

2-MONTH USMLE STEP 1 + COMLEX LEVEL 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	Sketchy/Micro tasks	First Aid (2019) Tasks	OMT Review (4e) tasks	Pages	Lecture length	UWorld questions	COMBANK questions	Book Study Hours	Lecture Study Hours	QBANK Study Hours
1		Pathology - General, Biochem, Cell Bio, Genetics	1.1 Growth Adaptations, 1.2 Cellular Injury, 1.3 Cell Death (Part 1 of 2)	1.1 Staph aureus, 1.2 Staph epidermidis/Staph saprophyticus	Pathology pp. 205-229, Molecular pp. 34-37			29 2 hours	40		4	3	3
2		Biochem, Cell Bio, Genetics, Pathology - General	1.3 Cell Death (Part 2 of 2), 1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1	1.3 Strep. pyogenes (Group A Strep), 1.4 Strep. agalactiae (Group B Strep)	Biochemistry pp. 38-64			27 2 hours	40		4	3	3
3		Biochem, Cell Bio, Genetics, Pathology - General	2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation, 2.5 Wound Healing (Part 1 of 2)	1.5 Strep. pneumoniae/Strep viridans, 1.6 Enterococcus	Biochemistry pp. 65-94			30 2 hours	40		4	3	3
4		Microbiology, Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2	2.1 Bacillus anthracis and Bacillus cereus, 2.2 Clostridium tetani	Microbiology pp. 124-150			27 2 hours	40		4	3	3
5		Microbiology, Pathology - General, Immunology	3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics, 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1	2.3 Clostridium botulinum, 2.4 Clostridium difficile	Microbiology pp. 151-180			30 2 hours	40		4	3	3
6		Microbiology, Immunology, Nervous System	2.4 Autoimmune Disorders Part 2, 17.1 Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Meningitis, 17.4 Cerebrovascular Disease, 17.5 Trauma, 17.6 Demyelinating Disorders	2.5 Clostridium perfringens, 2.6 Corynebacterium diphtheriae	Microbiology pp. 181-204, Immunology pp. 95-98			28 2 hours	40		4	3	3
7		Immunology, Nervous System, Cardiovascular System	17.7 Dementia and Degenerative Disorders, 17.8 CNS Tumors, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis	2.7 Listeria monocytogenes, 3.1 Actinomyces	Immunology pp. 99-122, Neurology & Special Senses pp. 478-480			27 2 hours	40		4	3	3
8		Nervous System, Cardiovascular System	7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders	3.2 Nocardia, 4.1 Neisseria species overview	Neurology & Special Senses pp. 481-510			30 2 hours	40		4	3	3
9	Cath-up day												
10	Practice Test 1												
11		Nervous System, Cardiovascular System, Endocrine System	8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac 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, 15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 1 of 2)	4.2 Neisseria meningitidis, 4.3 Neisseria gonorrhoeae	Neurology & Special Senses pp. 511-538			28 2 hours	40		4	3	3
12		Nervous System, Cardiovascular System, Endocrine System, Musculoskeletal System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 2 of 2), 18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors	5.1 Klebsiella, Enterobacter, Serratia, 5.2 Salmonella	Neurology & Special Senses pp. 539-539, Cardiovascular pp. 278-305			29 2 hours	40		4	3	3
13		Cardiovascular System, Endocrine System, Skin, Respiratory System	19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections	5.3 Shigella, 5.4 Escherichia coli (ETEC, EHEC)	Cardiovascular pp. 306-319, Endocrine pp. 321-334			28 2 hours	40		4	3	3

