

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

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Day	Event	Subjects	Pathoma tasks	First Aid (2018) Tasks	OMT Review (4e) tasks	Pages	Pathoma length	UWorld questions	COMBANK questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Pathology - General, Biochem, Cell Bio, Genetics	1.1 Growth Adaptations, 1.2 Cellular Injury, 1.3 Cell Death (Part 1 of 2)	Pathology pp. 205-226, Biochemistry pp. 34-41			30 1.5 hours	40		4	2	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	Biochemistry pp. 42-71			30 1.5 hours	40		4	2	3
3		Biochem, Cell Bio, Genetics, Microbiology, 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)	Biochemistry pp. 72-94, Microbiology pp. 124-129			29 1.5 hours	40		4	2	3
4		Microbiology, Pathology - General	2.5 Wound Healing, 3.1 Neoplasia, 3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2	Microbiology pp. 130-158			29 1.5 hours	40		4	2	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	Microbiology pp. 159-186			28 1.5 hours	40		4	2	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	Microbiology pp. 187-204, Immunology pp. 95-106			30 1.5 hours	40		4	2	3
7		Immunology, 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	Immunology pp. 107-122, Neurology & Special Senses pp. 474-486			29 1.5 hours	40		4	2	3
8		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), 7.3 Arteriosclerosis	Neurology & Special Senses pp. 487-515			29 1.5 hours	40		4	2	3
9	Catch-up day											
10	Practice Test 1											
11		Nervous System, Endocrine 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	Neurology & Special Senses pp. 516-535, Endocrine pp. 320-328			29 1.5 hours	40		4	2	3
12		Endocrine System, Cardiovascular System, Musculoskeletal System	8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors	Endocrine pp. 329-350, Cardiovascular pp. 274-280			29 1.5 hours	40		4	2	3
13		Cardiovascular System, Respiratory System	9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases	Cardiovascular pp. 281-309			29 2 hour	40		4	2	3
14		Cardiovascular System, Musculoskeletal System, Respiratory System, Skin, Renal & Urinary System	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	Cardiovascular pp. 310-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-454			29 1.5 hours	40		4	2	3
15		Musculoskeletal System, Miscellaneous, 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)	Musculoskeletal, Skin, and Connective Tissue pp. 455-472, Public Health Sciences pp. 251-261			29 1.5 hours	40		4	2	3
16		Miscellaneous, 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)	Public Health Sciences pp. 262-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-688			29 1.5 hours	40		4	2	3

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17		Respiratory 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 Macrocytic Anemia (Part 1 of 2)	Respiratory pp. 641-668			28 1.5 hours	40		4	2	3
18		Renal & Urinary System, 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	Renal pp. 562-591			30 1.5 hours	40		4	2	3
19		Renal & Urinary System, Hematology & Oncology	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	Renal pp. 592-592, Hematology & Oncology pp. 396-422			28 1.5 hours	40		4	2	3
20		Hematology & Oncology, Gastrointestinal System	10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel (Part 1 of 2)	Hematology & Oncology pp. 423-431, Gastrointestinal pp. 352-372			30 1.5 hours	40		4	2	3
21		Gastrointestinal System, Reproductive 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, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice (Part 1 of 2)	Gastrointestinal pp. 373-394, Reproductive pp. 594-600			29 1.5 hours	40		4	2	3
22		Reproductive System, Gastrointestinal System	11.3 Liver: Jaundice (Part 2 of 2), 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva, 13.2 Vagina, 13.3 Cervix	Reproductive pp. 601-629			29 1.5 hours	40		4	2	3
23		Reproductive System, Behavioral/Psychiatry	13.4 Endometrium and Myometrium, 13.5 Ovary, 13.6 Ovarian Tumors, 13.7 Gestational Pathology	Reproductive pp. 630-639, Psychiatry pp. 537-555			29 1.5 hours	40		4	2	3
24	Complete first pass of First Aid	Behavioral/Psychiatry, Pharmacology-General, 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, 16.4 Breast Cancer	Psychiatry pp. 556-560, Pharmacology pp. 227-249			28 2 hours	40		4	2	3
25	Catch-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	Neurology & Special Senses pp. 474-503			30 1.5 hours	40		4	2	3
27		Nervous System, Endocrine System	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	Neurology & Special Senses pp. 504-533			30 1.5 hours	40		4	2	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. 534-535, Endocrine pp. 320-346			29 2 hours	40		4	2	3
29		Endocrine System, Cardiovascular System, Musculoskeletal System	8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Defects, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System	Endocrine pp. 342-350, Cardiovascular pp. 274-298			29 1.5 hours	40		4	2	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)	Cardiovascular pp. 299-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-443			29 2 hours	40		4	2	3
31		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, 9.9 Pleura	Musculoskeletal, Skin, and Connective Tissue pp. 444-472			29 1.5 hours	40		4	2	3

