

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. Good luck!

Day	Event	Subjects	Pathoma tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Nervous System			Neurology & Special Senses pp. 478-484	7		10	2		1
2		Nervous System			Neurology & Special Senses pp. 485-491	7		10	2		1
3		Nervous System			Neurology & Special Senses pp. 492-498	7		10	2		1
4		Nervous System			Neurology & Special Senses pp. 499-505	7		10	2		1
5		Nervous System			Neurology & Special Senses pp. 506-512	7		10	2		1
6		Nervous System			Neurology & Special Senses pp. 513-519	7		10	2		1
7		Nervous System			Neurology & Special Senses pp. 520-526	7		10	2		1
8		Nervous System			Neurology & Special Senses pp. 527-533	7		10	2		1
9		Nervous System, Endocrine System			Neurology & Special Senses pp. 534-539, Endocrine pp. 321-322	7		10	2		1
10		Endocrine System			Endocrine pp. 322-328	7		10	2		1
11		Endocrine System			Endocrine pp. 329-334	7		10	2		1
12		Endocrine System			Endocrine pp. 336-342	7		10	2		1
13		Endocrine System			Endocrine pp. 343-349	7		10	2		1
14		Endocrine System, Cardiovascular System			Endocrine pp. 350-350, Cardiovascular pp. 278-283	7		10	2		1
15		Cardiovascular System			Cardiovascular pp. 284-290	7		10	2		1
16		Cardiovascular System			Cardiovascular pp. 291-297	7		10	2		1
17		Cardiovascular System			Cardiovascular pp. 298-304	7		10	2		1
18		Cardiovascular System			Cardiovascular pp. 305-311	7		10	2		1
19		Cardiovascular System			Cardiovascular pp. 312-318	7		10	2		1
20		Cardiovascular System, Musculoskeletal System			Cardiovascular pp. 319-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-443	7		10	2		1
21		Musculoskeletal System			Musculoskeletal, Skin, and Connective Tissue pp. 440-450	7		10	2		1
22		Musculoskeletal System			Musculoskeletal, Skin, and Connective Tissue pp. 451-457	7		10	2		1
23		Musculoskeletal System			Musculoskeletal, Skin, and Connective Tissue pp. 458-464	7		10	2		1
24		Musculoskeletal System			Musculoskeletal, Skin, and Connective Tissue pp. 465-471	7		10	2		1
25		Musculoskeletal System, Miscellaneous			Musculoskeletal, Skin, and Connective Tissue pp. 472-476, Public Health Sciences pp. 255-256	7		10	2		1
26		Miscellaneous			Public Health Sciences pp. 257-263	7		10	2		1
27		Miscellaneous			Public Health Sciences pp. 264-270	7		10	2		1
28		Miscellaneous			Public Health Sciences pp. 271-272, Approaching the Organ Systems pp. 274-275, Rapid Review pp. 673-675	7		10	2		1
29		Miscellaneous			Rapid Review pp. 676-682	7		10	2		1
30		Miscellaneous			Rapid Review pp. 683-689	7		10	2		1
31		Miscellaneous, Respiratory System			Rapid Review pp. 690-692, Respiratory pp. 645-648	7		10	2		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. Good luck!