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14		Endocrine System, Musculoskeletal System, Respiratory System, Renal & Urinary 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, 9.9 Pleura, 12.1 Congenital	5.5 Yersinia enterocolitica and pestis, 5.6 Campylobacter jejuni	Endocrine pp. 335-350, Musculoskeletal, Skin, and Connective Tissue pp. 438-450			29 2 hours	40		4	3	3
15		Musculoskeletal System, Renal & Urinary System, Hematology & Oncology	12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure, 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	5.7 Vibrio cholerae, 5.8 Helicobacter pylori	Musculoskeletal, Skin, and Connective Tissue pp. 451-476			26 2 hours	40		4	3	3
16		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, 4.5 Embolism (Part 1 of 2)	5.9 Pseudomonas, 5.10 Proteus mirabilis	Respiratory pp. 645-672			28 2 hours	40		4	3	3
17		Renal & Urinary System, Hematology & Oncology	4.5 Embolism (Part 2 of 2), 5.1 Anemia, 5.2 Microcytic Anemias Part 1, 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Microcytic Anemia (Part 1 of 2)	6.1 Bordetella pertussis, 6.2 Haemophilus influenzae	Renal pp. 566-596			31 2 hours	40		4	3	3
18		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, 6.1 Leukopenia and Leukocytosis	6.3 Legionella pneumophila, 7.1 Bartonella henselae	Hematology & Oncology pp. 396-423			28 2 hours	40		4	3	3
19		Hematology & Oncology, Gastrointestinal System	6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis	7.2 Brucella, 7.3 Francisella tularensis	Hematology & Oncology pp. 424-436, Gastrointestinal pp. 352-364			26 2 hours	40		4	3	3
20		Gastrointestinal System	10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel	7.4 Pasteurella multocida, 8.1 Mycobacterium tuberculosis	Gastrointestinal pp. 365-394			30 2 hours	40		4	3	3
21		Reproductive System, Gastrointestinal System	10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice (Part 1 of 2)	8.2 Mycobacterium leprae, 9.1 Borrelia burgdorferi	Reproductive pp. 598-626			29 2 hours	40		4	3	3
22		Reproductive System, Behavioral/Psychiatry, Reproductive System	11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva, 13.2 Vagina, 13.3 Cervix	9.2 Leptospirosis, 9.3 Treponema pallidum	Reproductive pp. 627-643, Psychiatry pp. 541-551			28 2 hours	40		4	3	3
23		Behavioral/Psychiatry, Pharmacology - General, Reproductive System	13.4 Endometrium and Myometrium, 13.5 Ovary, 13.6 Ovarian Tumors, 13.7 Gestational Pathology	10.1 Chlamydia, 10.2 Coxiella burnetti	Psychiatry pp. 552-564, Pharmacology pp. 231-246			29 2 hours	40		4	3	3
24		Pharmacology - General, Miscellaneous, 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 Fibrocytic Changes, 16.4 Breast Cancer	10.3 Gardnerella vaginalis, 10.4 Mycoplasma pneumoniae, 10.5 Rickettsia species overview, 10.6 Rickettsia prowazekii	Pharmacology pp. 247-253, Public Health Sciences pp. 255-272, Approaching the Organ Systems pp. 274-275			27 2.5 hours	40		4	3	3

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25	Cath-up day												
26	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, 17.7 Dementia and Degenerative Disorders, 17.8 CNS Tumors	10.7 Rickettsia rickettsii, 1.1 Histoplasmosis	Neurology & Special Senses pp. 478-507			30 2 hours	40		4	3	3
27		Nervous System, Endocrine System	15.0 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, 15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla	1.2 Blastomycosis, 1.3 Coccidioidomycosis	Neurology & Special Senses pp. 508-537			30 2 hours	40		4	3	3
28		Nervous System, Endocrine System, Cardiovascular System	7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis, 7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD)		Neurology & Special Senses pp. 538-539, Endocrine pp. 321-347			29 2 hours	40		4	3	3
29		Endocrine System, Cardiovascular System, Musculoskeletal System	8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System	1.4 Paracoccidioidomycosis, 2.1 Malassezia furfur	Endocrine pp. 348-350, Cardiovascular pp. 278-303			29 2 hours	80		4	3	3
30		Cardiovascular System, Musculoskeletal System, Respiratory 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, 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)	2.2 Dermatophytes, 2.3 Sporothrix schenckii	Cardiovascular pp. 304-319, Musculoskeletal, Skin, and Connective Tissue pp. 437-450			29 2 hours	80		4	3	3
31		Musculoskeletal System, Miscellaneous, Respiratory System	9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases, 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura	3.1 Candida albicans, 3.2 Aspergillus fumigatus	Musculoskeletal, Skin, and Connective Tissue pp. 451-476, Public Health Sciences pp. 255-258			30 2 hours	40		4	3	3
32		Miscellaneous, Skin, Renal & Urinary System	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	3.3 Cryptococcus neoformans, 3.4 Mucormycosis	Public Health Sciences pp. 259-272, Approaching the Organ Systems pp. 274-275, Rapid Review pp. 673-685			29 2 hours	40		4	3	3
33		Miscellaneous, Respiratory System, Renal & Urinary System, Hematology & Oncology	12.4 Nephritic Syndrome, 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, 4.2 Secondary Hemostasis and Related Disorders (Part 1 of 2)	3.5 Pneumocystis pneumonia, 1.1 Picornaviridae Overview	Rapid Review pp. 686-692, Respiratory pp. 645-666			29 2 hours	40		4	3	3
34		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.2 Secondary Hemostasis and Related Disorders (Part 2 of 2), 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1	1.2 (Pico) Polio Virus, 1.3 (Pico) Coxsackie A	Respiratory pp. 667-672, Renal pp. 566-589			30 2 hours	40		4	3	3

