

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event                | Subjects                                | Boards and Beyond tasks   | First Aid (2020) tasks                            | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|----------------------|---|---|---|-------|----------------|------------------|------------------|---------------------|-------------------|
| 1   | Begin study block #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  | Neurology & Special Senses pp. 490-496            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 2   |                      | Nervous System                          | 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 (Part 1 of 2)   | Neurology & Special Senses pp. 497-503            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 3   |                      | Nervous System                          | Nervous System Structures: Vestibular System (Part 2 of 2), Nervous System Structures: Thalamus, Hypothalamus, Limbic System, Nervous System Structures: Cerebellum, Nervous System Structures: Basal Ganglia, Nervous System Structures: Ventricles and Sinuses, Nervous System Structures: Cerebral and Lacunar Strokes (Part 1 of 2)     | Neurology & Special Senses pp. 504-510            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 4   |                      | Nervous System                          | Neurovascular Disorders: Cerebral and Lacunar Strokes (Part 2 of 2), Neurovascular Disorders: Vertebrobasilar Stroke Syndromes, Neurovascular Disorders: CNS Aneurysms, Neurovascular Disorders: Intracranial Bleeding, Neurovascular Disorders: Management of TIA/Stroke, Autonomic Nervous System: Autonomic Nervous System (Part 1 of 2) | Neurology & Special Senses pp. 511-517            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 5   |                      | Nervous System                          | Autonomic Nervous System: Autonomic Nervous System (Part 2 of 2), Autonomic Nervous System: ANS Drugs: Norepinephrine, Autonomic Nervous System: ANS Drugs: Acetylcholine, Autonomic Nervous System: Autonomic Receptors (Part 1 of 2)  | Neurology & Special Senses pp. 518-524            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 6   |                      | Nervous System                          | Autonomic Nervous System: Autonomic Receptors (Part 2 of 2), The Eye: The Pupil, The Eye: The Lens, The Eye: The Retina, The Eye: Eye Movements, The Eye: Visual Fields, The Eye: Gaze Palsies  | Neurology & Special Senses pp. 525-531            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 7   |                      | Nervous System                          | The Eye: Structural Eye Disorders, The Eye: Glaucoma, Anesthesia: General Anesthesia, Anesthesia: Neuromuscular Blockers, Other Neuro Topics: Meningitis  | Neurology & Special Senses pp. 532-538            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 8   |                      | Nervous System                          | Other Neuro Topics: Seizures, Other Neuro Topics: Neuroembryology, Other Neuro Topics: Delirium and Dementia, Other Neuro Topics: Demyelinating Diseases  | Neurology & Special Senses pp. 539-545            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 9   |                      | Nervous System, Endocrine System        | Other Neuro Topics: Headaches, Other Neuro Topics: Brain Tumors, Other Neuro Topics: Parkinson's, Huntington's, and Movement Disorders, Other Neuro Topics: HIV CNS Infections, Thyroid: Thyroid Gland,   | Neurology & Special Senses pp. 546-552            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 10  |                      | Endocrine System                        | Thyroid: Thyroid Disorders, Thyroid: Thyroid Cancer, Adrenals: Adrenal Glands, Adrenals: Congenital Adrenal Hyperplasia   | Endocrine pp. 325-331                             | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 11  |                      | Endocrine System                        | Adrenals: Adrenal Disorders, Pancreas: Endocrine Pancreas, Pancreas: Diabetes (Part 1 of 2)   | Endocrine pp. 332-338                             | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 12  |                      | Endocrine System                        | Pancreas: Diabetes (Part 2 of 2), Pancreas: Insulin, Pancreas: Treatment of Diabetes, Reproductive: Reproductive Hormones, Reproductive: Male Reproductive Hormones (Part 1 of 2)   | Endocrine pp. 339-345                             | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 13  |                      | Endocrine System                        | Reproductive: Male Reproductive Hormones (Part 2 of 2), Reproductive: Female Reproductive Hormones, Reproductive: Menstrual Cycle, Other: Pituitary Gland, Other: Parathyroid Glands (Part 1 of 2)  | Endocrine pp. 346-352                             | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 14  |                      | Endocrine System, Cardiovascular System | Other: Parathyroid Glands (Part 2 of 2), 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   | Endocrine pp. 353-354; Cardiovascular pp. 280-284 | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 15  |                      | Cardiovascular System                   | 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: Wiggers' Diagram  | Cardiovascular pp. 285-291                        | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 16  |                      | Cardiovascular System                   | Introduction to Cardiac Medicine: Venous Pressure Tracings, Introduction to Cardiac Medicine: Starling Curve, Cardiac Ischemia: Atherosclerosis, Cardiac Ischemia: Cardiac Ischemia, Cardiac Ischemia: STEMI  | Cardiovascular pp. 292-298                        | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event        | Subjects                                      | Boards and Beyond tasks   | First Aid (2020) tasks   | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|--------------|---|---|--|-------|----------------|------------------|------------------|---------------------|-------------------|
