

2-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	Sketchy/Micro tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Pathology - General	1.1. Growth Adaptations, 1.2 Cellular Injury, 1.3 Cell Death (Part 1 of 2)	1.1 Staph aureus, 1.2 Staph epidemidis/Staoh saprophyticus	Pathology pp. 205-226	22	2 hours	40	4	2	3
2		Biochem, Cell Bio, Geneticsm, Pathology - General	1.3 Cell Death (Part 2 of 2), 1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1 (Part 1 of 2)	1.3 Strep. pyogenes (Group A Strep), 1.4 Strep. agalactiae (Group B Strep)	Biochemistry pp. 34-55	22	2 hours	40	4	2	3
3		Biochem, Cell Bio, Geneticsm, Pathology - General	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation	1.5 Strep. pneumoniae/Strep viridans, 1.6 Enterococcus	Biochemistry pp. 56-79	24	2 hours	40	4	2	3
4		Biochem, Cell Bio, Geneticsm, Microbiology, Pathology - General	2.2 Chronic Inflammation (Part 2 of 2), 2.5 Wound Healing, 3.1 Neoplasia, 3.2 Carcinogenesis Part 1 (Part 1 of 2)	2.1 Bacillus anthracis and Bacillus cereus, 2.2 Clostridium tetani	Biochemistry pp. 80-94, Microbiology pp. 124-130	22	2 hours	40	4	2	3
5		Microbiology, Pathology - General	3.2 Carcinogenesis Part 1 (Part 2 of 2), 3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics (Part 1 of 2)	2.3 Clostridium botulinum, 2.4 Clostridium difficile	Microbiology pp. 131-150	20	2 hours	40	4	2	3
6		Microbiology, Pathology - General, Immunology	3.4 Clinical Characteristics (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1, 2.4 Autoimmune Disorders Part 2	2.5 Clostridium perfringens, 2.6 Corynebacterium diphtheriae	Microbiology pp. 151-174	24	2 hours	40	4	2	3
7		Microbiology, Immunology, Nervous System	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 17.1 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)	2.7 Listeria monocytogenes, 3.1 Actinomyces	Microbiology pp. 175-196	22	1.5 hours	80	4	2	3
8		Immunology, Nervous System, Cardiovascular System	17.7 Dementia and Degenerative Disorders (Part 2 of 2), 17.8 CNS Tumors, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis	3.2 Nocardia, 4.1 Neisseria species overview	Microbiology pp. 197-204, Immunology pp. 95-108	22	1.5 hours	80	4	2	3
9	Catch-up day										
10	Practice Test 1										
11		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 (Part 1 of 2)	4.2 Neisseria meningitidis, 4.3 Neisseria gonorrhoeae	Immunology pp. 109-122, Neurology & Special Senses pp. 474-481	22	2 hours	40	4	2	3
12		Nervous System, Cardiovascular System, Endocrine System	8.4 Valvular Disorders (Part 2 of 2), 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 (Part 1 of 2)	5.1 Klebsiella, Enterobacter, Serratia, 5.2 Salmonella	Neurology & Special Senses pp. 482-503	22	2 hours	40	4	2	3
13		Nervous System, Cardiovascular System, Endocrine System, Musculoskeletal System	15.9 Endocrine Pancreas (Part 2 of 2), 15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint (Part 1 of 2)	5.3 Shigella, 5.4 Escherichia coli (ETEC, EHEC)	Neurology & Special Senses pp. 504-526	23	2 hours	40	4	2	3

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Day	Event	Subjects	Pathoma tasks	Sketchy/Micro tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
14		Cardiovascular System, Musculoskeletal System, Skin, Respiratory System	18.3 Joint (Part 2 of 2), 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 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	5.5 Yersinia enterocolitica and pestis, 5.6 Campylobacter jejuni	Neurology & Special Senses pp. 527-535, Endocrine pp. 320-330	20	1.5 hours	40	4	2	3
15		Endocrine System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases (Part 1 of 2)	5.7 Vibrio cholerae, 5.8 Helicobacter pylori	Endocrine pp. 331-350, Cardiovascular pp. 274-276	23	2 hours	40	4	2	3
16		Endocrine System, Musculoskeletal System, Respiratory System, Renal & Urinary System	9.5 Restrictive Diseases, 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome	5.9 Pseudomonas, 5.10 Proteus mirabilis	Cardiovascular pp. 277-299	23	2 hours	40	4	2	3
17		Musculoskeletal System, Respiratory System, Renal & Urinary System, Hematology & Oncology	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, 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	6.1 Bordetella pertussis, 6.2 Haemophilus influenzae	Cardiovascular pp. 300-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-437	22	2 hours	40	4	2	3
18		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.1 Primary Hemostasis (Part 2 of 2) and Related Bleeding Disorders, 4.2 Secondary Hemostasis and Related Disorders, 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism	6.3 Legionella pneumophila, 7.1 Bartonella henselae	Musculoskeletal, Skin, and Connective Tissue pp. 438-459	22	1.5 hours	40	4	2	3
19		Renal & Urinary System, Hematology & Oncology	5.1 Anemia, 5.2 Mucrocytic Anemias Part 1, 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia (Part 1 of 2)	7.2 Brucella, 7.3 Francisella turalensis	Musculoskeletal, Skin, and Connective Tissue pp. 460-472, Public Health Sciences pp. 251-259	22	1.5 hours	40	4	2	3
20		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	7.4 Pasteurella multocida, 8.1 Mycobacterium tuberculosis	Public Health Sciences pp. 260-268, Approaching the Organ Systems pp. 270-271, Respiratory pp. 641-651	22	2 hours	80	4	2	3
21		Hematology & Oncology, Gastrointestinal System	6.1 Leukopenia and Leukocytosis, 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) (Part 1 of 2)	8.2 Mycobacterium leprae, 9.1 Borrelia burgdorferi	Respiratory pp. 652-668, Renal pp. 562-564	20	2 hours	80	4	2	3
22		Gastrointestinal System, Hematology & Oncology	6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL) (Part 2 of 2), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach	9.2 Leptospirosis, 9.3 Treponema pallidum	Renal pp. 565-588	24	2 hours	80	4	2	3
23		Gastrointestinal System, Reproductive System	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1)	10.1 Chlamydia, 10.2 Coxiella burnetti	Renal pp. 589-592, Hematology & Oncology pp. 396-414	23	2 hours	40	4	2	3
24		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, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors	10.3 Gardnerella vaginalis, 10.4 Mycoplasma pneumoniae	Hematology & Oncology pp. 415-431, Gastrointestinal pp. 352-356	22	2 hours	40	4	2	3

