

**2-MONTH USMLE STEP 1 SAMPLE SCHEDULE**

Thanks for downloading our sample schedule! We don't suggest this is the ultimate schedule, but we offer it a starting point for your plan. Remember, everyone learns differently, and you will need to adjust your plan for your weak areas, if you fall behind, need catch-up days, etc.

Ultimately, we recommend using a personalized, flexible, and easily managed daily study plan like what Cram Fighter offers, to ensure you cover all the Step 1 exam material you need to. Access a 7-day FREE trial of the Cram Fighter study schedule planner at [www.cramfighter.com](http://www.cramfighter.com). Good luck!

Day	Event	Subjects	Pathoma tasks	First Aid (2019) Tasks	First Aid pages	Pathoma 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)	Pathology pp. 205-229	25	1.5 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)	Biochemistry pp. 34-58	25	1.5 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	Biochemistry pp. 59-83	25	1.5 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)	Biochemistry pp. 84-94, Microbiology pp. 124-137	25	1.5 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)	Microbiology pp. 138-161	24	1.5 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	Microbiology pp. 162-186	25	1.5 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)	Microbiology pp. 187-204, Immunology pp. 95-102	26	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	Immunology pp. 103-122, Neurology & Special Senses pp. 478-480	23	1 hour	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)	Neurology & Special Senses pp. 481-507	27	1.5 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)	Neurology & Special Senses pp. 508-531	24	1.5 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)	Neurology & Special Senses pp. 532-539, Cardiovascular pp. 278-295	26	1.5 hours	40	4	2	3
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	Cardiovascular pp. 296-319	24	1 hour	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)	Endocrine pp. 321-346	26	1.5 hours	40	4	2	3



**2-MONTH USMLE STEP 1 SAMPLE SCHEDULE**

Thanks for downloading our sample schedule! We don't suggest this is the ultimate schedule, but we offer it a starting point for your plan. Remember, everyone learns differently, and you will need to adjust your plan for your weak areas, if you fall behind, need catch-up days, etc.

Ultimately, we recommend using a personalized, flexible, and easily managed daily study plan like what Cram Fighter offers, to ensure you cover all the Step 1 exam material you need to. Access a 7-day FREE trial of the Cram Fighter study schedule planner at [www.cramfighter.com](http://www.cramfighter.com). Good luck!

Day	Event	Subjects	Pathoma tasks	First Aid (2019) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
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	Neurology & Special Senses pp. 478-500	23	1 hour	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	Neurology & Special Senses pp. 501-523	23	1 hour	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)	Neurology & Special Senses pp. 523-539, Endocrine pp. 321-327	23	1 hour	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)	Endocrine pp. 328-350	23	1 hour	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	Cardiovascular pp. 278-300	23	1.5 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	Cardiovascular pp. 301-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	23	1 hour	40	4	2	3
35		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases	Musculoskeletal, Skin, and Connective Tissue pp. 442-464	23	1 hour	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)	Musculoskeletal, Skin, and Connective Tissue pp. 465-476, Public Health Sciences pp. 255-272	29	2 hours	40	4	2	3
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)	Respiratory pp. 645-661	20	1 hour	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	Respiratory pp. 662-672, Renal pp. 566-577	23	1 hour	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	Renal pp. 578-596, Hematology & Oncology pp. 396-399	23	1.5 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)	Hematology & Oncology pp. 400-422	23	1 hour	40	4	2	3

**2-MONTH USMLE STEP 1 SAMPLE SCHEDULE**

Thanks for downloading our sample schedule! We don't suggest this is the ultimate schedule, but we offer it a starting point for your plan. Remember, everyone learns differently, and you will need to adjust your plan for your weak areas, if you fall behind, need catch-up days, etc.

Ultimately, we recommend using a personalized, flexible, and easily managed daily study plan like what Cram Fighter offers, to ensure you cover all the Step 1 exam material you need to. Access a 7-day FREE trial of the Cram Fighter study schedule planner at [www.cramfighter.com](http://www.cramfighter.com). Good luck!

Day	Event	Subjects	Pathoma tasks	First Aid (2019) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours	
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)	Hematology & Oncology pp. 423-436, Gastrointestinal pp. 352-360	23	1 hour	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)	Gastrointestinal pp. 361-383	23	1 hour	40	4	2	3	
43		Gastrointestinal System, Reproductive System	10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel	Gastrointestinal pp. 384-394, Reproductive pp. 598-609	23	1 hour	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	Reproductive pp. 610-632	23	1 hour	80	4	2	3	
45		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	11.2 Gallbladder and Biliart Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva	Reproductive pp. 633-643, Psychiatry pp. 541-552	23	1 hour	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	Psychiatry pp. 553-564, Biochemistry pp. 34-44	23	1 hour	80	4	2	3	
47	Catch-up day										
48		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	Biochemistry pp. 45-67	23	1 hour	40	4	2	3	
49		Biochem, Cell Bio, Genetics, 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 (Part 1 of 2)	Biochemistry pp. 68-90	23	1.5 hours	40	4	2	3	
50		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	16.4 Breast Cancer (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1, 2.4 Autoimmune Disorders Part 2	Biochemistry pp. 91-94, Microbiology pp. 124-142	23	1 hour	40	4	2	3	
51		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)	Microbiology pp. 143-165	23	1 hour	40	4	2	3	
52		Microbiology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury (Part 1 of 2)	Microbiology pp. 166-188	23	1 hour	40	4	2	3	
53		Microbiology, Immunology, Pathology - General	1.4 Free Radical Injury (Part 2 of 2), 1.5 Amyloid, 2.1 Acute Inflammation Part 1, 2.1 Acute Inflammation Part 2 (Part 1 of 2)	Microbiology pp. 189-204, Immunology pp. 95-101	23	1 hour	40	4	2	3	
54		Immunology, Pathology - General	2.1 Acute Inflammation Part 2 (Part 2 of 2), 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation, 2.5 Wound Healing (Part 1 of 2)	Immunology pp. 102-122, Pathology pp. 205-206	23	1 hour	40	4	2	3	
55		Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1	Pathology pp. 207-229	23	1 hour	40	4	2	3	
56		Pharmacology - General, Pathology - General	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	Pharmacology pp. 231-253	23	1 hour	40	4	2	3	