| 17  |              | Cardiovascular System                         | Cardiac Ischemia: Unstable Angina/NSTEMI, Cardiac Ischemia: Stable Angina, EKGs: EKG Basics, EKGs: High Yield EKGs, Arrhythmias: Cardiac Action Potentials (Part 1 of 2)  | Cardiovascular pp. 299-305   | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 18  |              | Cardiovascular System                         | Arrhythmias: Cardiac Action Potentials (Part 2 of 2), Arrhythmias: AV and Bundle Branch Blocks, Arrhythmias: Atrial Fibrillation and Flutter, Arrhythmias: AVNRT, Arrhythmias: WPW  | Cardiovascular pp. 306-312   | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 19  |              | Cardiovascular System                         | Arrhythmias: Antiarrhythmic Drugs, Cardiac Auscultation: Heart Murmurs, Cardiac Auscultation: Heart Sounds  | Cardiovascular pp. 313-319   | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 20  |              | Cardiovascular System, Musculoskeletal System | 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 (Part 1 of 2)                                     | Cardiovascular pp. 320-324; Musculoskeletal, Skin, & Connective Tissue pp. 446-447 | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 21  |              | Musculoskeletal System                        | Heart Failure: Chronic Heart Failure (Part 2 of 2), The Developing Heart: Cardiac Embryology, The Developing Heart: Shunts, The Developing Heart: Cyanotic Congenital Heart Disease, The Developing Heart: Coarctation of the Aorta                             | Musculoskeletal, Skin, & Connective Tissue pp. 448-454                             | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 22  |              | Musculoskeletal System                        | Hypertension: Hypertension, Hypertension: Secondary Hypertension, Hypertension: Hypertension Drugs, Other Cardiovascular Topics: Valve Disease (Part 1 of 2)  | Musculoskeletal, Skin, & Connective Tissue pp. 455-461                             | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 23  |              | Musculoskeletal System                        | Other Cardiovascular Topics: Valve Disease (Part 2 of 2), Other Cardiovascular Topics: Shock, Other Cardiovascular Topics: Pericardial Disease, Other Cardiovascular Topics: Aortic Dissection, Other Cardiovascular Topics: Cardiac Tumors                     | Musculoskeletal, Skin, & Connective Tissue pp.462-468                              | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 24  |              | Musculoskeletal 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                                       | Musculoskeletal, Skin, & Connective Tissue pp. 469-475                             | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 25  |              | Musculoskeletal System, Miscellaneous         | Anatomy and Orthopedics: Wrist, Anatomy and Orthopedics: Hand, Anatomy and Orthopedics: Lumbosacral Plexus, Anatomy and Orthopedics: Lumbar Radiculopathy, Anatomy and Orthopedics: Hip   | Musculoskeletal, Skin, & Connective Tissue pp. 476-482                             | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 26  |              | Miscellaneous                                 | Cell Biology: Skeletal Muscle, Cell Biology: Cardiac Muscle, Cell Biology: Smooth Muscle, Cell Biology: Bone, Pathology: Bone Disorders   | Musculoskeletal, Skin, & Connective Tissue pp. 483-487; Respiratory pp. 659-660    | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 27  |              | Miscellaneous                                 | Pathology: Osteoporosis, Pathology: Osteoporosis Drugs, Pathology: Bone Tumors, Pathology: Osteoarthritis, Pathology: Gout  | Respiratory pp. 661-667  | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 28  |              | Miscellaneous                                 | Pathology: Gout Drugs, Pathology: CPPD, Pathology: Seronegative Spondyloarthritis, Pathology: Muscle Disorders, Pathology: Neuromuscular Disorders, Biostatistics: Basic Statistics, Biostatistics: Hypothesis Testing (Part 1 of 2)                            | Respiratory pp. 668-674  | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 29  |              | Miscellaneous                                 | Biostatistics: Hypothesis Testing (Part 2 of 2), Biostatistics: Tests of Significance, Biostatistics: Correlations, Epidemiology: Study Designs, Epidemiology: Risk Quantification, Epidemiology: Sensitivity and Specificity (Part 2 of 2)                     | Respiratory pp. 675-681  | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 30  |              | Miscellaneous                                 | Epidemiology: Sensitivity and Specificity (Part 2 of 2), Epidemiology: Positive and Negative Predictive Value, Epidemiology: Diagnostic Tests, Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine                         | Respiratory pp. 682-687; Renal pp. 578-578   | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 31  |              | Miscellaneous, Respiratory 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 (Part 1 of 2) | Renal pp. 579-585  | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 32  |              | Respiratory System                            | Intro to Pulmonary Medicine: Pulmonary Circulation (Part 2 of 2), Intro to Pulmonary Medicine: Hypoxia, Intro to Pulmonary Medicine: Ventilation and Perfusion, Intro to Pulmonary Medicine: Carbon Dioxide   | Renal pp. 586-592  | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 33  | Catch-up day |   |   |  | 7     |                |                  |                  |                     |                   |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event | Subjects                                       | Boards and Beyond tasks  | First Aid (2020) tasks  | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|-------|--|--|---|-------|----------------|------------------|------------------|---------------------|-------------------|
| 34  |       | Respiratory System                             | 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 (Part 1 of 2) | Renal pp. 593-599   | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 35  |       | Respiratory System                             | Obstructive & Restrictive Diseases: Treatment of COPD and Asthma (Part 2 of 2), Other Pulmonary Topics: Pneumonia, Other Pulmonary Topics: Pleural Disease, Other Pulmonary Topics: Lung Cancer, Other Pulmonary Topics: Sleep Apnea, Other Pulmonary Topics: Cystic Fibrosis  | Renal pp. 600-606   | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 36  |       | Respiratory System, Renal & Urinary System     | Other Pulmonary Topics: Tuberculosis, Other Pulmonary Topics: Sarcoidosis, Other Pulmonary Topics: Pulmonary Embolism, Other Pulmonary Topics: Chest X-rays, Skin, Epithelial Cells (Part 1 of 2)  | Renal pp. 607-610; Hematology & Oncology pp. 404-406            | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 37  |       | Renal & Urinary System                         | Epithelial Cells (Part 2 of 2), Skin Disorders