

3-MONTH 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	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1		Nervous System	Intro to Neuro: Cells of the Nervous System, Intro to Neuro: Nerve Damage, Intro to Neuro: Blood Brain Barrier, Intro to Neuro: Neurotransmitters, Intro to Neuro: Dermatoses and Reflexes, Nervous System Structures: Cerebral Cortex, Nervous System Structures: Spinal Cord, Nervous System Structures: Spinal Cord Syndromes, Nervous System Structures: Brainstem, Nervous System Structures: Cranial Nerves (Part 1 of 2)	Neurology & Special Senses pp. 478-483	6	2 hours	40	4	2	2
2		Nervous System	Nervous System Structures: Cranial Nerves (Part 2 of 2), Nervous System Structures: Auditory System, Nervous System Structures: Vestibular System, Nervous System Structures: Thalamus, Hypothalamus, Limbic System, Nervous System Structures: Cerebellum, Nervous System Structures: Basal Ganglia, Nervous System Structures: Ventricles and Sinuses, Neurovascular Disorders: Cerebral and Lacunar Strokes, Neurovascular Disorders: Vertebrobasilar Stroke Syndromes, Neurovascular Disorders: CNS Aneurysms, Neurovascular Disorders: Intracranial Bleeding (Part 1 of 2)	Neurology & Special Senses pp. 484-489	6	2 hours	40	4	2	2
3		Nervous System, Endocrine System	Neurovascular Disorders: Intracranial Bleeding (Part 2 of 2), Neurovascular Disorders: Management of TIA/Stroke, Autonomic Nervous System: Autonomic Nervous System, Autonomic Nervous System: ANS: Drugs: Norepinephrine, Autonomic Nervous System: ANS Drugs: Acetylcholine, Autonomic Nervous System: Autonomic Receptors, The Eye: The Pupil	Neurology & Special Senses pp. 490-495	6	2 hours	40	4	2	2
4		Nervous System, Endocrine System	The Eye: The Lens, The Eye: The Retina, The Eye: Eye Movements, The Eye: Visual Fields, The Eye: Gaze Palsies, The Eye: Structural Eye Disorders, The Eye: Glaucoma, Anesthesia: General Anesthesia, Anesthesia: Local Anesthesia, Anesthesia: Neuromuscular Blockers, Other Neuro Topics: Meningitis	Neurology & Special Senses pp. 496-501	6	2 hours	40	4	2	2
5		Endocrine System, Cardiovascular System, Nervous System	Other Neuro Topics: Seizures, Other Neuro Topics: Neuroembryology, Other Neuro Topics: Delirium and Dementia, Other Neuro Topics: Demyelinating Diseases, Other Neuro Topics: Headaches, Other Neuro Topics: Brain Tumors, Other Neuro Topics: Parkinson's, Huntington's, and Movement Disorders, Other: HIV CNS Infections, Thyroid: Thyroid Gland (Part 1 of 2)	Neurology & Special Senses pp. 502-513	12	2 hours	40	4	2	2
6	Practice Test 1									
7		Endocrine System, Cardiovascular System, Nervous System	Thyroid: Thyroid Gland (Part 2 of 2), Thyroid: Thyroid Disorders, Thyroid: Thyroid Cancer, Adrenals: Adrenal Glands, Adrenals: Congenital Adrenal Hyperplasia, Adrenals: Adrenal Disorders, Pancreas: Endocrine Pancreas (Part 1 of 2)	Neurology & Special Senses pp. 514-520	7	2 hours	40	4	2	2
8		Endocrine System, Cardiovascular System, Nervous System	Pancreas: Endocrine Pancreas (Part 2 of 2), Pancreas: Diabetes, Pancreas: Insulin, Pancreas: Treatment of Diabetes, Reproductive: Reproductive Hormones, Reproductive: Male Reproductive Hormones, Reproductive: Female Reproductive Hormones, Reproductive: Menstrual Cycle (Part 1 of 2)	Neurology & Special Senses pp. 521-525	5	2 hours	40	4	2	2
9		Cardiovascular System, Nervous System	Reproductive: Menstrual Cycle (Part 2 of 2), Other: Pituitary Gland, Other: Parathyroid Glands, Other: MEN Syndromes, Other: Signalling Pathways, Introduction to Cardiac Medicine: Cardiac Anatomy, Introduction to Cardiac Medicine: Cardiac Physiology, Introduction to Cardiac Medicine: CV Response to Exercise, Introduction to Cardiac Medicine: Blood Flow Mechanics (Part 1 of 2)	Neurology & Special Senses pp. 526-531	6	2 hours	40	4	2	2
10		Cardiovascular System, Musculoskeletal System, Nervous System	Introduction to Cardiac Medicine: Blood Flow Mechanics (Part 2 of 2), Introduction to Cardiac Medicine: Regulation of Blood Pressure, Introduction to Cardiac Medicine: LV Loops, Introduction to Cardiac Medicine: Wiggers' Diagram, Introduction to Cardiac Medicine: Venous Pressure Tracings, Introduction to Cardiac Medicine: Starling Curve, Cardiac Ischemia: Atherosclerosis, Cardiac Ischemia: Cardiac Ischemia	Neurology & Special Senses pp. 532-537	6	2 hours	40	4	2	2
11		Cardiovascular System, Musculoskeletal System, Nervous System, Endocrine System	Cardiac Ischemia: STEMI, Cardiac Ischemia: Unstable Angina/NSTEMI, Cardiac Ischemia: Stable Angina, EKGs: EKG Basics, EKGs: High Yield EKGs, Arrhythmias: Cardiac Action Potentials, Arrhythmias: AV and Bundle Branch Blocks, Atrial Fibrillation and Flutter	Neurology & Special Senses pp. 537-539, Endocrine pp. 321-324	6	2 hours	40	4	2	2