Day	Event	Subjects	Pathoma tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
97	Begin study block #2	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 (Part 1 of 2)	Central Nervous System (Part 1 of 4) pp. 181-184	Neurology & Special Senses pp. 478-483	10	41 minutes	40	5	2	2
98		Nervous System	17.5 Trauma, 17.6 Demyelinating Disorders (Part 2 of 2), 17.7 Dementia and Degenerative Disorders (Part 1 of 2)	Central Nervous System (Part 2 of 4) pp. 185-188	Neurology & Special Senses pp. 484-489	10	41 minutes	40	5	2	2
99		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, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia	Central Nervous System (Part 3 of 4) pp. 189-192	Neurology & Special Senses pp. 490-495	10	40 minutes	40	5	2	2
100		Nervous System, Endocrine System	15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas	Central Nervous System (Part 4 of 4) pp. 193-193, Endocrine Pathology (Part 1 of 4) pp. 159-161	Neurology & Special Senses pp. 496-501	10	40 minutes	40	5	2	2
101		Endocrine System, Cardiovascular System, Nervous System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis (Part 1 of 2)	Endocrine Pathology (Part 2 of 4) pp. 162-165	Neurology & Special Senses pp. 502-513	16	40 minutes	40	5	2	2
102	Practice Test 1										
103		Endocrine System, Cardiovascular System, Nervous System	7.1 Vasculitis (Part 2 of 2), 7.2 Hypertension (HTN), 7.3 Arteriosclerosis	Endocrine Pathology (Part 3 of 4) pp. 166-169	Neurology & Special Senses pp. 514-520	11	37 minutes	40	5	2	2
104		Endocrine System, Cardiovascular System, Nervous System	7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD) (Part 1 of 2)	Endocrine Pathology (Part 4 of 4) pp. 170-173	Neurology & Special Senses pp. 521-525	9	44 minutes	40	5	2	2
105		Cardiovascular System, Nervous System	8.1 Ischemic Heart Disease (IHD) (Part 2 of 2), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders (Part 1 of 2)	Vascular Pathology (Part 1 of 2) pp. 65-69	Neurology & Special Senses pp. 526-531	10	40 minutes	40	5	2	2
106		Cardiovascular System, Musculoskeletal System, Nervous System	8.4 Valvular Disorders (Part 2 of 2), 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System (Part 1 of 2)	Vascular Pathology (Part 2 of 2) pp. 69-71, Cardiac Pathology (Part 1 of 4) pp. 73-73	Neurology & Special Senses pp. 532-537	10	40 minutes	40	5	2	2
107		Cardiovascular System, Musculoskeletal System, Nervous System, Endocrine System	18.1 Skeletal System (Part 2 of 2), 18.2 Bone Tumors, 18.3 Joint (Part 1 of 2)	Cardiac Pathology (Part 2 of 4) pp. 74-77, Pharmacology (Part 2 of 2) pp. 538-539, Endocrine (Part 1 of 6) pp. 321-324	Neurology & Special Senses pp. 537-539, Endocrine pp. 321-324	10	41 minutes	40	5	2	2
108		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	18.3 Joint (Part 2 of 2), 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections (Part 1 of 2)	Cardiac Pathology (Part 3 of 4) pp. 78-81	Endocrine pp. 325-330	10	40 minutes	40	5	2	2
109		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	9.3 Pulmonary Infections (Part 2 of 2), 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)	Cardiac Pathology (Part 4 of 4) pp. 82-84, Musculoskeletal Pathology (Part 1 of 3) pp. 195-195	Endocrine pp. 331-336	10	40 minutes	40	5	2	2
110		Musculoskeletal System, Respiratory System, Endocrine System	9.4 Chronic Obstructive Pulmonary Disease (Part 2 of 2), 9.5 Restrictive Diseases (Part 1 of 2)	Musculoskeletal Pathology (Part 2 of 3) pp. 196-199	Endocrine pp. 337-342	10	40 minutes	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. Good luck!