I, Skin Disorders II, Pigment Disorders, Vascular Lesions, Skin Infections, Blistering Disorders  | Hematology & Oncology pp. 407-413                               | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 38  |       | Renal & Urinary System                         | 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 (Part 1 of 2)  | Hematology & Oncology pp. 414-420                               | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 39  |       | Renal & Urinary System                         | Intro to Renal Medicine: Renal Physiology I (Part 2 of 2), Intro to Renal Medicine: Renal Physiology II, Intro to Renal Medicine: Nephron Physiology (Part 1 of 2)   | Hematology & Oncology pp. 421-427                               | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 40  |       | Renal & Urinary System, Hematology & Oncology  | Intro to Renal Medicine: Nephron Physiology (Part 2 of 2), Intro to Renal Medicine: Renal Endocrine Function, Acid-Base: Acid Excretion, Acid-Base: Acid-Base Principles, Acid-Base: Respiratory Disorders, Acid-Base: Metabolic Alkalosis   | Hematology & Oncology pp. 428-434                               | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 41  |       | Hematology & Oncology                          | Acid-Base: Renal Tubular Acidosis, Acid-Base: Metabolic Acidosis, Acid-Base: Acid Base Problems, Electrolytes: Electrolyte Disorders   | Hematology & Oncology pp. 435-441                               | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 42  |       | Hematology & Oncology                          | Electrolytes: Sodium and Water Balance, Electrolytes: Sodium Disorders, Diseases of the Nephron: Glomerulonephritis Principles   | Hematology & Oncology pp. 442-444; Gastrointestinal pp. 358-361 | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 43  |       | Hematology & Oncology                          | Diseases of the Nephron: Nephritic Syndrome, Diseases of the Nephron: Nephrotic Syndrome, Diseases of the Nephron: MPGN, Diseases of the Nephron: Tubulointerstitial Disease, Diseases of the Nephron: Renal Failure   | Gastrointestinal pp. 362-368                                    | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 44  |       | Hematology & Oncology                          | Other Renal Topics: Urinary Tract Infections, Other Renal Topics: Cystic Kidney Disease, Other Renal Topics: Diuretics, Other Renal Topics: Kidney Stones, Other Renal Topics: Renal and Bladder Tumors, Other Renal Topics: Rhabdomyolysis, Hemostasis: Coagulation (Part 1 of 2)   | Gastrointestinal pp. 369-375                                    | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 45  |       | Hematology & Oncology                          | Hemostasis: Coagulation (Part 2 of 2), Hemostasis: Platelet Activation, Hemostasis: Hypercoagulable States, Hemostasis: Coagulopathies, Hemostasis: Platelet Disorders (Part 1 of 2)   | Gastrointestinal pp. 376-382                                    | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 46  |       | Hematology & Oncology, Gastrointestinal System | Hemostasis: Platelet Disorders (Part 2 of 2), Hemostasis: Antiplatelet Drugs, Hemostasis: Anticoagulants, Red Blood Cells: Hemolysis Basics, Red Blood Cells: Extrinsic Hemolysis (Part 1 of 2)  | Gastrointestinal pp.383-389                                     | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 47  |       | Gastrointestinal System                        | Red Blood Cells: Extrinsic Hemolysis (Part 2 of 2), Red Blood Cells: Intrinsic Hemolysis, Red Blood Cells: Microcytic Anemias, Red Blood Cells: Thalassemias   | Gastrointestinal pp. 390-396                                    | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 48  |       | Gastrointestinal System                        | Red Blood Cells: Sickle Cell Anemia, Red Blood Cells: Other Anemias, Red Blood Cells: Blood Groups, White Blood Cells: Acute Leukemia  | Gastrointestinal pp. 397-401; Reproductive pp. 612-613          | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 49  |       | Gastrointestinal System                        | White Blood Cells: Chronic Leukemia, White Blood Cells: Hodgkin Lymphoma, White Blood Cells: Non-Hodgkin Lymphoma, White Blood Cells: Plasma Cell Disorders, White Blood Cells: Amyloidosis, White Blood Cells: Myeloproliferative Disorders (Part 1 of 2)   | Reproductive pp. 614-620  | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 50  |       | Gastrointestinal System                        | White Blood Cells: Myeloproliferative Disorders (Part 2 of 2), 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: Porphyrrias (Part 1 of 2)                          | Reproductive pp. 621-627  | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event        | Subjects   | Boards and Beyond tasks  | First Aid (2020) tasks                           | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|--------------|--|--|--|-------|----------------|------------------|------------------|---------------------|-------------------|
| 51  |              | Gastrointestinal System                          | Other: Porphyrias (Part 2 of 2), Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy, Anatomy: Gastrointestinal Blood Supply, Anatomy: Gastrointestinal Tract (Part 1 of 2)  | Reproductive pp. 628-634                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 52  |              | Gastrointestinal System, Reproductive System     | Anatomy: Gastrointestinal Tract (Part 2 of 2), Anatomy: Liver, Gallbladder, and Pancreas, Anatomy: Salivary Glands, Anatomy: Hernias, GI Physiology: Bile, GI Physiology: Bilirubin (Part 1 of 2)  | Reproductive pp. 635-641                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 53  |              | Reproductive System                              | GI Physiology: Bilirubin (Part 2 of 2), GI Physiology: Gastrointestinal Secretions, GI Physiology: Gastrointestinal Hormones, GI Physiology: Exocrine Pancreas, Clinical Gastroenterology: Esophageal Disorders (Part 1 of 2)  | Reproductive pp. 642-648                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 54  |              | Reproductive System                              | Clinical Gastroenterology: Esophageal Disorders (Part 2 of 2), Clinical Gastroenterology: Liver Disease, Clinical Gastroenterology: Cirrhosis, Clinical Gastroenterology: Liver Tumors, Clinical Gastroenterology: Wilson's Disease and Hemochromatosis  | Reproductive pp. 649-655                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 55  |              | Reproductive System                              | Clinical Gastroenterology: Gallstones, Clinical Gastroenterology: Biliary Disorders, Clinical Gastroenterology: Gastric Disorders, Clinical Gastroenterology: Malabsorption (Part 1 of 2)  | Reproductive pp. 656-658; Psychiatry pp. 553-556 | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 56  |              | Reproductive System                              | Clinical Gastroenterology: Malabsorption (Part 2 of 2), Clinical Gastroenterology: Acute Pancreatitis, Clinical Gastroenterology: Chronic Pancreatitis & Pancreatic Cancer, Clinical Gastroenterology: Intestinal Disorders, Clinical Gastroenterology: Inflammatory Bowel Disease (Part 1 of 2)                   | Psychiatry pp. 557-563                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 57  |              | Reproductive System                              | Clinical Gastroenterology: Inflammatory Bowel Disease (Part 2 of 2), Clinical Gastroenterology: Colon Cancer, Clinical Gastroenterology: Carcinoid Tumors, Clinical Gastroenterology: Gastrointestinal Pharmacology, Embryology: Embryonic Genes   | Psychiatry pp. 564-570                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 58  |              | Reproductive System                              | Embryology: Embryogenesis, Embryology: Germ Layers, Embryology: Errors in Morphogenesis, Embryology: Teratogens I, Embryology: Teratogens II, Embryology: Pharyngeal Arches, Embryology: Cleft Lip and Palate, Embryology: Pharyngeal Pouches and Clefts, Embryology: Genital Embryology (Part 1 of 2)             | Psychiatry pp. 571-576; Biochemistry pp. 34-34   | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 59  | Catch-up day |  |  |  |       |                |                  |                  |                     |                   |
| 60  |              | Reproductive System, Behavioral/Psychiatry       | Embryology: Genital Embryology (Part 2 of 2), Pregnancy: Spermatogenesis and Oogenesis, Pregnancy: Placenta, Pregnancy: Twins, Pregnancy: Pregnancy, Pregnancy: Maternal-Fetal Disorders, Pregnancy: Hypertension in Pregnancy (Part 1 of 2)   | Biochemistry pp. 35-41                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 61  |              | Behavioral/Psychiatry                            | Pregnancy: Hypertension in Pregnancy (Part 2 of 2), Pregnancy: Placental Complications, Pregnancy: Gestational Tumors, Pregnancy: TORCH Infections, Vagina,Cervix,Uterus: Vaginal Cancer, Vagina, Cervix,Uterus: Cervical Cancer, Vagina,Cervix,Uterus: Endometrial Disorders, Vagina,Cervix,Uterus: Endometriosis | Biochemistry pp. 42-48                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 62  |              | Behavioral/Psychiatry                            | 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 (Part 1 of 2)  | Biochemistry pp. 49-55                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 63  |              | Behavioral/Psychiatry, Biochem,Cell Bio,Genetics | Breast: Breast Carcinoma (Part 2 of 2), Male Disorders: Penile Disorders, Male Disorders: Scrotal Disorders, Male Disorders: Testicular Cancer, Male Disorders: Prostate   | Biochemistry pp. 56-62                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 64  |              | Biochem,Cell Bio, Genetics                       | 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  | Biochemistry pp. 63-69                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 65  |              | Biochem,Cell Bio, Genetics                       | General Topics: Public Health, General Topics: Quality and Safety, General Topics: Healthy Patient, General Topics: Geriatrics, General Topics: Pediatrics (Part 1 of 2)   | Biochemistry pp. 70-76                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 66  |              | Biochem,Cell Bio, Genetics                       | General Topics: Pediatrics (Part 2 of 2), Psychology: Conditioning and Transference, Psychology: Ego Defenses, Pathology: Child Abuse and Neglect, Pathology: Childhood Disorders, Pathology: ADHD and Autism, Pathology: Cognitive Disorders  | Biochemistry pp. 77-83                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event        | Subjects                                 | Boards and Beyond tasks   | First Aid (2020) tasks                           | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|--------------|--|---|--|-------|----------------|------------------|------------------|---------------------|-------------------|
| 67  |              | Biochem,Cell Bio, Genetics               | Pathology: Psychosis, Pathology: Psychotic Disorders, Pathology: Dissoassociative Disorders, Pathology: Somatic Disorders, Pathology: Personality Disorders, Pathology: Mood Disorders, Pathology: Anxiety Disorders (Part 1 of 2)  | Biochemistry pp. 84-90                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 68  |              | Biochem,Cell Bio, Genetics               | Pathology: Anxiety (Part 2 of 2), Pathology: Eating Disorders, Pathology: Sleep Disorders, Substance Abuse: Alcohol and CNS Depressants, Substance Abuse: Opioids, Substance Abuse: Stimulants, Substance Abuse: Other Drugs (Part 1 of 2)  | Biochemistry pp. 91-94; Microbiology pp. 124-126 | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 69  |              | Biochem,Cell Bio, Genetics               | Substance Abuse: Other Drugs (Part 2 of 2), Pharmacology: Antidepressants, Pharmacology: Lithium, Pharmacology: Antipsychotics, Molecular Biochemistry: DNA Structure, Molecular Biochemistry: Purine Metabolism (Part 1 of 2)  | Microbiology pp. 127-133                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 70  |              | Biochem,Cell Bio, Genetics               | Molecular Biochemistry: Purine Metabolism (Part 2 of 2), Molecular Biochemistry: Pyrimidine Metabolism, Metabolism: Glucose, Metabolism: Glycolysis, Metabolism: Glucogenesis (Part 1 of 2)   | Microbiology pp. 134-140                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 71  |              | Biochem,Cell Bio, Genetics               | Metabolism: Glucogenesis (Part 2 of 2), Metabolism: Glycogen, Metabolism: HMP Shunt, Metabolism: Fructose and Galactose, Metabolism: Pyruvate Dehydrogenase, Metabolism: TCA Cycle (Part 1 of 2)  | Microbiology pp. 141-147                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 72  |              | Biochem,Cell Bio, Genetics, Microbiology | Metabolism: TCA Cycle (Part 2 of 2), Metabolism: Electron Transport Chain, Metabolism: Fatty Acids, Metabolism: Ketone Bodies, Metabolism: Ethanol Metabolism   | Microbiology pp. 148-154                         |       | 1 hour         | 10               | 2                | 1                   | 1                 |