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35		Renal & Urinary System, Hematology & Oncology	5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis	1.4 (Pico) Rhinovirus, 1.5 (Pico) Hepatitis A, 1.6 (Norwalk) Calicivirus, 1.7 Flavivirus Group	Renal pp. 590-596, Hematology & Oncology pp. 396-417			29 2.5 hours	40		4	3	3
36	Catch-up day												
37	Practice Test 2												
38		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) (Part 1 of 2)	1.10 Coronavirus, 1.11 Retrovirus - HIV/AIDs, 1.8 (Flavi) Hepatitis C, 1.9 Togavirus Group	Hematology & Oncology pp. 418-436, Gastrointestinal pp. 352-361			29 2 hours	40		4	3	3
39		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	2.1 Orthomyxovirus, 2.2 paramyxovirus	Gastrointestinal pp. 362-390			29 2 hours	40		4	3	3
40		Gastrointestinal System, Reproductive System	10.4 Stomach, 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1)	2.3 Rhabdovirus, 2.4 Filovirus	Gastrointestinal pp. 391-394, Reproductive pp. 598-623			30 2 hours	40		4	3	3
41		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	10.8 Colon (1) (Part 2 of 2), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva	2.5 Bunyavirus, 2.6 Arenavirus	Reproductive pp. 624-643, Psychiatry pp. 541-549			29 2 hours	40		4	3	3
42		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.1 Vulva (Part 2 of 2), 13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary, 13.6 Ovarian Tumors (Part 1 of 2)	2.7 Reovirus (Double Stranded RNA), 3.1 HSV1 and 2	Psychiatry pp. 549-564			27 2 hours	40		4	3	3
43		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors (Part 2 of 2), 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate	3.2 Epstein-Barr virus, 3.3 Cytomegalovirus	Biochemistry pp. 46-77			32 2 hours	80		4	3	3
44		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	16.1 Introduction, 16.2 Inflammatory Conditions, 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)	3.4 Varicella Zoster Virus, 3.5 HHV 6 Roseola	Biochemistry pp. 78-94, Microbiology pp. 124-133			27 2 hours	80		4	3	3
45		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2, 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)	3.6 HHV 8 Kaposi's Sarcoma, 3.7 Polyomavirus	Microbiology pp. 134-164			31 2 hours	40		4	3	3
46		Microbiology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury	3.8 Papillomavirus, 3.9 Parvovirus	Microbiology pp. 165-193			29 2 hours	40		4	3	3
47		Microbiology, Immunology, Pathology - General	1.5 Amyloid, 2.1 Acute Inflammation Part 1, 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3		Microbiology pp. 194-204, Immunology pp. 95-113			30 2 hours	40		4	3	3
48		Immunology, Pathology - General	2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia	3.10 Adenovirus, 3.11 Poxvirus	Immunology pp. 114-122, Pathology pp. 205-224			29 2 hours	40		4	3	3

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49		Pathology - General, Pharmacology - General	3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	3.12 Hepatitis B, 1.1 Giardia	Pathology pp. 225-229, Pharmacology pp. 231-253		28	2 hours	40		4	3	3
50	Begin study block #3	COMLEX		1.2 Entamoeba histolytica, 1.3 Cryptosporidium	Review weak subjects	The Basics pp. 1-19, Cervical Spine pp. 20-32, Thorax & Ribcage pp. 33-46	46	1 hour	120		5	1	4
51		COMLEX		2.1 Toxoplasmosis, 2.2 Trypanosoma brucei	Review weak subjects	Lumbar Spine pp. 47-66, Scoliosis & Short Leg Syndrome pp. 67-78, Sacrum & Innominates pp. 79-106	60	1 hour	80		5	1	3
52		COMLEX		2.3 Naegleria fowleri, 3.1 Trypanosoma cruzi	Review weak subjects	Upper Extremities pp. 107-130, Lower Extremities pp. 131-149	43	1 hour	80		5	1	3
53		COMLEX		3.2 Babesia, 3.3 Plasmodium species	Review weak subjects	Osteopathy in the Cranial Field pp. 150-172, Spinal Facilitation & the Autonomic Nervous System pp. 173-191	42	1 hour	80		5	1	3
54		COMLEX		3.4 Leishmaniasis, 4.1 Trichomoniasis	Review weak subjects	Chapman's & Trigger Points pp. 192-202, Myofascial Release pp. 203-210, Lymphatics pp. 211-225	34	1 hour	80		5	1	3
55		COMLEX		5.1 Intestinal nematodes, 5.2 Tissue nematodes	Review weak subjects	Counterstrain & Facilitated Positional Release pp. 226-236, Muscle Energy pp. 237-254, HVLA pp. 255-269	44	1 hour	80		5	1	3
56		COMLEX		6.1 Cestodes, 6.2 Trematodes	Review weak subjects	Articulatory Techniques pp. 270-276, Special Tests pp. 277-299, Appendix A: Common Techniques For Visceral & Systemic Dysfunction pp. 300-304, Appendix B: Neurological Exam pp. 305-317	48	1 hour	80		5	1	3