12		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	Arrhythmias: AVNRT, Arrhythmias: WPW, Arrhythmias: Antiarrhythmic Drugs, Cardiac Auscultation: Heart Murmurs, Cardiac Auscultation: Heart Sounds, Cardiac Auscultation: Heart Failure Basics, Cardiac Auscultation: Systolic and Diastolic Heart Failure	Endocrine pp. 325-330	6	2 hours	40	4	2	2

3-MONTH 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	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
13		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	Heart Failure: Restrictive Cardiomyopathy, Heart Failure: Acute Heart Failure, Heart Failure: Chronic Heart Failure, The Developing Heart: Cardioac Embryology, The Developing Heart: Shunts, The Developing Heart: Cyanotic Congenital Heart Disease, The Developing Heart: Coarctation of the Aorta, Hypertension: Hypertension	Endocrine pp. 331-336	6	2 hours	40	4	2	2
14		Musculoskeletal System, Respiratory System, Endocrine System	Hypertension: Secondary Hypertension, Hypertension: Hypertension Drugs, Other Cardiovascular Topics: Valve Disease, Other Cardiovascular Topics: Shock, Other Cardiovascular Topics: Pericardial Disease, Other Cardiovascular Topics: Aortic Dissection, Other Cardiovascular Topics: Cardiac Tumors	Endocrine pp. 337-342	6	2 hours	40	4	2	2
15		Musculoskeletal System, Respiratory System, Endocrine System	Other Cardiovascular Topics: Hypertrophic Cardiomyopathy, Other Cardiovascular Topics: Endocarditis, Anatomy and Orthopedics: Knee, Anatomy and Orthopedics: Shoulder and Elbow, Anatomy and Orthopedics: Brachial Plexus, Anatomy and Orthopedics: Wrist, Anatomy and Orthopedics: Hand, Anatomy and Orthopedics: Lumbosacral Plexus, Anatomy and Orthopedics: Lumbar Radiculopathy	Endocrine pp. 343-348	6	2 hours	40	4	2	2
16		Respiratory System, Skin, Endocrine System, Cardiovascular System	Anatomy and Orthopedics: Hip, Cell Biology: Skeletal Muscle, Cell Biology: Cardiac Muscle, Cell Biology: Smooth Muscle, Cell Biology: Bone, Pathology: Bone Disorders, Pathology: Osteoporosis, Pathology: Osteoporosis Drugs, Pathology: Bone Tumors	Endocrine pp. 349-350, Cardiovascular pp. 278-281	6	2 hours	40	4	2	2
17		Respiratory System, Skin, Renal & Urinary System, Cardiovascular System	Pathology: Osteoarthritis, Pathology: Gout, Pathology: Gout Drugs, Pathology: CPPD, Pathology: Seronegative Spondyloarthritis, Pathology: Muscle Disorders, Neuromuscular Disorders, Biostatistics: Basic Statistics, Biostatistics: Hypothesis Testing, Biostatistics: Tests of Significance	Cardiovascular pp. 282-287	6	2 hours	40	4	2	2
18		Respiratory System, Renal & Urinary System, Cardiovascular System	Biostatistics: Correlations, Epidemiology: Study Designs, Epidemiology: Risk Quantification, Epidemiology: Sensitivity and Specificity, Epidemiology: Positive and Negative Predictive Value, Epidemiology: Diagnostic Testsm Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine	Cardiovascular pp. 288-293	6	2 hours	40	4	2	2
19		Respiratory System, Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	Intro to Pulmonary Medicine: Pulmonary Embryology, Intro to Pulmonary Medicine: Pulmonary Anatomy, Intro to Pulmonary Medicine: Pulmonary Physiology, Intro to Pulmonary Medicine: Hemoglobin, Intro to Pulmonary Medicine: Pulmonary Circulation, Intro to Pulmonary Medicine: Hypoxia, Intro to Pulmonary Medicine: Ventilation and Perfusion, Intro to Pulmonary Medicine: Carbon Dioxide (Part 1 of 2)	Cardiovascular pp. 294-305	12	2 hours	40	4	2	2
20	Catch-up day									
21		Skin, Hematology & Oncology, Cardiovascular System	Intro to Pulmonary Medicine: Carbon Dioxide (Part 2 of 2), Intro to Pulmonary Medicine: Pulmonary Physical Exam, Obstructive & Restrictive Diseases: Pulmonary Function Tests, Obstructive & Restrictive Diseases: Obstructive Lung Disease, Obstructive & Restrictive Diseases: Restrictive Lung Disease, Obstructive & Restrictive Diseases: Treatment of COPD and Asthma, Other Pulmonary Topics: Pneumonia, Other Pulmonary Topics: Pleural Disease	Cardiovascular pp. 306-311	6	2 hours	40	4	2	2
22		Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	Other Pulmonary Topics: Lung Cancer, Other Pulmonary Topics: Sleep Apnea, Other Pulmonary Topics: Cystic Fibrosis, Other Pulmonary Topics: Tuberculosis, Other Pulmonary Topics: Sarcoidosis, Other Pulmonary Topics: Pulmonary Embolism, Other Pulmonary Topics: Chest X-rays, Skin, Epithelial Cells, Skin Disorders I	Cardiovascular pp. 312-317	6	2 hours	40	4	2	2
