

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

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

Day	Event	Subjects	Pathoma tasks	First Aid (2021) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Study block #1 begins	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 (Part 1 of 2)	Embryology pp. 504-506; Anatomy & Physiology pp. 507-527	24	1 hour	40	3	2	3
2		Nervous System; Endocrine System	17.7 Dementia and Degenerative Disorders (Part 2 of 2); 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; 15.9 Endocrine Pancreas (Part 1 of 2)	Pathology pp. 528-550; Otolaryngology pp. 551-552; Ophthalmology (Part 1 of 2) pp. 553-555	28	1 hour	40	3	2	3
3		Nervous System; Endocrine System; Cardiovascular System	15.9 Endocrine Pancreas (Part 2 of 2); 15.10 Adrenal Cortex, 15.11 Adrenal Medulla; 7.1 Vasculitis; 7.2 Hypertension (HTN); 7.3 Arteriosclerosis (Part 1 of 2)	Ophthalmology (Part 2 of 2) pp. 556-563; Pharmacology pp. 564-573; Embryology pp. 334-334; Anatomy pp. 335-335; Physiology (Part 1 of 2) pp. 336-340	25	1 hour	40	3	2	3
4		Endocrine System; Cardiovascular System	7.3 Arteriosclerosis (Part 2 of 2); 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	Physiology (Part 2 of 2) pp. 341-345; Pathology pp. 346-361; Pharmacology pp. 362-365	25	1 hour	40	3	2	3
5		Cardiovascular System; Musculoskeletal System	8.4 Valvular Disorders; 8.5 Endocarditis; 8.6 Cardiomyopathy, 8.7 Cardiac Tumors; 18.1 Skeletal System; 18.2 Bone Tumors (Part 1 of 2)	Embryology pp. 288-291; Anatomy pp. 292-292; Physiology pp. 293-305; Pathology (Part 1 of 2) pp. 306-313	26	1 hour	40	3	2	3
6		Cardiovascular System; Musculoskeletal System; Respiratory System	18.2 Bone Tumors (Part 2 of 2); 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)	Pathology (Part 2 of 2) pp. 314-323; Pharmacology pp. 324-332; Anatomy & Physiology (Part 1 of 2) pp. 456-461	25	1 hour	40	3	2	3
7		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	Anatomy & Physiology (Part 2 of 2) pp. 462-468; Pathology pp. 469-486	25	1 hour	40	3	2	3
8		Musculoskeletal System; Miscellaneous; Respiratory System; Skin; Renal & Urinary System	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 (Part 1 of 2)	Dermatology pp. 487-498; Pharmacology pp. 499-502; Public Health Sciences (Part 1 of 2) pp. 259-268	26	1 hour	40	3	2	3
9		Miscellaneous; Renal & Urinary System	12.1 Congenital (Part 2 of 2); 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	Public Health Sciences (Part 2 of 2) pp. 269-281; Approaching the Organ Systems pp. 284-285; Rapid Review (Part 1 of 2) pp. 713-722	25	1 hour	40	3	2	3
10		Miscellaneous; Respiratory System; Renal & Urinary System; Hematology & Oncology	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	Rapid Review (Part 2 of 2) pp. 723-735; Respiratory (Part 1 of 2) pp. 683-695	26	1 hour	40	3	2	3
11		Respiratory System; Renal & Urinary System; Hematology & Oncology	4.3 Other Disorders of Hemostasis; 4.4 Thrombosis; 4.5 Embolism; 5.1 Anemia; 5.2 Microcytic Anemias Part 1	Respiratory (Part 2 of 2) pp. 696-712; Embryology pp. 602-603; Anatomy pp. 604-604; Physiology (Part 1 of 2) pp. 605-609	25	1 hour	40	3	2	3
12		Renal & Urinary System; Hematology & Oncology	5.2 Microcytic Anemias Part 2; 5.2 Microcytic Anemias Part 3; 5.3 Macrocytic Anemia; 5.4 Normocytic Anemia	Physiology (Part 2 of 2) pp. 610-617; Pathology pp. 618-629; Pharmacology pp. 630-633	24	1.5 hours	40	3	2	3
13		Hematology & Oncology	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; 6.2 Acute Leukemia (Part 1 of 2)	Embryology pp. 414-415; Anatomy pp. 416-419; Physiology pp. 420-423; Pathology (Part 1 of 2) pp. 424-440	27	1 hour	40	3	2	3
14		Hematology & Oncology; Gastrointestinal System	6.2 Acute Leukemia (Part 2 of 2); 6.3 Chronic Leukemia; 6.4 Myeloproliferative Disorders (MPD); 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL)	Pathology (Part 2 of 2) pp. 441-444; Pharmacology pp. 445-454; Embryology pp. 368-369; Anatomy (Part 1 of 2) pp. 370-378	25	1.5 hours	40	3	2	3
15		Hematology & Oncology; Gastrointestinal System	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 (Part 1 of 2)	Anatomy (Part 2 of 2) pp. 379-380; Physiology pp. 381-385; Pathology (Part 1 of 2) pp. 386-404	26	1 hour	40	3	2	3

