

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. Good luck!

Day	Event	Subjects	Pathoma tasks	First Aid (2020) 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. 205-228	24	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. 34-59	26	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. 60-84	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. 85-94; Microbiology pp. 124-138	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. 139-161	23	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; Neurology & Special Senses pp. 490-497	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	Neurology & Special Senses	25	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	24	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	25	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)	Immunology pp. 114-122; Cardiovascular pp. 280-295	25	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. 297-3	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)	Cardiovascular pp. 320-3	25	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. Good luck!

Day	Event	Subjects	Pathoma tasks	First Aid (2020) tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
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	Endocrine pp. 345-354; Musculoskeletal, Skin, & Connective Tissue pp. 446-458	23	1.5 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)	Musculoskeletal, Skin, & Connective Tissue pp. 446-458	26	1.5 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	Musculoskeletal, Skin, & Connective Tissue pp. 446-458	25	1 hour	40	4	2	3
19		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 (Part 1 of 2)	Respiratory pp. 681-687; Hematology & Oncology pp. 404-421	25	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	Hematology & Oncology pp. 404-421	23	1.5 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)	Renal pp. 578-603	26	1.5 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	Renal pp. 604-610; Gastrointestinal pp. 358-375	25	1.5 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)	Gastrointestinal pp. 376-400	25	1.5 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	Gastrointestinal pp. 401-401; Reproductive pp. 612-635	25	1.5 hours	40	4	2	3
25		Reproductive System, Behavioral/Psychiatry	13.1 Vulva, 13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium	Reproductive pp. 636-658	23	1.5 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	Psychiatry pp. 553-576	24	1.5 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 Fibrocytic Changes, 16.4 Breast Cancer	Pharmacology pp. 229-254	26	1.5 hours	40	4	2	3
28	Practice Test 2									
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. 490-510	21	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. Good luck!

Day	Event	Subjects	Pathoma tasks	First Aid (2020) tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
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. 511-533	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. 534-552; Endocrine pp. 325-330	25	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. 331-353	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	Endocrine pp. 354-354; Cardiovascular pp. 280-301	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. 302-324	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, & Connective Tissue pp. 446-468	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, & Connective Tissue pp. 469-487; Respiratory pp. 659-662	23	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. 663-685	23	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. 686-687; Renal pp. 578-597	22	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. 598-610; Hematology & Oncology pp. 404-413	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. 414-434	21	1 hour	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)	Hematology & Oncology pp. 435-444; Gastrointestinal pp. 358-370	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. Good luck!

Day	Event	Subjects	Pathoma tasks	First Aid (2020) tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours	
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. 371-395	25	1 hour	40		4	2	3
43		Gastrointestinal System, Reproductive System	10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel	Gastrointestinal pp. 396-401; Reproductive pp. 612-628	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. 629-651	23	1 hour	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	Reproductive pp. 652-658; Psychiatry pp. 553-568	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. 569-576; Biochemistry pp. 34-48	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. 49-71	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. 72-93	22	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. 94-94; Microbiology pp. 124-145	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. 146-168	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. 169-191	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. 192-204; Immunology pp. 95-104	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. 105-122; Pathology pp. 205-209	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. 210-228; Pharmacology pp. 229-232	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. 233-254	22	1 hour	40		4	2	3