23		Renal & Urinary System, Hematology & Oncology, Cardiovascular System, Musculoskeletal System	Skin Disorders II, Pigment Disorders, Vascular Lesions, Skin Infections, Blistering Disorders, Hypersensitivity Disorders, Neurocutaneous Disorders, Skin Cancer, Intro to Renal Medicine: Renal Embryology, Intro to Renal Medicine: Renal Anatomy, Intro to Renal Medicine: Renal Physiology I	Cardiovascular pp. 318-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	6	2 hours	40	4	2	2
24		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	Intro to Renal Medicine: Renal Physiology II, Intro to Renal Medicine: Nephron Physiology, Intro to Renal Medicine: Renal Endocrine Function, Acid-Base: Acid Excretion, Acid-Base: Acid-Base Principles, Acid-Base: Respiratory Disorders, Acid-Base: Metabolic Alkalosis	Musculoskeletal, Skin, and Connective Tissue pp. 442-447	6	2 hours	40	4	2	2
25		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	Acid-Base: Renal Tubular Acidosis, Acid-Base: Metabolic Acidosis, Acid-Base: Acid Base Problems, Electrolytes: Electrolyte Disorders, Electrolytes: Sodium and Water Balance, Electrolytes: Sodium Disorders	Musculoskeletal, Skin, and Connective Tissue pp. 448-453	6	2 hours	40	4	2	2

3-MONTH 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	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
26		Hematology & Oncology, Musculoskeletal System	Diseases of the Nephron: Glomerulonephritis Principles, Diseases of the Nephron: Nephritic Syndrome, Diseases of the Nephron: Nephrotic Syndrome, Diseases of the Nephron: MPGN, Diseases of the Nephron: Tubulointestinal Disease, Diseases of the Nephron: Renal Failure, Other Renal Topics: Urinary Tract Infection, Other Renal Topics: Cystic Kidney Disease, Other Renal Topics: Diuretics	Musculoskeletal, Skin, and Connective Tissue pp. 454-459	6	2 hours	40	4	2	2
27		Hematology & Oncology, Musculoskeletal System	Other Renal Topics: Kidney Stones, Other Renal Topics: Renal and Bladder Tumors, Other Renal Topics: Rhabdomyolysis, Hemostasis: Coagulation, Hemostasis: Platelet Activation, Hemostasis: Hypercoagulable States, Hemostasis: Coagulopathies, Hemostasis: Platelet Disorders, Hemostasis: Antiplatelet Drugs	Musculoskeletal, Skin, and Connective Tissue pp. 460-465	6	2 hours	40	4	2	2
28		Hematology & Oncology, Musculoskeletal System	Hemostasis: Anticoagulants, Red Blood Cells: Hemolysis Basics, Red Blood Cells: Extrinsic Hemolysis, Red Blood Cells: Intrinsic Hemolysis, Red Blood Cells: Microcytic Anemias, Red Blood Cells: Thalassemias	Musculoskeletal, Skin, and Connective Tissue pp. 466-471	6	2 hours	40	4	2	2
29		Hematology & Oncology, Musculoskeletal System, Miscellaneous	Red Blood Cells: Sickle Cell Anemia, Red Blood Cells: Other Anemias, Red Blood Cells: Blood Groups, White Blood Cells: Acute Leukemia, White Blood Cells: Chronic Leukemia, White Blood Cells: Hodgkin Leukemia, White Blood Cells: Non-Hodgkin Lymphoma, White Blood Cells: Plasma Cell Disorders, White Blood Cells: Amyloidosis	Musculoskeletal, Skin, and Connective Tissue pp. 472-476, Public Health Sciences pp. 255-255	6	2 hours	40	4	2	2
30		Hematology & Oncology, Gastrointestinal System, Miscellaneous	White Blood Cells: Myeloproliferative Disorders, Cancer Drugs: Antimetabolites, Cancer Drugs: Alkylating Agents, Cancer Drugs: Antitumor Antibiotics, Cancer Drugs: Microtubule inhibitors, Cancer Drugs: DNA Drugs, Cancer Drugs: Other Cancer Drugs, Other: Porphyrias, Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy	Public Health Sciences pp. 256-261	6	2 hours	40	4	2	2
31		Hematology & Oncology, Gastrointestinal System, Miscellaneous	Anatomy: Gastrointestinal Blood Supply, Anatomy: Gastrointestinal Tract, Anatomy: Liver, Gallbladder, and Pancreas, Anatomy: Salivary Glands, Anatomy: Hernias, GI Physiology: Bile, GI Physiology: Bilirubin, GI Physiology: Gastrointestinal Secretions	Public Health Sciences pp. 262-267	6	2 hours	40	4	2	2
32		Hematology & Oncology, Gastrointestinal System, Miscellaneous	GI Physiology: Gastrointestinal Hormones, GI Physiology: Exocrine Pancreas, Clinical Gastroenterology: Esophageal Disorders, Clinical Gastroenterology: Liver Disease, Clinical Gastroenterology: Cirrhosis, Clinical Gastroenterology: Liver Tumors, Clinical Gastroenterology: Wilson's Disease and Hemochromatosis, Clinical Gastroenterology: Gallstones (Part 1 of 2)	Public Health Sciences pp. 268-272, Approaching the Organ Systems pp. 274-274	6	2 hours	40	4	2	2
33		Hematology & Oncology, Gastrointestinal System, Miscellaneous, Respiratory System	Clinical Gastroenterology: Gallstones (Part 2 of 2), Clinical Gastroenterology: Biliary Disorders, Clinical Gastroenterology: Gastric Disorders, Clinical Gastroenterology: Malabsorption, Clinical Gastroenterology: Acute Pancreatitis, Clinical Gastroenterology: Chronic Pancreatitis & Pancreatic Cancer, Clinical Gastroenterology: Intestinal Disorders	Approaching the Organ Systems pp. 275-275, Respiratory pp. 645-655	12	2 hours	40	4	2	2
