

**6-WEEK USMLE STEP 1 SAMPLE SCHEDULE**

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Day	Event	Subjects	Pathoma tasks	First Aid (2021) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1		Nervous System	17.1 Developmental Anomalies; 17.2 Spinal Cord Lesions; 17.3 Meningitis; 17.4 Cerebrovascular Disease; 17.5 Trauma, 17.6 Demyelinating Disorders; 17.7 Dementia and Degenerative Disorders (Part 1 of 2)	Embryology pp. 504-506; Anatomy & Physiology (Part 1 of 2) pp. 507-524	21	1 hour	80	3	2	3
2		Nervous System; Endocrine System	17.7 Dementia and Degenerative Disorders (Part 2 of 2); 17.8 CNS Tumors; 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland; 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia (Part 1 of 2)	Anatomy & Physiology (Part 2 of 2) pp. 525-527; Pathology (Part 1 of 2) pp. 528-545	21	1 hour	80	3	2	3
3		Nervous System; Endocrine System	15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia (Part 2 of 2); 15.8 Parathyroid Gland; 15.9 Endocrine Pancreas; 15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 1 of 2)	Pathology (Part 2 of 2) pp. 546-550; Otolaryngology pp. 551-552; Ophthalmology pp. 553-563	18	1 hour	80	3	2	3
4		Nervous System; Endocrine System; Cardiovascular System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 2 of 2); 7.1 Vasculitis; 7.2 Hypertension (HTN); 7.3 Arteriosclerosis; 7.4 Aortic Dissection and Aneurysm (Part 1 of 2)	Pharmacology pp. 564-573; Embryology pp. 334-334; Anatomy pp. 335-335; Physiology pp. 336-345	21	1 hour	80	3	2	3
5		Endocrine System	7.4 Aortic Dissection and Aneurysm (Part 2 of 2); 7.5 Vascular Tumors; 8.1 Ischemic Heart Disease (IHD); 8.2 Congestive Heart Failure (CHF); 8.3 Congenital Defects (Part 1 of 2)	Pathology pp. 346-361; Pharmacology pp. 362-365	17	1 hour	80	3	2	3
6		Endocrine System; Cardiovascular System; Musculoskeletal System	8.3 Congenital Defects (Part 2 of 2); 8.4 Valvular Disorders; 8.5 Endocarditis; 8.6 Cardiomyopathy, 8.7 Cardiac Tumors; 18.1 Skeletal System (Part 1 of 2)	Embryology pp. 288-291; Anatomy pp. 292-292; Physiology pp. 293-305	18	1 hour	80	3	2	3
7		Cardiovascular	18.1 Skeletal System (Part 2 of 2); 18.2 Bone Tumors; 18.3 Joint; 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors	Pathology pp. 306-323; Pharmacology (Part 1 of 2) pp. 324-327	22	1 hour	80	3	2	3
8		Cardiovascular	9.1 Nasopharynx, 9.2 Larynx; 9.3 Pulmonary Infections; 9.4 Chronic Obstructive Pulmonary	Pharmacology (Part 2 of 2) pp. 328-332; Anatomy & Physiology pp. 456-468; Pathology (Part 1 of 2) pp. 469-471	19	1 hour	80	3	2	3
9		Musculoskeletal System; Respiratory System	9.4 Chronic Obstructive Pulmonary Disease (Part 2 of 2); 9.5 Restrictive Diseases; 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes; 9.8 Lung Cancer (Part 1 of 2)	Pathology (Part 2 of 2) pp. 472-486; Dermatology (Part 1 of 2) pp. 487-491	20	1 hour	80	3	2	3
10	Catch-up day						80	3	2	3