Day	Event	Subjects	Pathoma tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
111		Musculoskeletal System, Respiratory System, Endocrine System	9.5 Restrictive Diseases (Part 2 of 2), 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura	Musculoskeletal Pathology (Part 3 of 3) pp. 200-203	Endocrine pp. 343-348	10	39 minutes	40	5	2	2
112		Respiratory System, Skin, Endocrine System, Cardiovascular System	19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes (Part 1 of 2)	Respiratory Tract Pathology (Part 1 of 4) pp. 85-88	Endocrine pp. 349-350, Cardiovascular pp. 278-281	10	42 minutes	40	5	2	2
113		Respiratory System, Skin, Renal & Urinary System, Cardiovascular System	19.4 Disorders of Pigmentation and Melanocytes (Part 2 of 2), 19.5 Infectious Disorders, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome (Part 1 of 2)	Respiratory Tract Pathology (Part 2 of 4) pp. 89-92	Cardiovascular pp. 282-287	10	40 minutes	40	5	2	2
114		Respiratory System, Renal & Urinary System, Cardiovascular System	12.3 Nephrotic Syndrome (Part 2 of 2), 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure (Part 1 of 2)	Respiratory Tract Pathology (Part 3 of 3) pp. 93-96	Cardiovascular pp. 288-293	10	40 minutes	40	5	2	2
115		Respiratory System, Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure (Part 2 of 2), 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Respiratory Tract Pathology (Part 4 of 4) pp. 97-98, Skin Pathology (Part 1 of 3) pp. 205-206	Cardiovascular pp. 294-305	16	41 minutes	40	5	2	2
116	Catch-up day										
117		Skin, Hematology & Oncology, Cardiovascular System	4.1 Primary Hemostasis and Related Bleeding Disorders (Part 2 of 2), 4.2 Secondary Hemostasis and Related Disorders (Part 1 of 2)	Skin Pathology (Part 2 of 3) pp. 207-210	Cardiovascular pp. 306-311	10	40 minutes	40	5	2	2
118		Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	4.2 Secondary Hemostasis and Related Disorders (Part 2 of 2), 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis	Skin Pathology (Part 3 of 3) pp. 211-212, Kidney & Urinary Tract Pathology (Part 1 of 4) pp. 125-126	Cardiovascular pp. 312-317	10	39 minutes	40	5	2	2
119		Renal & Urinary System, Hematology & Oncology, Cardiovascular System, Musculoskeletal System	4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1 (Part 1 of 2)	Kidney & Urinary Tract Pathology (Part 2 of 4) pp. 127-130	Cardiovascular pp. 318-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	10	41 minutes	40	5	2	2
120		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	5.2 Microcytic Anemias Part 1 (Part 2 of 2), 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3 (Part 1 of 2)	Kidney & Urinary Tract Pathology (Part 3 of 4) pp. 131-134	Musculoskeletal, Skin, and Connective Tissue pp. 442-447	10	41 minutes	40	5	2	2
121		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	5.2 Microcytic Anemias Part 3 (Part 2 of 2), 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia	Kidney & Urinary Tract Pathology (Part 4 of 4) pp. 135-135, Hemostasis & Related Disorders (Part 1 of 3) pp. 31-33	Musculoskeletal, Skin, and Connective Tissue pp. 448-453	10	40 minutes	40	5	2	2
122		Hematology & Oncology, Musculoskeletal System	5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 1 of 2)	Hemostasis & Related Disorders (Part 2 of 3) pp. 34-37	Musculoskeletal, Skin, and Connective Tissue pp. 454-459	10	40 minutes	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. Good luck!

Day	Event	Subjects	Pathoma tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
123		Hematology & Oncology, Musculoskeletal System	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 2 of 2), 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia (Part 1 of 2)	Hemostasis & Related Disorders (Part 3 of 3) pp. 38-39, Red Blood Cell Disorders (Part 1 of 4) pp. 41-42	Musculoskeletal, Skin, and Connective Tissue pp. 460-465	10	40 minutes	40	5	2	2