34	Catch-up Day									
35		Gastrointestinal System, Respiratory System	Clinical Gastroenterology: Inflammatory Bowel Disease, Clinical Gastroenterology: Colon Cancer, Clinical Gastroenterology: Carcinoid Tumors, Clinical Gastroenterology: Gastrointestinal Pharmacology, Embryology: Embryonic Genes, Embryology: Embryogenesis, Embryology: Germ Layers, Embryology: Errors in Morphogenesis, Embryology: Teratogens I, Embryology: Teratogens II	Respiratory pp. 656-661	6	2 hours	40	4	2	2
36		Gastrointestinal System, Reproductive System, Respiratory System	Embryology: Pharyngeal Arches, Embryology: Cleft Lip and Palate, Embryology: Pharyngeal Pouches and Clefts, Embryology: Genital Embryology, Pregnancy: Spermatogenesis and Oogenesis, Pregnancy: Placenta, Pregnancy: Twins, Pregnancy: Pregnancy, Pregnancy: Maternal-Fetal Disorders, Pregnancy: Hypertension in Pregnancy, Pregnancy: Placental Complications, Pregnancy: Gestational Tumors	Respiratory pp. 662-667	6	2 hours	40	4	2	2
37		Gastrointestinal System, Reproductive System, Respiratory System, Renal & Urinary System	Pregnancy: TORCH Infections, Vagina, Cervix, Uterus: Vaginal Cancer, Vagina, Cervix, Uterus: Cervical Cancer, Vagina, Cervix, Uterus: Endometrial Disorders, Vagina, Cervix, Uterus: Endometriosis, Vagina, Cervix, Uterus: Endometrial Cancer, Ovary: Ovarian Cysts, Ovary: Ovarian Epithelial Tumors, Ovary: Ovarian Stromal Tumors, Ovary: Ovarian Germ Cell Tumors, Breast: Breast Tissue, Breast: Breast Disorders, Breast: Breast Carcinoma, Male Disorders: Penile Disorders (Part 1 of 2)	Respiratory pp. 668-672, Renal pp. 566-566	6	2 hours	40	4	2	2
38		Gastrointestinal System, Reproductive System, Renal & Urinary System	Male Disorders: Penile Disorders (Part 2 of 2), Male Disorders: Scrotal Disorders, Male Disorders: Testicular Cancer, Male Disorders: Prostate, Other Topics: Disorders of Sexual Development, Other Topics: Hypogonadism, General Topics: Ethics Principles, General Topics: Informed Consent, General Topics: Confidentiality, General Topics: Decision-Making Capacity	Renal pp. 567-572	6	2 hours	40	4	2	2

3-MONTH 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	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
39		Gastrointestinal System, Reproductive System, Renal & Urinary System	General Topics: Public Health, General Topics: Quality and Safety, General Topics: Healthy Patient, General Topics: Geriatrics, General Topics: Pediatrics, Psychology: Conditioning and Transference, Psychology: Ego Defenses, Pathology: Child Abuse and Neglect, Pathology: Childhood Disorders, Pathology: ADHD and Autism	Renal pp. 573-578	6	2 hours	40	4	2	2
40		Gastrointestinal System, Reproductive System, Renal & Urinary System	Pathology: Cognitive Disorders, Pathology: Psychosis, Pathology: Psychotic Disorders, Pathology: Dissociative Disorders, Pathology: Somatic Disorders, Pathology: Personality Disorders, Pathology: Mood Disorders, Pathology: Anxiety Disorders, Pathology: Eating Disorders, Pathology: Sleep Disorders, Substance Abuse: Alcohol and CNS Depressants	Renal pp. 579-584	6	2 hours	40	4	2	2
41		Reproductive System, Renal & Urinary System	Substance Abuse: Opioids, Substance Abuse: Stimulants, Substance Abuse: Other Drugs, Pharmacology: Antidepressants, Pharmacology: Lithium, Pharmacology: Antipsychotics, Molecular Biochemistry: DNA Structure, Molecular Biochemistry: Purine Metabolism, Molecular Biochemistry: Pyrimidine Metabolism	Renal pp. 585-590	6	2 hours	40	4	2	2
42		Reproductive System, Renal & Urinary System	Metabolism: Glucose, Metabolism: Glycolysis, Metabolism: Gluconeogenesis, Metabolism: Glycogen, Metabolism: HMP Shunt, Metabolism: Fructose and Galactose, Metabolism: Pyruvate Dehydrogenase, Metabolism: TCA Cycle	Renal pp. 591-596	6	2 hours	40	4	2	2
43		Reproductive System, Immunology, Hematology & Oncology	Metabolism: Electron Transport Chain, Metabolism: Fatty Acids, Metabolism: Ketone Bodies, Metabolism: Ethanol Metabolism, Metabolism: Exercise and Starvation, Metabolism: Inborn Errors of Metabolism, Amino Acids: Amino Acids, Amino Acids: Phenylalanine and Tyrosine (Part 1 of 2)	Hematology & Oncology pp. 396-401	6	2 hours	40	4	2	2
44		Reproductive System, Immunology, Hematology & Oncology	Amino Acids: Phenylalanine and Tyrosine (Part 2 of 2), Amino Acids: Other Amino Acids, Amino Acids: Ammonia, Vitamins: B Vitamins, Vitamins: B12 and Folate, Vitamins: Other Vitamins, Lipids: Lipid Metabolism	Hematology & Oncology pp. 402-407	6	2 hours	40	4	2	2