11		Musculoskeletal System; Miscellaneous; Respiratory System; Skin	9.8 Lung Cancer (Part 2 of 2); 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	Dermatology (Part 2 of 2) pp. 492-498; Pharmacology pp. 499-502; Public Health Sciences (Part 1 of 2) pp. 259-267	20	1 hour	80	3	2	3

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12		Miscellaneous ; Skin; Renal & Urinary System	12.1 Congenital; 12.2 Acute Renal Failure (ARF); 12.3 Nephrotic Syndrome; 12.4 Nephritic Syndrome	Public Health Sciences (Part 2 of 2) pp. 268-281; Approaching the Organ Systems pp. 284-285; Rapid Review (Part 1 of 2) pp. 713-716	20	1 hour	80	3	2	3
13		Miscellaneous ; Renal & Urinary System; Hematology & Oncology	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	Rapid Review (Part 2 of 2) pp. 735-717	19	1 hour	80	3	2	3
14		Miscellaneous ; Respiratory 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 (Part 1 of 2)	Respiratory (Part 1 of 2) pp. 683-703	21	1 hour	80	3	2	3
15		Respiratory System; Renal & Urinary System; Hematology & Oncology	4.4 Thrombosis (Part 2 of 2); 4.5 Embolism; 5.1 Anemia; 5.2 Microcytic Anemias Part 1; 5.2 Microcytic Anemias Part 2 (Part 1 of 2)	Respiratory (Part 2 of 2) pp. 704-712; Embryology pp. 602-603; Anatomy pp. 604-604; Physiology (Part 1 of 2) pp. 605-612	20	1 hour	80	3	2	3
16		Renal & Urinary	5.2 Microcytic Anemias Part 2 (Part 2 of 2); 5.2 Microcytic Anemias Part 3; 5.3 Macrocytic Anemia; 5.4 Normocytic Anemia (Part 1 of 2)	Physiology (Part 2 of 2) pp. 613-617; Pathology pp. 618-629; Pharmacology pp. 630-633	21	1 hour	80	3	2	3
17		Renal & Urinary	5.4 Normocytic Anemia (Part 2 of 2); 5.5 Normocytic Anemias w/ Extravascular Hemolysis; 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction	Embryology pp. 414-415; Anatomy pp. 416-419; Physiology pp. 420-423; Pathology (Part 1 of 2) pp. 424-433	19	1 hour	80	3	2	3
18		Hematology & Oncology	6.1 Leukopenia and Leukocytosis; 6.2 Acute Leukemia; 6.3 Chronic Leukemia; 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	Pathology (Part 2 of 2) pp. 434-444; Pharmacology (Part 1 of 2) pp. 445-453	20	1 hour	80	3	2	3
19		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	Pharmacology (Part 2 of 2) pp. 454-454; Embryology pp. 368-369; Anatomy pp. 370-380; Physiology pp. 381-385	19	1 hour	80	3	2	3
20		Gastrointestinal System; Hematology & Oncology	10.2 Salivary Gland; 10.3 Esophagus; 10.4 Stomach (Part 1 of 2)	Pathology (Part 1 of 2) pp. 386-406	21	1 hour	80	3	2	3
21		Gastrointestinal	10.4 Stomach (Part 2 of 2); 10.5 Small Bowel; 10.6 Appendix, 10.7 Inflammatory Bowel Disease; 10.8 Colon (1) (Part 1 of 2)	Pathology (Part 2 of 2) pp. 407-407; Pharmacology pp. 408-411; Embryology pp. 636-647; Anatomy (Part 1 of 2) pp. 648-650	20	1 hour	80	3	2	3
22		Reproductive System; Gastrointestinal System	10.8 Colon (1) (Part 2 of 2); 10.8 Colorectal Carcinoma (2); 11.1 Exocrine Pancreas; 11.2 Gallbladder and Biliary Tract; 11.3 Liver: Jaundice	Anatomy (Part 2 of 2) pp. 651-652; Physiology pp. 653-660; Pathology (Part 1 of 2) pp. 661-670	20	1 hour	80	3	2	3

