

4-WEEK USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	First Aid (2018) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1		Nervous System	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 Degenerative Disorders (Part 1 of 2)	Neurology & Special Senses pp. 474-497	24	1 hour	80	4	2	3
2		Nervous System, Endocrine System	17.7 Dementia and Degenerative Disorders (Part 2 of 2), 17.8 CNS Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas (Part 1 of 2)	Neurology & Special Senses pp. 495-521	24	1 hour	80	4	2	3
3		Nervous System, Endocrine System, Cardiovascular System	15.9 Endocrine Pancreas (Part 2 of 2), 15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis (Part 1 of 2)	Neurology & Special Senses pp. 522-535, Endocrine pp. 320-329	24	1 hour	80	4	2	3
4		Endocrine System, Cardiovascular System	7.3 Arteriosclerosis (Part 2 of 2), 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	Endocrine pp. 330-350	21	1 hour	80	4	2	3
5		Cardiovascular System, Musculoskeletal System	8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System, 18.2 Bone Tumors (Part 1 of 2)	Cardiovascular pp. 274-299	26	1 hour	80	4	2	3
6		Cardiovascular System, Musculoskeletal System, Respiratory System	18.2 Bone Tumors (Part 2 of 2), 18.3 Joint, 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 of 2)	Cardiovascular pp. 300-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-439	24	1 hour	80	4	2	3
7		Musculoskeletal System, Respiratory System	9.4 Chronic Obstructive Pulmonary Disease (Part 2 of 2), 9.5 Restrictive Diseases, 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes	Musculoskeletal, Skin, and Connective Tissue pp. 440-460	21	1 hour	80	4	2	3
8		Musculoskeletal System, Respiratory System, Skin	9.8 Lung Cancer, 9.9 Pleura, 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 (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 461-472, Respiratory pp. 641-654	26	1 hour	80	4	2	3
9		Respiratory System, Renal & Urinary System	12.1 Congenital (Part 2 of 2), 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure	Respiratory pp. 655-668, Renal pp. 562-571	24	1 hour	80	4	2	3
10		Renal & Urinary System, Hematology & Oncology	12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders, 4.2 Secondary Hemostasis and Related Disorders	Renal pp. 572-592	21	1 hour	80	4	2	3
11		Hematology & Oncology	4.3 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1	Hematology & Oncology pp. 396-421	26	1.5 hours	80	4	2	3
12		Hematology & Oncology, Gastrointestinal System	5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia	Hematology & Oncology pp. 422-431, Gastrointestinal pp. 352-364	23	1 hour	80	4	2	3
13		Gastrointestinal System, Hematology & Oncology	5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction, 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia (Part 1 of 2)	Gastrointestinal pp. 365-388	24	1.5 hours	80	4	2	3
14		Gastrointestinal System, Reproductive System, Hematology & Oncology	6.2 Acute Leukemia (Part 2 of 2), 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL)	Gastrointestinal pp. 389-394, Reproductive pp. 594-610	23	1 hour	80	4	2	3

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15		Reproductive System, Hematology & Oncology, Gastrointestinal System	6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach (Part 1 of 2)	Reproductive pp. 611-635	25	1.5 hours	80	4	2	3
16		Reproductive System, Gastrointestinal System	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1) (Part 1 of 2)	Reproductive pp. 636-639, Psychiatry pp. 537-556	24	1 hours	80	4	2	3
17		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Gastrointestinal System	10.8 Colon (1) (Part 2 of 2), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors (Part 1 of 2)	Psychiatry pp. 557-560, Biochemistry pp. 34-51	22	1 hour	80	4	2	3
18		Biochem, Cell Bio, Genetics, Gastrointestinal System, Reproductive System	11.3 Liver: Cirrhosis & Tumors (Part 2 of 2), 13.1 Vulva, 13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium (Part 1 of 2)	Biochemistry pp. 52-76	25	1 hour	80	4	2	3
19		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System	13.4 Endometrium and Myometrium (Part 2 of 2), 13.5 Ovary, 13.6 Ovarian Tumors, 13.7 Gestational Pathology	Biochemistry pp. 77-94, Basic Microbiology pp. 124-129	24	1 hour	80	4	2	3
20		Microbiology, Reproductive System	14.1 Penis, 14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocystic Changes	Microbiology pp. 130-150	21	1 hour	80	4	2	3
21	Catch-up day									
22		Microbiology, Reproductive System, Immunology	16.4 Breast Cancer, 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1	Microbiology pp. 151-176	26	1 hour	80	4	2	3
23		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 2, 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)	Microbiology pp. 177-200	24	1.5 hours	80	4	2	3
24		Microbiology, Immunology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death	Microbiology pp. 201-204, Immunology pp. 95-113	23	1 hour	80	4	2	3
25		Immunology, Pathology - General	1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1	Immunology pp. 114-122, Pathology pp. 205-219	24	1 hour	80	4	2	3
26		Pathology - General, Pharmacology - General	2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation, 2.5 Wound Healing (Part 1 of 2)	Pathology pp. 220-226, Pharmacology pp. 227-243	24	1.5 hours	80	4	2	3
27		Pharmacology - General, Miscellaneous, Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1	Pharmacology pp. 244-249, Public Health Sciences pp. 251-267	23	1 hour	80	4	2	3
28		Miscellaneous, Pathology - General	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	Public Health Sciences pp. 268-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-688	23	1 hour	80	4	2	3