45		Reproductive System, Immunology, Pathology - General, Hematology & Oncology	Lipids: Hyperlipidemia, Lipids: Lipid Drugs, Other Topics: Lysosomal Storage Diseases, Molecular Biology: DNA Replication, Molecular Biology: DNA Mutations, Molecular Biology: DNA Repair, Molecular Biology: Transcription	Hematology & Oncology pp. 408-413	6	2 hours	40	4	2	2
46		Reproductive System, Pathology - General, Hematology & Oncology	Molecular Biology: Translation, Laboratory Techniques: PCR, Laboratory Techniques: Blotting, Laboratory Techniques: Flow Cytometry, Laboratory Techniques: ELISA, Laboratory Techniques: Microarrays and FISH, Cellular Biology: Cell Cycle, Cellular Biology: Cell Structure, Cellular Biology: Cytoskeleton, Cellular Biology: Connective Tissue, Genetic Concepts: Genetic Principles (Part 1 of 2)	Hematology & Oncology pp. 414-419	6	2 hours	40	4	2	2
47		Reproductive System, Pathology - General, Hematology & Oncology	Genetic Concepts: Genetic Principles (Part 2 of 2), Genetic Concepts: Gene Mapping, Genetic Concepts: Meiosis, Genetic Concepts: Hardy-Weinberg Law, Genetic Concepts: Pedigrees, Genetic Concepts: Imprinting, Genetic Disorders: Down Syndrome, Genetic Disorders: Trisomies, Genetic Disorders: Muscular Dystrophy, Genetic Disorders: Trinucleotide Repeat Disorders, Genetic Disorders: Deletion Syndromes, Genetic Disorders: Turner and Klinefelter Syndromes	Hematology & Oncology pp. 420-426	7	2 hours	40	4	2	2
48	Catch-up Day									
49	Practice Test 2									
50		Pathology-General, Hematology & Oncology, Gastrointestinal System	Basics of Microbiology: Bacteria, Basics of Microbiology: Shapes and Strains, Basics of Microbiology: Bacterial Culture, Basics of Microbiology: Special Growth Requirements, Basics of Microbiology: Virulence, Basics of Microbiology: Growth and Genetics, Basics of Microbiology: Bacterial Identification, Bacteria: Staphylococci, Bacteria: Streptococci, Bacteria: Other Gram Positives, Bacteria: Gram Negative Rods, Bacteria: Other Gram Negatives, Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria	Hematology & Oncology pp. 427-436, Gastrointestinal pp. 352-352	11	2 hours	40	4	2	2
51		Pathology-General, Gastrointestinal System	Antibiotics: Penicillins, Antibiotics: Beta Lactams, Antibiotics: Sulfonamides, Antibiotics: Protein Synthesis Inhibitors, Antibiotics: Other Antibiotics, Fungi: Fungal Pneumonias, Fungi: Fungal Skin Infections, Fungi: Opportunistic Fungal Infections	Gastrointestinal pp. 353-358	1	2 hours	40	4	2	2
52		Pathology-General, Gastrointestinal System	Fungi: Antifungal Drugs, Parasites and Helminths: Malaria, Parasites and Helminths: Protozoa, Parasites and Helminths: Helminths, Virus: Virus Structure, Virus: DNA Viruses, Virus: Herpes Viruses	Gastrointestinal pp. 359-364	6	2 hours	40	4	2	2
53		Pathology-General, Gastrointestinal System	Virus: RNA Viruses, Virus: Viral Hepatitis, Virus: HIV, Virus: HIV Drugs, Virus: Antiviral Drugs, Basic Immunology: Innate Immunology (Part 1 of 2)	Gastrointestinal pp. 365-370	6	2 hours	40	4	2	2

3-MONTH 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	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
54		Pathology-General, Gastrointestinal System	Basic Immunology: Innate Immunology (Part 2 of 2), Basic Immunology: T-Cells, Basic Immunology: B-Cells, Basic Immunology: The Complement System, Basic Immunology: Lymph Nodes and Spleen, Clinical Immunology: Hypersensitivity	Gastrointestinal pp. 377-382	6	2 hours	40	4	2	2
55		Pathology-General, Gastrointestinal System	Clinical Immunology: Transplants, Clinical Immunology: Immune Deficiency Syndromes, Pharmacology: Glucocorticoids and NSAIDs, Pharmacology: Immunosuppressive Drugs, Autoimmune Disorders: Systemic Lupus Erythematosus, Autoimmune Disorders: Rheumatoid Arthritis, Autoimmune Disorders: Scleroderma, Autoimmune Disorders: Sjogren's Syndrome, Autoimmune Disorders: Vasculitis (Part 1 of 2)	Gastrointestinal pp. 383-388	6	2 hours	40	4	2	2
56	Complete first pass of First Aid and Boards and Beyond	Pathology-General, Gastrointestinal System	Autoimmune Disorders: Vaculitis (Part 2 of 2), Cellular Adaptations, Cell Injury, Free Radicals, Apoptosis, Necrosis, Inflammation Principles, Acute and Chronic Inflammation, Granulomatous Inflammation, Wound Healing and Scar, Pathologic Calcification, Neoplasia, General Topics: Enzymes, General Topics: Enzyme Inhibitors, General Topics: Dose-Response, General Topics: Drug Elimination, General Topics: Pharmacokinetics	Gastrointestinal pp. 383-394	6	2 hours	40	4	2	2