| 73  | Catch-up day |  |   |  |       |                |                  |                  |                     |                   |
| 74  |              | Microbiology                             | Metabolism: Exercise and Starvation, Metabolism: Inborn Errors of Metabolism, Amino Acids: Amino Acids, Amino Acids: Phenylalanine and Tyrosine (Part 1 of 2)   | Microbiology pp. 155-161                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 75  |              | Microbiology                             | Amino Acids: Phenylalanine and Tyrosine (Part 2 of 2), Amino Acids: Other Amino Acids, Amino Acids: Ammonia, Vitamins: B Vitamins, Vitamins: B12 and Folate (Part 1 of 2)   | Microbiology pp. 162-168                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 76  |              | Microbiology                             | Vitamins: B12 and Folate (Part 2 of 2), Vitamins: Other Vitamins, Lipids: Lipid Metabolism, Lipids: Hyperlipidemia, Lipids: Lipid Drugs (Part 1 of 2)   | Microbiology pp. 169-175                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 77  |              | Microbiology                             | Lipids: Lipid Drugs (Part 2 of 2), Other Topics: Lysosomal Storage Diseases, Molecular Biology: DNA Replication, Molecular Biology: DNA Mutations   | Microbiology pp. 176-182                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 78  |              | Microbiology                             | Molecular Biology: DNA Repair, Molecular Biology: Transcription, Molecular Biology: Translation, Laboratory Techniques: PCR, Laboratory Techniques: Blotting, Laboratory Techniques: Flow Cytometry   | Microbiology pp. 183-189                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 79  |              | Microbiology                             | Laboratory Techniques: ELISA, Laboratory Techniques: Microarrays and FISH, Cellular Biology: Cell Cycle, Cellular Biology: Cell Structure, Cellular Biology: Cytoskeleton, Cellular Biology: Connective Tissue (Part 1 of 2)  | Microbiology pp. 190-196                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 80  |              | Microbiology                             | Cellular Biology: Connective Tissue (Part 2 of 2), Genetic Concepts: Genetic Principles, Genetic Concepts: Gene Mapping, Genetic Concepts: Meiosis, Genetic Concepts: Hardy-Weinberg Law, Genetic Concepts: Pedigrees (Part 1 of 2)   | Microbiology pp. 197-203                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 81  |              | Microbiology                             | Genetic Concepts: Pedigrees (Part 2 of 2), 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 | Microbiology pp. 204-204; Immunology pp. 95-100  | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 82  |              | Microbiology                             | 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 (Part 1 of 2)   | Immunology pp. 101-107                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 83  |              | Microbiology                             | Basics of Microbiology: Virulence (Part 2 of 2), Basics of Microbiology: Growth and Genetics, Basics of Microbiology: Bacterial Identification, Bacteria: Staphylococci, Bacteria: Streptococci   | Immunology pp. 108-114                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 84  |              | Microbiology                             | Bacteria: Other Gram Positives, Bacteria: Gram Negative Rods, Bacteria: Other Gram Negatives  | Immunology pp. 115-121                           | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event                                    | Subjects                                | Boards and Beyond tasks   | First Aid (2020) tasks                        | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|--|---|---|---|-------|----------------|------------------|------------------|---------------------|-------------------|
| 85  |  | Microbiology, Immunology                | Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria, Antibiotics: Penicillins, Antibiotics: Beta Lactams (Part 1 of 2)   | Immunology pp. 122-122; Pathology pp. 205-210 | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 86  |  | Immunology                              | Antibiotics: Beta Lactams (Part 2 of 2), Antibiotics: Sulfonamides, Antibiotics: Protein Synthesis Inhibitors, Antibiotics: Other Antibiotics, Fungi: Fungal Pneumonias, Fungi: Fungal Skin Infections (Part 1 of 2)  | Pathology pp. 211-217                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 87  |  | Immunology                              | Fungi: Fungal Skin Infections (Part 2 of 2), Fungi: Opportunistic Fungal Infections, Fungi: Antifungal Drugs, Parasites and Helminths: Malaria, Parasites and Helminths: Protozoa (Part 1 of 2)   | Pathology pp. 218-224                         | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 88  |  | Immunology                              | Parasites and Helminths: Protozoa (Part 2 of 2), Parasites and Helminths: Helminths, Viruses: Virus Structure, Viruses: DNA Viruses, Viruses: Herpes Viruses (Part 1 of 2)  | Pathology pp. 225-228                         | 4     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 89  |  | Immunology, Pathology-General           | Viruses: Herpes Viruses (Part 2 of 2), Viruses: RNA Viruses, Viruses: Viral Hepatitis   | Pharmacology pp. 229-231                      | 3     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 90  |  | Pathology-General                       | Viruses: HIV, Viruses: HIV Drugs, Viruses: Antiviral Drugs, Basic Immunology: Innate Immunology (Part 1 of 2)   | Pharmacology pp. 232-238                      | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 91  |  | Pathology-General                       | Basic Immunology: Innate Immunology (Part 2 of 2), Basic Immunology: T-Cells, Basic Immunology: B-Cells, Basic Immunology: The Complement System (Part 1 of 2)  | Pharmacology pp. 239-245                      | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 92  |  | Pathology-General, Pharmacology-General | Basic Immunology: The Complement System (Part 2 of 2), Basic Immunology: Lymph Nodes and Spleen, Clinical Immunology: Hypersensitivity, Clinical Immunology: Transplants, Clinical Immunology: Immune Deficiency Syndromes (Part 1 of 2)  | Pharmacology pp. 246-252                      | 7     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 93  | Complete first pass of First Aid         | Pharmacology-General                    | Clinical Immunology: Immune Deficiency Syndromes (Part 2 of 2), Pharmacology: Glucocorticoids and NSAIDs, Pharmacology: Immunosuppressive Drugs, Autoimmune Disorders: Systemic Lupus Erythematosus, Autoimmune Disorders: Rheumatoid Arthritis (Part 1 of 2)   | Pharmacology pp. 253-254                      | 2     | 1 hour         | 10               | 2                | 1                   | 1                 |