124		Hematology & Oncology, Musculoskeletal System	6.2 Acute Leukemia (Part 2 of 2), 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	Red Blood Cell Disorders (Part 2 of 4) pp. 43-46	Musculoskeletal, Skin, and Connective Tissue pp. 466-471	10	41 minutes	40	5	2	2
125		Hematology & Oncology, Musculoskeletal System, Miscellaneous	6.4 Myeloproliferative Disorders (MPD) (Part 2 of 2), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL)	Red Blood Cell Disorders (Part 3 of 4) pp. 47-50	Musculoskeletal, Skin, and Connective Tissue pp. 472-476, Public Health Sciences pp. 255-255	10	36 minutes	40	5	2	2
126		Hematology & Oncology, Gastrointestinal System, Miscellaneous	6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus	Red Blood Cell Disorders (Part 4 of 4) pp. 51-52, White Blood Cell Disorders (Part 1 of 4) pp. 53-54	Public Health Sciences pp. 256-261	10	44 minutes	40	5	2	2
127		Hematology & Oncology, Gastrointestinal System, Miscellaneous	10.3 Esophagus (Part 3 of 3), 10.4 Stomach (Part 1 of 2)	White Blood Cell Disorders (Part 2 of 4) pp. 55-58	Public Health Sciences pp. 262-267	10	40 minutes	40	5	2	2
128		Hematology & Oncology, Gastrointestinal System, Miscellaneous	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel	White Blood Cell Disorders (Part 3 of 4) pp. 59-62	Public Health Sciences pp. 268-272, Approaching the Organ Systems pp. 274-274	10	38 minutes	40	5	2	2
129		Hematology & Oncology, Gastrointestinal System, Miscellaneous, Respiratory System	10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1)	White Blood Cell Disorders (Part 4 of 4) pp. 63-64, GI Pathology (Part 1 of 5) pp. 99-100	Approaching the Organ Systems pp. 275-275, Respiratory pp. 645-655	16	41 minutes	40	5	2	2
130	Catch-up Day										
131		Gastrointestinal System, Respiratory System	10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice (Part 1 of 2)	GI Pathology (Part 2 of 5) pp. 101-104	Respiratory pp. 656-661	10	42 minutes	40	5	2	2
132		Gastrointestinal System, Reproductive System, Respiratory System	11.3 Liver: Jaundice (Part 2 of 2), 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva (Part 1 of 2)	GI Pathology (Part 3 of 5) pp. 105-108	Respiratory pp. 662-667	10	40 minutes	40	5	2	2
133		Gastrointestinal System, Reproductive System, Respiratory System, Renal & Urinary System	13.1 Vulva (Part 2 of 2), 13.2 Vagina, 13.3 Cervix (Part 1 of 2)	GI Pathology (Part 4 of 5) pp. 109-112	Respiratory pp. 668-672, Renal pp. 566-566	10	41 minutes	40	5	2	2
134		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.3 Cervix (Part 2 of 2), 13.4 Endometrium and Myometrium	GI Pathology (Part 5 of 5) pp. 113-113, Exocrine Pancreas, Gallbladder, & Liver Pathology (Part 1 of 3) pp. 115-117	Renal pp. 567-572	10	38 minutes	40	5	2	2
135		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.5 Ovary, 13.6 Ovarian Tumors	Exocrine Pancreas, Gallbladder, & Liver Pathology (Part 2 of 3) pp. 118-121	Renal pp. 573-578	10	42 minutes	40	5	2	2
136		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	Exocrine Pancreas, Gallbladder, & Liver Pathology (Part 3 of 3) pp. 122-123, Female Genital System & Gestational Pathology (Part 1 of 4) pp. 137-138	Renal pp. 579-584	10	40 minutes	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. Good luck!

Day	Event	Subjects	Pathoma tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
137		Reproductive System, Renal & Urinary System	14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions	Female Genital System & Gestational Pathology (Part 2 of 4) pp. 139-142	Renal pp. 585-590	10	41 minutes	40	5	2	2