57	Begin study block #2	Nervous System	Intro to Neuro: Cells of the Nervous System, Intro to Neuro: Nerve Damage, Intro to Neuro: Blood Brain Barrier, Intro to Neuro: Neurotransmitters, Intro to Neuro: Dermatomes and Reflexes, Nervous System Structures: Cerebral Cortex, Nervous System Structures: Spinal Cord, Nervous System Structures: Spinal Cord Syndromes, Nervous System Structures: Brainstem, Nervous System Structures: Cranial Nerves, Nervous System Structures: Auditory System, Nervous System Structures: Vestibular System, Nervous System Structures: Thalamus, Hypothalamus, Limbic System, Nervous System Structures: Cerebellum, Nervous System Structures: Basal Ganglia, Nervous System Structures: Ventricles and Sinuses, Neurovascular Disorders: Cerebral and Lacunar Stokes, Neurovascular Disorders: Vertebrobasilar Stroke Syndromes	Neurology & Special Senses pp. 478-500	23	1 hour	80	4	4	3
58		Nervous System, Endocrine System	Neurovascular Disorders: CNS Aneurysms, Neurovascular Disorders: Intracranial Bleeding, Neurovascular Disorders: Management of TIA/Stroke, Autonomic Nervous System: Autonomic Nervous System, Autonomic Nervous System: ANS Drugs: Norepinephrine, Autonomic Nervous System: ANS Drugs: Acetylcholine, Autonomic Nervous System: Autonomic Receptors, The Eye: The Pupil, The Eye: The Lens, The Eye: The Retina, The Eye: Eye Movements, The Eye: Visual Fields, The Eye: Gaze Palsies, The Eye: Structural Eye Disorders, The Eye: Glaucoma, Anesthesia: General Anesthesia, Anesthesia: Local Anesthesia	Neurology & Special Senses pp. 501-523	23	1 hour	80	4	4	3
59		Nervous System, Endocrine System, Cardiovascular System	Anesthesia: Neuromuscular Blockers, Other Neuro Topics: Meningitis, Other Neuro Topics: Seizures, Other Neuro Topics: Neuroembryology, Other Neuro Topics: Delirium and Dementia, Other Neuro Topics: Demyelinating Diseases, Other Neuro Topics: Headaches, Other Neuro Topics: Brain Tumors, Other Neuro Topics: Parkinson's, Huntington's, and Movement Disorders, Other: HIV CNS Infections, Thyroid: Thyroid Gland, Thyroid: Thyroid Disorders, Thyroid: Thyroid Cancer, Adrenals: Adrenal Glands, Adrenals: Congenital Adrenal Hyperlasia, Adrenals: Adrenal Disorders	Neurology & Special Senses pp. 523-539, Endocrine pp. 321-327	23	1 hour	80	4	4	3
60		Endocrine System, Cardiovascular System	Pancreas: Endocrine Pancreas, Pancreas: Diabetes, Pancreas: Insulin, Pancreas: Treatment of Diabetes, Reproductive: Reproductive Hormones, Reproductive: Male Reproductive Hormones, Reproductive: Female Reproductive Hormones, Reproductive: Menstrual Cycle, Other: Pituitary Gland, Other: Parathyroid Glands, Other: MEN Syndromes, Other: Signalling Pathways, Introduction to Cardiac Medicine: Anatomy	Endocrine pp. 328-350	23	1 hour	80	4	4	3
61		Cardiovascular System, Musculoskeletal System	Introduction to Cardiac Medicine: Cardiac Psychology, Introduction to Cardiac Medicine: CV Response to Exercise, Introduction to Cardiac Medicine: Blood Flow Mechanics, Introduction to Cardiac Medicine: Regulation of Blood Pressure, Introduction to Cardiac Medicine: PV Loops, Introduction to Cardiac Medicine: Wigger's Diagram, Introduction to Cardiac Medicine: Venous Pressure Tracings, Introduction to Cardiac Medicine: Starling Curve, Cardiac Ischemia: Atherosclerosis, Cardiac Ischemia: Cardiac Ischemia, Cardiac Ischemia: STEMI, Cardiac Ischemia: Unstable Angina/NSTEMI, Cardiac Ischemia: Stable Angina, EKGs: EKG Basics, EKGs: High Yield EKGs, Arrhythmias: Cardiac Action Potentials, Arrhythmias: AV and Bundle Branch Blocks (Part 1 of 2)	Cardiovascular pp. 278-300	23	1.5 hours	80	4	4	3

3-MONTH 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	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
62		Cardiovascular System, Musculoskeletal System, Respiratory System	Arrhythmias: AV and Bundle Branch Blocks (Part 2 of 2), Arrhythmias: Atrial Fibrillation and Flutter, Arrhythmias: AVNRT, Arrhythmias: WPW, Arrhythmias: Antiarrhythmic Drugs, Cardiac Auscultation: Heart Murmurs, Cardiac Auscultation: Heart Sounds, Heart Failure: Heart Failure Basics, Heart Failure: Systolic and Diastolic Heart Failure. Heart Failure: Restrictive Cardiomyopathy, Heart Failure: Acute Heart Failure, Heart Failure: Chronic Heart Failure, The Developing Heart: Cardiac Embryology, The Developing Heart: Shunts	Cardiovascular pp. 301-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	23	1 hour	80	4	4	3
63		Musculoskeletal System, Respiratory System	The Developing Heart: Cyanotic Congenital Heart Disease, The Developing Heart: Coarctation of the Aorta, Hypertension: Hypertension, Hypertension: Secondary Hypertension, Hypertension: Hypertension Drugs, Other Cardiovascular Topics: Valve Disease, Other Cardiovascular Topics: Shock, Other Cardiovascular Topics: Pericardial Disease, Other Cardiovascular Topics: Aortic Dissection, Other Cardiovascular Topics: Cardiac Tumors, Other Cardiovascular Topics: Hypertrophic Cardiomyopathy, Other Cardiovascular Topics: Endocarditis, Anatomy & Orthopedics: Knee, Anatomy & Orthopedics: Shoulder and Elbow, Anatomy & Orthopedics: Brachial Plexus, Anatomy & Orthopedics: Wrist	Musculoskeletal, Skin, and Connective Tissue pp. 442-464	23	1 hour	80	4	4	3