| 94  |  | Pharmacology-General                    | Autoimmune Disorders: Rheumatoid Arthritis (Part 2 of 2), Autoimmune Disorders: Scleroderma, Autoimmune Disorders: Sjogren's Syndrome, Autoimmune Disorders: Vasculitis, Cellular Adaptations, Cell Injury, Free Radicals, Apoptosis, Necrosis, Inflammation Principles, Acute and Chronic Inflammation (Part 1 of 2)   |   |       | 1.5 hours      | 10               |                  | 1                   | 1                 |
| 95  | Complete first pass of Boards and Beyond | Pharmacology-General                    | Acute and Chronic Inflammation (Part 2 of 2), Granulomatous Inflammation, Wound Healing and Scar, Pathologic Calcification, Neoplasia, Generap Topics: Enzymes, Generap Topics: Enzyme Inhibitors, Generap Topics: Dose-Response, Generap Topics: Drug Elimination, Generap Topics: Pharmacokinetics  |   |       | 1.5 hours      | 10               |                  | 1                   | 1                 |
| 96  | Catch-up day                             |   |   |   |       |                |                  |                  |                     |                   |
| 97  | 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: Dermatoses and Reflexes, Nervous System Structures: Cerebeal 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. 490-502        | 13    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 98  |  | 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. 503-515        | 13    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 99  |  | 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. 516-527        | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event           | Subjects  | Boards and Beyond tasks   | First Aid (2020) tasks   | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|-----------------|---|---|--|-------|----------------|------------------|------------------|---------------------|-------------------|
| 100 |                 | 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. 528-539   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 101 |                 | 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. 540-551   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 102 | Practice Test 1 |   |   |  |       |                |                  |                  |                     |                   |
| 103 |                 | 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. 552-552; Endocrine pp. 325-335                      | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 104 |                 | 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)  | Endocrine p. 336-347   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 105 |                 | 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)                                | Endocrine pp. 348-354; Cardiovascular pp. 280-283                                  | 11    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 106 |                 | 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 Lopps, 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 | Cardiovascular pp. 284-296   | 13    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 107 |                 | 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  | Cardiovascular pp. 297-309   | 13    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 108 |                 | 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  | Cardiovascular pp. 310-321   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 109 |                 | 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   | Cardiovascular pp. 322-324; Musculoskeletal, Skin, & Connective Tissue pp. 446-454 | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 110 |                 | 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   | Musculoskeletal, Skin, & Connective Tissue pp. 455-466                             | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event        | Subjects   | Boards and Beyond tasks   | First Aid (2020) tasks  | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|--------------|--|---|---|-------|----------------|------------------|------------------|---------------------|-------------------|
| 111 |              | 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  | Musculoskeletal, Skin, & Connective Tissue pp. 467-478                          | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 112 |              | 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   | Musculoskeletal, Skin, & Connective Tissue pp. 479-487; Respiratory pp. 659-661 | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 113 |              | 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   | Respiratory pp. 662-673   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 114 |              | 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 Tests, Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine  | Respiratory pp. 674-685   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 115 |              | 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)  | Respiratory pp. 686-687; Renal pp. 578-588                                      | 13    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 116 | Catch-up day |  |   |   |       |                |                  |                  |                     |                   |
| 117 |              | 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 | Renal pp. 589-600   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 118 |              | 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  | Renal pp. 601-610; Hematology & Oncology pp. 404-405                            | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 119 |              | 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  | Hematology & Oncology pp. 406-417   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 120 |              | 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  | Hematology & Oncology pp. 418-429   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |



**6-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](http://www.cramfighter.com). Good luck!

| Day | Event        | Subjects  | Boards and Beyond tasks   | First Aid (2020) tasks  | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|--------------|---|---|---|-------|----------------|------------------|------------------|---------------------|-------------------|
| 121 |              | 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  | Hematology & Oncology pp. 430-441                               | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 122 |              | 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: Tubulointerstitial Disease, Diseases of the Nephron: Renal Failure, Other Renal Topics: Urinary Tract Infection, Other Renal Topics: Cystic Kidney Disease, Other Renal Topics: Diuretics | Hematology & Oncology pp. 442-444; Gastrointestinal pp. 358-366 | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 123 |              | 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   | Gastrointestinal pp. 367-378                                    | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 124 |              | 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   | Gastrointestinal pp. 379-390                                    | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 125 |              | 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  | Gastrointestinal pp. 391-401; Reproductive pp. 612-613          | 13    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 126 |              | 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: Porphyrins, Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy   | Reproductive pp. 614-625  | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 127 |              | 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   | Reproductive pp. 626-637  | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 128 |              | 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)                          | Reproductive pp. 638-649  | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 129 |              | 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                                      | Reproductive pp. 650-658; Psychiatry pp. 553-555                | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 130 | Catch-up Day |   |   |   |       |                |                  |                  |                     |                   |
| 131 |              | 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                    | Psychiatry pp. 556-567  | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event | Subjects   | Boards and Beyond tasks  | First Aid (2020) tasks                           | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|-------|--|--|--|-------|----------------|------------------|------------------|---------------------|-------------------|
| 132 |       | 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  | Psychiatry pp. 568-576; Biochemistry pp. 34-36   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 133 |       | 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) | Biochemistry pp. 37-48                           | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 134 |       | 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  | Biochemistry pp. 49-61                           | 13    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 135 |       | 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  | Biochemistry pp. 62-73                           | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 136 |       | 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  | Biochemistry pp. 74-85                           | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 137 |       | 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   | Biochemistry pp. 86-94; Microbiology pp. 124-126 | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 138 |       | 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   | Microbiology pp. 127-138                         | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 139 |       | 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)  | Microbiology pp. 139-150                         | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 140 |       | 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  | Microbiology pp. 151-161                         | 11    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 141 |       | 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   | Microbiology pp. 162-174                         | 13    | 2 hours        | 40               | 5                | 2                   | 2                 |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event                | Subjects  | Boards and Beyond tasks   | First Aid (2020) tasks  | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|----------------------|---|---|---|-------|----------------|------------------|------------------|---------------------|-------------------|
| 142 |                      | 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)  | Microbiology pp. 175-186                                      | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 143 |                      | 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  | Microbiology pp. 187-199                                      | 13    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 144 | Catch-up Day         |   |   |   |       |                |                  |                  |                     |                   |
| 145 | Practice Test 2      |   |   |   |       |                |                  |                  |                     |                   |
| 146 |                      | 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 | Microbiology pp. 200-204; Immunology pp. 95-101               | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 147 |                      | 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  | Immunology pp. 102-113  | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 148 |                      | 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   | Immunology pp. 114-122; Pathology pp. 205-207                 | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 149 |                      | 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)   | Pathology pp. 208-219   | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 150 |                      | 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   | Pathology pp. 220-228; Pharmacology pp. 229-231               | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 151 |                      | 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)  | Pharmacology pp. 232-243                                      | 12    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 152 |                      | Pathology-General, Gastrointestinal System                        | Autoimmune Disorders: Vasculitis (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  | Pharmacology pp. 244-254                                      | 11    | 2 hours        | 40               | 5                | 2                   | 2                 |
| 153 | Begin study block #3 | Nervous System  |   | Neurology & Special Senses pp. 490-510                        | 21    |                | 80               | 4                |                     | 3                 |
| 154 |                      | Nervous System, Endocrine System                                  |   | Neurology & Special Senses pp. 511-533                        | 23    |                | 80               | 4                |                     | 3                 |
| 155 |                      | Nervous System, Endocrine System, Cardiovascular System           |   | Neurology & Special Senses pp. 534-552; Endocrine pp. 325-330 | 25    |                | 80               | 4                |                     | 3                 |
| 156 |                      | Endocrine System, Cardiovascular System                           |   | Endocrine pp. 331-353   | 23    |                | 80               | 4                |                     | 3                 |