138		Reproductive System, Renal & Urinary System	16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer (Part 1 of 2)	Female Genital System & Gestational Pathology (Part 3 of 4) pp. 143-146	Renal pp. 591-596	10	40 minutes	40	5	2	2
139		Reproductive System, Immunology, Hematology & Oncology	16.4 Breast Cancer (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1 (Part 1 of 2)	Female Genital System & Gestational Pathology (Part 4 of 4) pp. 147-150	Hematology & Oncology pp. 396-401	10	40 minutes	40	5	2	2
140		Reproductive System, Immunology, Hematology & Oncology	2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	Male Genital System Pathology (Part 1 of 2) pp. 151-154	Hematology & Oncology pp. 402-407	10	40 minutes	40	5	2	2
141		Reproductive System, Immunology, Pathology - General, Hematology & Oncology	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations (Part 1 of 2)	Male Genital System Pathology (Part 2 of 2) pp. 155-157, Breast Pathology (Part 1 of 3) pp. 175-175	Hematology & Oncology pp. 408-413	10	41 minutes	40	5	2	2
142		Reproductive System, Pathology - General, Hematology & Oncology	1.1 Growth Adaptations (Part 2 of 2), 1.2 Cellular Injury (Part 1 of 2)	Breast Pathology (Part 2 of 3) pp. 176-179	Hematology & Oncology pp. 414-419	10	40 minutes	40	5	2	2
143		Reproductive System, Pathology - General, Hematology & Oncology	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death (Part 1 of 2)	Breast Pathology (Part 3 of 3) pp. 180-180, Growth Adaptations, Cellular Injury, & Cell Death (Part 1 of 3) pp. 1-3	Hematology & Oncology pp. 420-426	11	40 minutes	40	5	2	2
144	Catch-up Day										
145	Practice Test 2										
146		Pathology-General, Hematology & Oncology, Gastrointestinal System	1.3 Cell Death (Part 2 of 2), 1.4 Free Radical Injury, 1.5 Amyloid (Part 1 of 2)	Growth Adaptations, Cellular Injury, & Cell Death (Part 2 of 3)	Hematology & Oncology pp. 427-436, Gastrointestinal pp. 352-352	10	40 minutes	40	5	2	2
147		Pathology-General, Gastrointestinal System	1.5 Amyloid (Part 2 of 2), 2.1 Acute Inflammation Part 1 (Part 1 of 2)	Growth Adaptations, Cellular Injury, & Cell Death (Part 3 of 3) pp. 8-9, Inflammation, Inflammatory Disorders, & Wound Healing (Part 1 of 4) pp. 11-12	Gastrointestinal pp. 353-358	10	41 minutes	40	5	2	2
148		Pathology-General, Gastrointestinal System	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3 (Part 1 of 2)	Inflammation, Inflammatory Disorders & Wound Healing (Part 2 of 4) pp. 13-16	Gastrointestinal pp. 359-364	10	40 minutes	40	5	2	2
149		Pathology-General, Gastrointestinal System	2.1 Acute Inflammation Part 3 (Part 2 of 2), 2.2 Chronic Inflammation	Inflammation, Inflammatory Disorders & Wound Healing (Part 3 of 4) pp. 17-20	Gastrointestinal pp. 365-370	10	37 minutes	40	5	2	2
150		Pathology-General, Gastrointestinal System	2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)	Inflammation, Inflammatory Disorders & Wound Healing (Part 4 of 4) pp. 21-22, Principles of Neoplasia (Part 1 of 3) pp. 23-24	Gastrointestinal pp. 377-382	10	43 minutes	40	5	2	2
151		Pathology-General, Gastrointestinal System	3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1	Principles of Neoplasia (Part 2 of 3) pp. 25-28	Gastrointestinal pp. 383-388	10	41 minutes	40	5	2	2
152		Pathology-General, Gastrointestinal System	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3 (Part 1 of 2)	Principles of Neoplasia (Part 3 of 3) pp. 29-30	Gastrointestinal pp. 383-394	8	40 minutes	40	5	2	2
153	Begin study block #3	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 and Degenerative Disorders		Neurology & Special Senses pp. 478-500	23	1 hour	80	4	2	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. Good luck!