64		Musculoskeletal System, Miscellaneous, Respiratory System, Skin, Renal & Urinary System	Anatomy & Orthopedics: Hand, Anatomy & Orthopedics: Lumbosacral Plexus, Anatomy & Orthopedics: Lumbar Radiculopathy, Anatomy & Orthopedics: Hip, Cell Biology: Skeletal Muscle, Cell Biology: Cardiac Muscle, Cell Biology: Smooth Muscle, Cell Biology: Bone, Pathology: Bone Disorders, Pathology: Osteoporosis, Pathology: Osteoporosis Drugs, Pathology: Bone Tumors, Osteoarthritis, Pathology: Gout, Pathology: Gout Drugs, Pathology: CPPD, Seronegative Spondyloarthritis, Pathology: Muscle Disorders, Pathology: Neuromuscular Disorders	Musculoskeletal, Skin, and Connective Tissue pp. 465-476, Public Health Sciences pp. 255-272	29	2 hours	80	4	4	3
65		Respiratory System, Renal & Urinary System, Hematology & Oncology	Biostatistics: Basic Biostatistics, Biostatistics: Hypothesis Testing, Biostatistics: Tests of Significance, Biostatistics: Correlations, Epidemiology: Study Designs, Epidemiology: Risk Quantification, Epidemiology: Sensitivity and Specificity, Epidemiology: Positive and Negative Predictive Value, Epidemiology: Diagnostic Tests, Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine, Intro to Pulmonary Medicine: Pulmonary Embryology, Intro to Pulmonary Medicine: Pulmonary Anatomy, Intro to Pulmonary Medicine: Pulmonary Physiology, Intro to Pulmonary Medicine: Hemoglobin, Intro to Pulmonary Medicine: Pulmonary Circulation	Respiratory pp. 645-661	20	1 hour	80	4	4	3
66		Respiratory System, Renal & Urinary System, Hematology & Oncology	Intro to Pulmonary Medicine: Hypoxia, Intro to Pulmonary Medicine: Ventilation and Perfusion, Intro to Pulmonary Medicine: Carbon Dioxide, Intro to Pulmonary Medicine: Pulmonary Physical Exam, Obstructive & Restrictive Diseases: Pulmonary Function Tests, Obstructive & Restrictive Diseases: Obstructive Lung Disease, Obstructive & Restrictive Diseases: Restrictive Lung Disease, Obstructive & Restrictive Diseases: Treatment of COPD and Asthma, Other Pulmonary Topics: Pneumonia, Other Pulmonary Topics: Pleural Disease, Other Pulmonary Topics: Lung Cancer, Other Pulmonary Topics: Sleep Apnea, Other Pulmonary Topics: Cystic Fibrosis, Other Pulmonary Topics: Tuberculosis, Other Pulmonary Topics: Sarcoidosis, Other Pulmonary Topics: Pulmonary Embolism	Respiratory pp. 662-672, Renal pp. 566-577	23	1 hour	80	4	4	3
67		Renal & Urinary System, Hematology & Oncology	Other Pulmonary Topics: Chest X-rays, Skin, Epithelial Cells, Skin Disorders I, Skin Disorders II, Pigment Disorders, Vascular Lesions, Skin Infections, Blistering Disorders, Hypersensitivity Disorders, Neurocutaneous Disorders, Skin Cancer, Intro to Renal Medicine: Renal Embryology, Intro to Renal Medicine: Renal Anatomy, Intro to Renal Medicine: Renal Physiology I, Intro to Renal Medicine: Renal Physiology II, Nephron Physiology	Renal pp. 578-596, Hematology & Oncology pp. 396-399	23	1.5 hours	80	4	4	3
68		Hematology & Oncology	Intro to Renal Medicine: Renal Endocrine Function, Acid-Base: Acid Excretion, Acid-Base: Acid-Base Principles, Acid-Base: Respiratory Disorders, Acid-Base: Metabolic Alkalosis, Acid-Base: Renal Tubular Acidosis, Acid-Base: Metabolic Acidosis, Acid-Base: Acid-Base Problems, Electrolytes: Electrolyte Disorders, Electrolytes: Sodium and Water Balance, Electrolytes: Sodium Disorders, Diseases of the Nephron: Glomerulonephritis Principles, Diseases of the Nephron: Nephritic Syndrome, Diseases of the Nephron: Nephrotic Syndrome	Hematology & Oncology pp. 400-422	23	1 hour	80	4	4	3

3-MONTH 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	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
76		Biochem, Cell Bio, Genetics, Reproductive System	General Topics: Healthy Patient, General Topics: Geriatrics, Pediatrics, Psychology: Conditioning and Transference, Psychology: Ego Defenses, Pathology: Child Abuse and Neglect, Pathology: Childhood Disorders, Pathology: ADHD and Autism, Pathology: Cognitive Disorders, Pathology: Psychosis, Pathology: Psychotic Disorders, Pathology: Dissociative Disorders, Pathology: Somatic Disorders, Pathology: Personality Disorders, Pathology: Mood Disorders, Pathology: Anxiety Disorders, Pathology: Eating Disorders, Pathology: Sleep Disorders, Substance Abuse: Alcohol and CNS Depressants, Substance Abuse: Opioids, Substance Abuse: Stimulants	Biochemistry pp. 45-67	23	1 hour	80	4	4	3