**6-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](http://www.cramfighter.com). Good luck!

| Day | Event | Subjects  | Boards and Beyond tasks | First Aid (2020) tasks  | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|-------|---|-------------------------|---|-------|----------------|------------------|------------------|---------------------|-------------------|
| 157 |       | Cardiovascular System, Musculoskeletal System   |                         | Endocrine pp. 354-354; Cardiovascular pp. 280-301                               | 23    |                | 80               | 4                |                     | 3                 |
| 158 |       | Cardiovascular System, Musculoskeletal System, Respiratory System                       |                         | Cardiovascular pp. 302-324  | 23    |                | 80               | 4                |                     | 3                 |
| 159 |       | Musculoskeletal System, Respiratory System  |                         | Musculoskeletal, Skin, & Connective Tissue pp. 446-468                          | 23    |                | 80               | 4                |                     | 3                 |
| 160 |       | Musculoskeletal System, Miscellaneous, Respiratory System, Skin, Renal & Urinary System |                         | Musculoskeletal, Skin, & Connective Tissue pp. 469-487; Respiratory pp. 659-662 | 23    |                | 80               | 4                |                     | 3                 |
| 161 |       | Respiratory System, Renal & Urinary System, Hematology & Oncology                       |                         | Respiratory pp. 663-685   | 23    |                | 80               | 4                |                     | 3                 |
| 162 |       | Respiratory System, Renal & Urinary System, Hematology & Oncology                       |                         | Respiratory pp. 686-687; Renal pp. 578-597                                      | 22    |                | 80               | 4                |                     | 3                 |
| 163 |       | Renal & Urinary System, Hematology & Oncology   |                         | Renal pp. 598-610; Hematology & Oncology pp. 404-413                            | 23    |                | 80               | 4                |                     | 3                 |
| 164 |       | Hematology & Oncology   |                         | Hematology & Oncology pp. 414-434   | 21    |                | 80               | 4                |                     | 3                 |
| 165 |       | Hematology & Oncology, Gastrointestinal System  |                         | Hematology & Oncology pp. 435-444; Gastrointestinal pp. 358-370                 | 23    |                | 80               | 4                |                     | 3                 |
| 166 |       | Gastrointestinal System, Hematology & Oncology  |                         | Gastrointestinal pp. 371-395  | 25    |                | 80               | 4                |                     | 3                 |
| 167 |       | Gastrointestinal System, Reproductive System  |                         | Gastrointestinal pp. 396-401; Reproductive pp. 612-628                          | 23    |                | 80               | 4                |                     | 3                 |
| 168 |       | Reproductive System, Gastrointestinal System  |                         | Reproductive pp. 629-651  | 23    |                | 80               | 4                |                     | 3                 |
| 169 |       | Reproductive System, Behavioral/Psychiatry, Gastrointestinal System                     |                         | Reproductive pp. 652-658; Psychiatry pp. 553-568                                | 23    |                | 80               | 4                |                     | 3                 |

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

| Day | Event        | Subjects   | Boards and Beyond tasks | First Aid (2020) tasks                           | Pages | Lecture length | UWorld questions | Book Study Hours | Lecture Study Hours | QBank Study Hours |
|-----|--------------|--|-------------------------|--|-------|----------------|------------------|------------------|---------------------|-------------------|
| 170 |              | Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System    |                         | Psychiatry pp. 569-576; Biochemistry pp. 34-48   | 23    |                | 80               | 4                |                     | 3                 |
| 171 | Catch-up day |  |                         |  |       |                |                  |                  |                     |                   |
| 172 |              | Biochem, Cell Bio, Genetics, Reproductive System                           |                         | Biochemistry pp. 49-71                           | 23    |                | 80               | 4                |                     | 3                 |
| 173 |              | Biochem, Cell Bio, Genetics, Reproductive System                           |                         | Biochemistry pp. 72-93                           | 22    |                | 80               | 4                |                     | 3                 |
| 174 |              | Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology |                         | Biochemistry pp. 94-94; Microbiology pp. 124-145 | 23    |                | 80               | 4                |                     | 3                 |
| 175 |              | Microbiology, Immunology, Pathology - General                              |                         | Microbiology pp. 146-168                         | 23    |                | 80               | 4                |                     | 3                 |
| 176 |              | Microbiology, Pathology - General  |                         | Microbiology pp. 169-191                         | 23    |                | 80               | 4                |                     | 3                 |
| 177 |              | Microbiology, Immunology, Pathology - General                              |                         | Microbiology pp. 192-204; Immunology pp. 95-104  | 23    |                | 80               | 4                |                     | 3                 |
| 178 |              | Immunology, Pathology - General  |                         | Immunology pp. 105-122; Pathology pp. 205-209    | 23    |                | 80               | 4                |                     | 3                 |
| 179 |              | Pathology - General  |                         | Pathology pp. 210-228; Pharmacology pp. 229-232  | 23    |                | 80               | 4                |                     | 3                 |
| 180 |              | Pharmacology - General, Pathology - General                                |                         | Pharmacology pp. 233-254                         | 22    |                | 80               | 4                |                     | 3                 |