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25		Reproductive System, Behavioral/Psychiatry	13.1 Vulva, 13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium	10.5 Rickettsia species overview, 10.6 Rickettsia prowazekii	Gastrointestinal pp. 357-378	22	2 hours	40	4	2	3
26		Behavioral/Psychiatry, Pharmacology - General, Reproductive System	13.5 Ovary, 13.6 Ovaria Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	10.7 Rickettsia rickettsii, 1.1 Histoplasmosis	Gastrointestinal pp. 379-394, Reproductive pp. 594-599	22	2 hours	40	4	2	3
27	Complete first pass of First Aid	Pharmacology - General, Miscellaneous, 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	1.2 Blastomycosis, 1.3 Coccidioidomycosis	Reproductive pp. 600-619	20	2 hours	40	4	2	3
28	Practice Test 2				Reproductive pp. 620-639, Psychiatry pp. 537-540	24					
29	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	1.4 Paracoccidioidomycosis, 2.1 Malassezia furfur	Psychiatry pp. 541-560	20	1.5 hours	40	4	2	3
30		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	2.2 Dermatophytes, 2.3 Sporothrix schenckii	Pharmacology pp. 227-249	23	1.5 hours	40	4	2	3
31		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)	3.1 Candida albicans, 3.2 Aspergillus fumigatus			1.5 hours	40	4	2	3
32		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)	3.3 Cryptococcus neoformans, 3.4 Mucormycosis	Neurology & Special Senses pp. 474-500	27	1.5 hours	40	4	2	3
33		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	3.5 Pneumocystis pneumonia, 1.1 Picornaviridae Overview	Neurology & Special Senses pp. 501-527	27	2 hours	40	4	2	3
34		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	1.2 (Pico) Polio Virus, 1.3 (Pico) Coxsackie A	Neurology & Special Senses pp. 528-535, Endocrine pp. 320-338	27	1.5 hours	40	4	2	3
35		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases	1.4 (Pico) Rhinovirus, 1.5 (Pico) Hepatitis A	Endocrine pp. 339-350, Cardiovascular pp. 274-287	26	1.5 hours	40	4	2	3
36		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)	1.6 (Norwalk) Calicivirus, 1.7 Flavivirus Group	Cardiovascular pp. 288-314	27	2 hours	40	4	2	3

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37		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)	1.8 (Flavi) Hepatitis C, 1.9 Togavirus Group	Cardiovascular pp. 315-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-457	27	1.5 hours	40	4	2	3
38		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	1.10 Coronavirus, 1.11 Retrovirus - HIV/AIDS	Musculoskeletal, Skin, and Connective Tissue pp. 458-472, Public Health Sciences pp. 251-261	26	1.5 hours	40	4	2	3
39		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	2.1 Orthomyxovirus, 2.2 paramyxovirus	Public Health Sciences pp. 262-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-689	27	2 hours	40	4	2	3
40		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)	2.3 Rhabdovirus, 2.4 Filovirus	Rapid Review pp. 687-688, Respiratory pp. 641-664	26	1.5 hours	40	4	2	3
41		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)	2.5 Bunyavirus, 2.6 Arenavirus	Respiratory pp. 665-688, Renal pp. 562-584	27	1.5 hours	40	4	2	3
42		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)	2.7 Reovirus (Double Stranded RNA), 3.1 HSV1 and 2	Renal pp. 585-592, Hematology & Oncology pp. 396-414	27	1.5 hours	40	4	2	3
43		Gastrointestinal System, Reproductive System	10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel	3.2 Epstein-Barr virus, 3.3 Cytomegalovirus	Hematology & Oncology pp. 415-431, Gastrointestinal pp. 352-360	26	1.5 hours	40	4	2	3
44		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	3.4 Varicella Zoster Virus, 3.5 HHV 6 Roseola	Gastrointestinal pp. 361-387	27	1.5 hours	80	4	2	3
45		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva	3.6 HHV 8 Kaposi's Sarcoma, 3.7 Polyomavirus	Gastrointestinal pp. 388-394, Reproductive pp. 594-613	27	1.5 hours	80	4	2	3
46		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary	3.8 Papillomavirus, 3.9 Parvovirus			1.5 hours	80	4	2	3
47	Catch-up day				Reproductive pp. 614-639	26					
48		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	3.10 Adenovirus, 3.11 Poxvirus	Psychiatry pp. 537-560, Biochemistry pp. 34-36	27	1.5 hours	40	4	2	3