77		Biochem, Cell Bio, Genetics, Reproductive System	Substance Abuse: Other Drugs, Pharmacology: Antidepressants, Pharmacology: Lithium, Pharmacology: Antipsychotics, Molecular Biochemistry: DNA Structure, Molecular Biochemistry: Purine Metabolism, Molecular Biochemistry: Pyrimidine Metabolism, Metabolism: Glucose, Metabolism: Glycolysis, Metabolism: Gluconeogenesis, Metabolism: Glycogen, Metabolism: HMP Shunt, Metabolism: Fructose and Galactose, Metabolism: Pyruvate Dehydrogenase, Metabolism: TCA Cycle, Metabolism: Electron Transport Chain	Biochemistry pp. 68-90	23	1.5 hours	80	4	4	3
78		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	Metabolism: Fatty Acids, Metabolism: Ketone Bodies, Metabolism: Ethanol Metabolism, Metabolism: Exercise and Starvation, Metabolism: Inborn Errors of Metabolism, Amino Acids: Amino Acids, Amino Acids: Phenylalanine and Tyrosine, Amino Acids: Other Amino Acids, Amino Acids: Ammonia, Vitamins: B Vitamins, Vitamins: B12 and Folate, Vitamins: Other Vitamins, Lipids: Lipid Metabolism, Lipids: Hyperlipidemia	Biochemistry pp. 91-94, Microbiology pp. 124-142	23	1 hour	80	4	4	3
79		Microbiology, Immunology, Pathology - General	Lipids: Lipid Drugs, Other Topics: Lysosomal Storage Diseases, Molecular Biology: DNA Replication, Molecular Biology: DNA Mutations, Molecular Biology: DNA Repair, Molecular Biology: Transcription, Molecular Biology: Translation, Laboratory Techniques: PCR, Laboratory Techniques: Blotting, Laboratory Techniques: Flow Cytometry, Laboratory Techniques: ELISA, Laboratory Techniques: Microarrays and FISH, Cellular Biology: Cell Cycle, Cellular Biology: Cell Structure, Cellular Biology: Cytoskeleton, Cellular Biology: Connective Tissue, Genetic Concepts: Genetic Principles	Microbiology pp. 143-165	23	1 hour	80	4	4	3
80		Microbiology, Pathology - General	Genetic Concepts: Gene Mapping, Genetic Concepts: Meiosis, Genetic Concepts: Hardy-Weinberg Law, Genetic Concepts: Pedigrees, Genetic Concepts: Imprinting, Genetic Disorders: Down Syndrome, Genetic Disorders: Trisomies, Genetic Disorders: Muscular Dystrophy, Genetic Disorders: Trinucleotide Repeat Disorders, Genetic Disorders: Deletion Syndromes, Genetic Disorders: Turner and Klinefelter Syndromes, Basics of Microbiology: Bacteria, Basics of Microbiology: Shapes and Strains, Basics of Microbiology: Bacterial Culture, Basics of Microbiology: Special Growth Requirements, Basics of Microbiology: Virulence, Basics of Microbiology: Growth and Genetics, Basics of Microbiology: Bacterial Identification, Bacteria: Staphylococci, Bacteria: Streptococci	Microbiology pp. 166-188	23	1 hour	80	4	4	3
81		Microbiology, Immunology, Pathology - General	Bacteria: Other Gram Positives, Bacteria: Gram Negative Rods, Bacteria: Other Gram Negatives, Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria, Antibiotics: Penicillins, Antibiotics: Beta Lactams, Antibiotics: Sulfonamides, Antibiotics: Protein Synthesis Inhibitors, Antibiotics: Other Antibiotics, Fungi: Fungal Pneumonias, Fungi: Fungal Skin Infections, Fungi: Opportunistic Fungal Infections	Microbiology pp. 189-204, Immunology pp. 95-101	23	1 hour	80	4	4	3
82		Immunology, Pathology - General	Fungi: Antifungal Drugs, Parasites and Helminths: Malaria, Parasites and Helminths: Protozoa, Parasites and Helminths: Helminths, Viruses: Virus Structure, Viruses: DNA Viruses, Viruses: Herpes Viruses, Viruses: RNA Viruses, Viruses: Viral Viruses, Viruses: Viral Hepatitis, Viruses: HIV, Viruses: HIV Drugs, Viruses: Antiviral Drugs, Basic Immunology: Innate Immunology (Part 1 of 2)	Immunology pp. 102-122, Pathology pp. 205-206	23	1 hour	80	4	4	3
83		Pathology - General	Basic Immunology: Innate Immunology (Part 2 of 2), Basic Immunology: T-Cells, Basic Immunology: B-Cells, Basic Immunology: The Complement System, Basic Immunology: Lymph Nodes and Spleen, Clinical Immunology: Hypersensitivity, Clinical Immunology: Transplants, Clinical Immunology: Immune Deficiency Syndromes, Pharmacology: Glucocorticoids and NSAIDs, Pharmacology: Immunosuppressive, Autoimmune Disorders: Systemic Lupus Erythematosus, Autoimmune Disorders: Rheumatoid Arthritis, Autoimmune Disorders: Scleroderma, Autoimmune Disorders: Sjogren's Syndrome	Pathology pp. 207-229	23	1 hour	80	4	4	3

3-MONTH 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	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
84		Pharmacology - General, Pathology - General	Autoimmune Disorders: Vasculitis, Cellular Adaptations, Cell Injury, Free Radicals, Apoptosis, Necrosis, Inflammation Principles, Acute and Chronic Inflammation, Granulomatous Inflammation, Wound Healing and Scar, Pathologic Calcification, Neoplasia, General Topics: Enzymes, General Topics: Enzyme Inhibitors, General Topics: Dose-Response, General Topics: Drug Elimination, General Topics: Pharmacokinetics	Pharmacology pp. 231-253	23	1 hour	80	4	4	3