Day	Event	Subjects	Pathoma tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
154		Nervous System, Endocrine System	17.7 Dementia and Degenerative Disorders, 17.8 CNS Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland		Neurology & Special Senses pp. 501-523	23	1 hour	80	4	2	3
155		Nervous System, Endocrine System, Cardiovascular System	15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis, 7.2 Hypertension (HTN)		Neurology & Special Senses pp. 523-539, Endocrine pp. 321-327	23	1 hour	80	4	2	3
156		Endocrine System, Cardiovascular System	7.3 Arteriosclerosis, 7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF)		Endocrine pp. 328-350	23	1 hour	80	4	2	3
157		Cardiovascular System, Musculoskeletal System	8.3 Congenital Defects, 8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System		Cardiovascular pp. 278-300	23	1.5 hours	80	4	2	3
158		Cardiovascular System, Musculoskeletal System, Respiratory System	18.1 Skeletal System, 18.2 Bone Tumors, 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		Cardiovascular pp. 301-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	23	1 hour	80	4	2	3
159		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases		Musculoskeletal, Skin, and Connective Tissue pp. 442-464	23	1 hour	80	4	2	3
160		Musculoskeletal System, Miscellaneous, Respiratory System, Skin, Renal & Urinary System	9.5 Restrictive Diseases (Part 2 of 2), 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 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, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome (Part 1 of 2)		Musculoskeletal, Skin, and Connective Tissue pp. 465-476, Public Health Sciences pp. 255-272	29	2 hours	80	4	2	3
161		Respiratory System, Renal & Urinary System, Hematology & Oncology	12.4 Nephritic Syndrome (Part 2 of 2), 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure, 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)		Respiratory pp. 645-661	20	1 hour	80	4	2	3
162		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.1 Primary Hemostasis and Related Bleeding Disorders (Part 2 of 2), 4.2 Secondary Hemostasis and Related Disorders, 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism		Respiratory pp. 662-672, Renal pp. 566-577	23	1 hour	80	4	2	3
163		Renal & Urinary System, Hematology & Oncology	5.1 Anemia, 5.2 Microcytic Anemias Part 1, 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia		Renal pp. 578-596, Hematology & Oncology pp. 396-399	23	1.5 hours	80	4	2	3
164		Hematology & Oncology	5.3 Macrocytic Anemia (Part 2 of 2), 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 1 of 2)		Hematology & Oncology pp. 400-422	23	1 hour	80	4	2	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. Good luck!

Day	Event	Subjects	Pathoma tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
165		Hematology & Oncology, Gastrointestinal System	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction, 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD)		Hematology & Oncology pp. 423-436, Gastrointestinal pp. 352-360	23	1 hour	80	4	2	3
166		Gastrointestinal System, Hematology & Oncology	6.4 Myeloproliferative Disorders (MPD) (Part 2 of 2), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus (Part 1 of 2)		Gastrointestinal pp. 361-383	23	1 hour	80	4	2	3
167		Gastrointestinal System, Reproductive System	10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel		Gastrointestinal pp. 384-394, Reproductive pp. 598-609	23	1 hour	80	4	2	3
168		Reproductive System, Gastrointestinal System	10.5 Small Bowel (Part 2 of 2), 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas		Reproductive pp. 610-632	23	1 hour	80	4	2	3
169		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	11.2 Gallbladder and Biliart Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva		Reproductive pp. 633-643, Psychiatry pp. 541-552	23	1 hour	80	4	2	3
170		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary		Psychiatry pp. 553-564, Biochemistry pp. 34-44	23	1 hour	80	4	2	3
171	Catch-up day										
172		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle		Biochemistry pp. 45-67	23	1 hour	80	4	2	3
173		Biochem, Cell Bio, Genetics, Reproductive System	14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer (Part 1 of 2)		Biochemistry pp. 68-90	23	1.5 hours	80	4	2	3
174		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	16.4 Breast Cancer (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1, 2.4 Autoimmune Disorders Part 2		Biochemistry pp. 91-94, Microbiology pp. 124-142	23	1 hour	80	4	2	3
175		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)		Microbiology pp. 143-165	23	1 hour	80	4	2	3
176		Microbiology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury (Part 1 of 2)		Microbiology pp. 166-188	23	1 hour	80	4	2	3
177		Microbiology, Immunology, Pathology - General	1.4 Free Radical Injury (Part 2 of 2), 1.5 Amyloid, 2.1 Acute Inflammation Part 1, 2.1 Acute Inflammation Part 2 (Part 1 of 2)		Microbiology pp. 189-204, Immunology pp. 95-101	23	1 hour	80	4	2	3
178		Immunology, Pathology - General	2.1 Acute Inflammation Part 2 (Part 2 of 2), 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation, 2.5 Wound Healing (Part 1 of 2)		Immunology pp. 102-122, Pathology pp. 205-206	23	1 hour	80	4	2	3
179		Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1		Pathology pp. 207-229	23	1 hour	80	4	2	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. Good luck!

Day	Event	Subjects	Pathoma tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
180		Pharmacology - General, Pathology - General	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics		Pharmacology pp. 231-253	23	1 hour	80	4	2	3