

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

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Day	Event	Subjects	Pathoma tasks	First Aid (2019) Tasks	OMT Review (4e) tasks	Pages	Pathoma 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)	Pathology pp. 205-229, Molecular pp. 34-37			29 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. 38-64			27 1.5 hours	40		4	2	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)	Biochemistry pp. 65-94			30 1.5 hours	40		4	2	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	Microbiology pp. 124-150			27 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. 151-180			30 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. 181-204, Immunology pp. 95-98			28 1.5 hours	40		4	2	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	Immunology pp. 99-122, Neurology & Special Senses pp. 478-480			27 1.5 hours	40		4	2	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	Neurology & Special Senses pp. 481-510			30 1.5 hours	40		4	2	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)	Neurology & Special Senses pp. 511-538			28 1.5 hours	40		4	2	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	Neurology & Special Senses pp. 539-539, Cardiovascular pp. 278-305			29 1.5 hours	40		4	2	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	Cardiovascular pp. 306-319, Endocrine pp. 321-334			28 2 hours	40		4	2	3
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	Endocrine pp. 335-350, Musculoskeletal, Skin, and Connective Tissue pp. 438-450			29 2 hours	40		4	2	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)	Musculoskeletal, Skin, and Connective Tissue pp. 451-476			26 1.5 hours	40		4	2	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)	Respiratory pp. 645-672			28 1.5 hours	40		4	2	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)	Renal pp. 566-596			31 1.5 hours	40		4	2	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	Hematology & Oncology pp. 396-423			28 1.5 hours	40		4	2	3

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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)	Hematology & Oncology pp. 418-436, Gastrointestinal pp. 352-361		29	1.5 hours	40		4	2	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)	Gastrointestinal pp. 391-394, Reproductive pp. 598-623		30	1.5 hours	40		4	2	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	Reproductive pp. 624-643, Psychiatry pp. 541-549		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. 549-564		27	1.5 hours	40		4	2	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	Biochemistry pp. 46-77		32	1.5 hours	80		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 (Part 1 of 2)	Biochemistry pp. 78-94, Microbiology pp. 124-133		27	2 hours					
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)	Microbiology pp. 134-164		31	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. 165-193		29	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. 194-204, Immunology pp. 95-113		30	2 hours	40		4	2	3
48		Immunology, Pathology - General	2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia	Immunology pp. 114-122, Pathology pp. 205-224		29	1.5 hours	40		4	2	3
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. 225-229, Pharmacology pp. 231-253		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

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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