Cardio) pp. 272-278	23	88			4	3		
Day 14		Cardiovascular		Physiology pp. 279-287; Pathology pp. 288-296	18	88	20		3	3	1	
Day 15		Cardiovascular, Nervous		Pathology (Cardio) pp. 297-303; Pharmacology (Cardio) pp. 304-310; Embryology (Nervous) pp. 460-462	17	88			3	3		
Day 16		Nervous		Anatomy & Physiology pp. 463-480; Neuropathology pp. 481-486	24	88	20		4	3	1	
Day 17		Nervous		Neuropathology pp. 487-502; Otology p. 503; Ophthalmology pp. 504-510	24	88			4	3		
Day 18	Catch-up day											
Day 19		Nervous, Endocrine		Ophthalmology (Nervous) pp. 511-513; Pharmacology (Nervous) pp. 514-522; Embryology (Endo) p. 312; Anatomy (Endo) p. 313; Physiology (Endo) pp. 314-317	18	88	20		3	3	1	
Day 20		Endocrine		Physiology pp. 318-322; Pathology pp. 323-339	22	88			4	3		
Day 21		Endocrine, Musculoskeletal		Pharmacology (Endo) pp. 340-342; Anatomy & Physiology (Musc) pp. 424-434; Pathology (Musc) pp. 435-439	19	88	20		3	3	1	
Day 22		Musculoskeletal		Pathology pp. 440-445; Dermatology pp. 446-454; Pharmacology pp. 455-457	18	88			3	3		
Day 23		Musculoskeletal, Pharmacology		Pharmacology (Musc) p. 458; Pharmacology (Pharm) pp. 223-244	23	88	20		4	3	1	
Day 24		Respiratory		Respiratory pp. 625-648	24	88			4	3		
Day 25	Practice Exam											
Day 26		Respiratory, Renal & Urinary		Respiratory (Resp) pp. 649-650; Embryology (Renal) pp. 548-549; Anatomy (Renal) p. 550; Physiology (Renal) pp. 551-561; Pathology (Renal) pp. 552-553	18	88	20		3	3	1	
Day 27		Renal & Urinary, Hematology & Oncology		Pathology (Renal) pp. 564-573; Pharmacology (Renal) pp. 574-578; Anatomy (Heme/Onc) pp. 386-388; Physiology (Heme/Onc) pp. 389-393	23	88			4	3		
Day 28		Hematology & Oncology		Pathology pp. 394-411	18	88	20		3	3	1	
Day 29		Hematology & Oncology, Gastrointestinal		Pathology (Heme/Onc) p. 412; Pharmacology (Heme/Onc) pp. 413-422; Embryology (GI) p. 344; Anatomy (GI) pp. 345-350	18	88			3	3		
Day 30		Gastrointestinal		Anatomy pp. 351-355; Physiology pp. 356-358; Pathology pp. 359-373	23	88	20		4	3	1	
Day 31		Gastrointestinal, Reproductive		Pathology (GI) pp. 374-380; Pharmacology (GI) pp. 381-384; Embryology (Repro) pp. 580-590	22	88			4	3		
Day 32	Catch-up day											
Day 33		Reproductive		Anatomy pp. 591-594; Physiology pp. 595-602; Pathology pp. 603-609	19	88	20		3	3	1	
Day 34		Reproductive, Behavioral/Psychiatry		Pathology (Repro) pp. 610-619; Pharmacology (Repro) pp. 620-624; Psychiatry (Psych) pp. 523-531	24	88			4	3		
Day 35		Behavioral/Psychiatry, Misc.		Psychiatry (Psych) pp. 532-546; Public Health Sciences (Misc.) pp. 245-247	18	88	20		3	3	1	
Day 36	Complete first pass of First Aid	Misc.		Public Health Sciences (Misc.) pp. 248-262	15	88			3	3		
Day 37	Catch-up day											
Day 38	Begin Study Block #2	Nervous		Embryology pp. 460-462; Anatomy & Physiology pp. 463-480; Neuropathology pp. 481-492	33	124			4	5		Include First Aid Rapid Review chapter for second pass. UWorld Total: 2356