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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	Public Health Sciences pp. 251-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-677			29 2 hours	40		4	2	3
33		Miscellaneous, Respiratory System, Renal & Urinary System, Hematology & Oncology	12.4 Nephritic Syndrome, 12.5 Urinary Tract Infections, 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)	Rapid Review pp. 678-688, Respiratory pp. 641-658			29 1.5 hours	40		4	2	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,	Respiratory pp. 659-668, Renal pp. 562-580			29 1.5 hours	40		4	2	3
35		Renal & Urinary System, Hematology & Oncology	5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Microcytic Anemia, 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis,	Renal pp. 581-592, Hematology & Oncology pp. 396-412			29 2 hours	40		4	2	3
36	37	Catch-up day 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)	Hematology & Oncology pp. 413-431, Gastrointestinal pp. 352-361			29 1.5 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	Gastrointestinal pp. 362-390			29 1.5 hours	40		4	2	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) (Part 1 of 2)	Gastrointestinal pp. 391-394, Reproductive pp. 594-618			29 1.5 hours	40		4	2	3
41		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 Biliart Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva (Part 1 of 2)	Reproductive pp. 619-639, Psychiatry pp. 537-544			29 1.5 hours	40		4	2	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)	Psychiatry pp. 545-560, Biochemistry pp. 34-45			28 1.5 hours	40		4	2	3
43		Behavioral/Psychiatry, 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,	Biochemistry pp. 46-75			30 1.5 hours	40		4	2	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, 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	Biochemistry pp. 76-94, Microbiology pp. 124-133			29 2 hours	40		4	2	3
45		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)	Microbiology pp. 134-161			28 1.5 hours	40		4	2	3
46		Microbiology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury	Microbiology pp. 162-191			30 1.5 hours	40		4	2	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. 192-204, Immunology pp. 95-110			29 2 hours	40		4	2	3
48		Immunology, Pathology - General	2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia	Immunology pp. 111-122, Pathology pp. 205-221			29 1.5 hours	40		4	2	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	Pathology pp. 222-226, Pharmacology pp. 227-249			28 2 hours	40		4	2	3
50	Begin study block #3	COMLEX		Review weak subjects	The Basics pp. 1-19, Cervical Spine pp. 20-32, Thorax & Ribcage pp. 33-46	46		120		5		4
51		COMLEX		Review weak subjects	Lumbar Spine pp. 47-66, Scoliosis & Short Leg Syndrome pp. 67-78, Sacrum & Innominates pp. 79-106	60		80		5		3
52		COMLEX		Review weak subjects	Upper Extremities pp. 107-130, Lower Extremities pp. 131-149	43		80		5		3
53		COMLEX		Review weak subjects	Osteopathy in the Cranial Field pp. 150-172, Spinal Facilitation & the Autonomic Nervous System pp. 173-191	42		80		5		3
54		COMLEX		Review weak subjects	Chapman's & Trigger Points pp. 192-202, Myofascial Release pp. 203-210, Lymphatics pp. 211-225	34		80		5		3
55		COMLEX		Review weak subjects	Counterstrain & Facilitated Positional Release pp. 226-236, Muscle Energy pp. 237-254, HVLA pp. 255-269	44		80		5		3
56		COMLEX		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		80		5		3