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23		Reproductive System; Gastrointestinal System	11.3 Liver: Hepatitis; 11.3 Liver: Cirrhosis & Tumors; 13.1 Vulva; 13.2 Vagina (Part 1 of 2)	Pathology (Part 2 of 2) pp. 671-678; Pharmacology pp. 679-682; Psychiatry (Part 1 of 2) pp. 575-583	20	1 hour	80	3	2	3
24	Catch-up day						80	3	2	3
25		Reproductive System; Behavioral/Psychiatry; Gastrointestinal System	13.2 Vagina (Part 2 of 2); 13.3 Cervix; 13.4 Endometrium and Myometrium; 13.5 Ovary	Psychiatry (Part 2 of 2) pp. 584-600; Molecular (Part 1 of 2) pp. 34-36	20	1 hour	80	3	2	3
26		Behavioral/Psychiatry; Biochem, Cell Bio, Genetics; Reproductive System	13.6 Ovarian Tumors; 13.7 Gestational Pathology	Molecular (Part 2 of 2) pp. 37-45; Cellular pp. 46-51; Laboratory Techniques pp. 52-55	19	1 hour	80	3	2	3
27		Biochem, Cell Bio, Genetics; Reproductive System	14.1 Penis; 14.2 Testicle; 14.3 Testicular Tumors; 14.4 Prostate; 16.1 Introduction; 16.2 Inflammatory Conditions; 16.3 Benign Tumors and Fibrocystic Changes (Part 1 of 2)	Genetics pp. 56-64; Nutrition pp. 65-72; Metabolism (Part 1 of 2) pp. 73-76	21	1 hour	80	3	2	3
28		Biochem, Cell Bio, Genetics; Reproductive System	16.3 Benign Tumors and Fibrocystic Changes; 16.4 Breast Cancer; 2.3 Primary Immunodeficiency; 2.4 Autoimmune Disorders Part 1 (Part 1 of 2)	Metabolism (Part 2 of 2) pp. 77-94	18	1 hour	80	3	2	3
29		Biochem, Cell Bio, Genetics; Reproductive System	2.4 Autoimmune Disorders Part 1 (Part 2 of 2); 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	Basic Bacteriology pp. 124-133; Clinical Bacteriology (Part 1 of 2) pp. 134-145	22	1 hour	80	3	2	3
30		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)	Clinical Bacteriology (Part 2 of 2) pp. 146-150; Mycology pp. 151-154; Parasitology pp. 155-161; Virology (Part 1 of 2) pp. 162-165	20	1 hour	80	3	2	3
31		Microbiology; Pathology - General	1.2 Cellular Injury (Part 2 of 2); 1.3 Cell Death	Virology (Part 2 of 2) pp. 166-177; Systems pp. 178-186	21	1 hour	80	3	2	3
32		Microbiology; Pathology - General	1.4 Free Radical Injury; 1.5 Amyloid; 2.1 Acute Inflammation Part 1 (Part 1 of 2)	Antimicrobials pp. 187-204	18	1 hour	80	3	2	3
33		Microbiology; Immunology; Pathology - General	2.1 Acute Inflammation Part 1 (Part 2 of 2); 2.1 Acute Inflammation Part 2; 2.1 Acute Inflammation Part 3	Immunology (Part 1 of 2) pp. 95-116	22	1 hour	80	3	2	3
34		Immunology; Pathology - General	2.2 Chronic Inflammation; 2.5 Wound Healing; 3.1 Neoplasia (Part 1 of 2)	Immunology (Part 2 of 2) pp. 117-122; Pathology (Part 1 of 2) pp. 205-218	20	1 hour	80	3	2	3
35		Immunology; Pathology - General	3.1 Neoplasia (Part 2 of 2); 3.2 Carcinogenesis Part 1; 3.2 Carcinogenesis Part 2 (Part 1 of 2)	Pathology (Part 2 of 2) pp. 219-229; Pharmacology (Part 1 of 2) pp. 231-239	20	1 hour	80	3	2	3
36		Pathology - General; Pharmacology - General	3.2 Carcinogenesis Part 2 (Part 2 of 2); 3.2 Carcinogenesis Part 3; 3.3 Tumor Progression; 3.4 Clinical Characteristics	Pharmacology (Part 2 of 2) pp. 240-258	19	1 hour	80	3	2	3