Day 39		Nervous	Neuropathology pp. 493-502; Otology p. 503; Ophthalmology pp. 504-513; Pharmacology pp. 514-522	30	124			4	5
Day 40	Practice Exam								
Day 41		Endocrine	Embryology p. 312; Anatomy p. 313; Physiology pp. 314-322; Pathology pp. 323-339; Pharmacology pp. 340-342	31	124			4	5
Day 42		Cardiovascular	Embryology pp. 268-270; Anatomy p. 271; Physiology pp. 272-287; Pathology pp. 288-303	36	124			4	5
Day 43		Cardiovascular, Musculoskeletal	Pharmacology (Cardio) pp. 304-310; Anatomy & Physiology (Musc) 424-434; Pathology (Musc) pp. 435-445; Dermatology (Musc) pp. 446-451	35	124			4	5
Day 44		Musculoskeletal, Misc.	Dermatology (Musc) pp. 452-454; Pharmacology (Musc) pp. 455-458; Public Health Sciences (Misc.) pp. 245-262; Rapid Review (Misc.) pp. 651-658	33	124			4	5
Day 45		Misc., Respiratory	Rapid Review (Misc.) pp. 659-670; Respiratory (Resp) pp. 625-645	33	124			4	5
Day 46		Respiratory, Renal & Urinary	Respiratory (Rep) pp. 646-650; Embryology (Renal) pp. 548-549; Anatomy (Renal) p. 550; Physiology (Renal) pp. 551-561; Pathology (Renal) pp. 562-573	31	124			4	5
Day 47	Practice Exam								
Day 48		Renal & Urinary, Hematology & Oncology	Pharmacology (Renal) pp. 574-578; Anatomy (Heme/Onc) pp. 386-388; Physiology (Heme/Onc) pp. 389-393; Pathology (Heme/Onc) pp. 394-412	32	124			4	5
Day 49		Hematology & Oncology, Gastrointestinal	Pharmacology (Heme/Onc) pp. 413-422; Embryology (GI) p. 344; Anatomy (GI) pp. 345-355; Physiology (GI) pp. 356-358; Pathology (GI) pp. 359-369	36	124			4	5
Day 50		Gastrointestinal, Reproductive	Pathology (GI) pp. 370-380; Pharmacology (GI) pp. 381-384; Embryology (Repro) pp. 580-590; Anatomy (Repro) pp. 591-594	30	124			4	5
Day 51		Reproductive, Behavioral/Psychiatry	Physiology (Repro) pp. 595-602; Pathology (Repro) pp. 603-619; Pharmacology (Repro) pp. 620-624; Psychiatry (Psych) pp. 523-528	36	124			4	5
Day 52		Behavioral/Psychiatry, Biochemistry	Psychiatry (Psych) pp. 529-546; Molecular (Biochem) pp. 32-41; Cellular (Biochem) pp. 42-46	33	124			4	5
Day 53		Biochemistry	Cellular p. 47; Laboratory Techniques pp. 48-51; Genetics pp. 52-60; Nutrition pp. 61-67; Metabolism pp. 68-79	33	124			4	5
Day 54	Practice Exam								
Day 55		Biochemistry, Microbiology	Metabolism (Biochem) pp. 80-90; Basic Bacteriology (Micro) pp. 120-129; Clinical Bacteriology (Micro) pp. 130-141	33	124			4	5
Day 56		Microbiology	Clinical Bacteriology pp. 142-146; Mycology pp. 147-150; Parasitology pp. 151-157; Virology pp. 158-173	32	124			4	5
Day 57		Microbiology, Immunology	Systems (Micro) pp. 174-182; Antimicrobials (Micro) pp.183-202; Immunology (Imm) pp. 91-95	34	124			4	5
Day 58		Immunology, Pathology	Immunology (Imm) pp. 96-118; Pathology (Path) pp.203-212	33	124			4	5
Day 59	Complete second pass of First Aid	Pathology, Pharmacology	Pathology (Path) pp. 213-222; Pharmacology (Pharm) pp. 223-244	32	124			4	5
Day 60	Catch-up day								