16		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) (Part 1 of 2)	Pathology (Part 2 of 2) pp. 405-407; Pharmacology pp. 408-411; Embryology pp. 636-647; Anatomy pp. 648-652	24	1.5 hours	40	3	2	3
17		Gastrointestinal System; Reproductive 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 (Part 1 of 2)	Physiology pp. 653-660; Pathology pp. 661-678	26	1 hour	40	3	2	3
18		Reproductive System; Behavioral/Psychiatry; Gastrointestinal System	11.3 Liver: Cirrhosis & Tumors (Part 2 of 2); 13.1 Vulva; 13.2 Vagina; 13.3 Cervix; 13.4 Endometrium and Myometrium (Part 1 of 2)	Pharmacology pp. 679-682; Psychiatry (Part 1 of 2) pp. 575-596	26	1 hour	40	3	2	3
19		Behavioral/Psychiatry; Biochem, Cell Bio, Genetic; Reproductive System	13.4 Endometrium and Myometrium (Part 2 of 2); 13.5 Ovary; 13.6 Ovarian Tumors; 13.7 Gestational Pathology	Psychiatry (Part 2 of 2) pp. 597-600; Molecular pp. 34-45; Cellular pp. 46-51; Laboratory Techniques (Part 1 of 2) pp. 52-54	25	1 hour	40	3	2	3
20	Catch-up day									
21		Biochem, Cell Bio, Genetic; 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	Laboratory Techniques (Part 2 of 2) pp. 55-55; Genetics pp. 56-64; Nutrition pp. 65-72; Metabolism (Part 1 of 2) pp. 73-80	26	1 hour	80	3	2	3
22		Biochem, Cell Bio, Genetic; Microbiology; Reproductive System; Immunology	16.4 Breast Cancer; 2.3 Primary Immunodeficiency; 2.4 Autoimmune Disorders Part 1	Metabolism (Part 2 of 2) pp. 81-94; Basic Bacteriology pp. 124-133	24	1 hour	80	3	2	3
23		Microbiology; Immunology; Pathology-General	2.4 Autoimmune Disorders Part 2; 1.1 Growth Adaptations; 1.2 Cellular Injury (Part 1 of 2)	Clinical Bacteriology pp. 134-150; Mycology pp. 151-154; Parasitology (Part 1 of 2) pp. 155-159	26	1.5 hours	80	3	2	3
24		Microbiology; Pathology-General	1.2 Cellular Injury (Part 2 of 2); 1.3 Cell Death	Parasitology (Part 2 of 2) pp. 160-161; Systems (Part 2 of 2) pp. 186-186;	26	1 hour	80	3	2	3
25		Microbiology; Immunology; Pathology-General	1.4 Free Radical Injury; 1.5 Amyloid; 2.1 Acute Inflammation Part 1	Antimicrobials pp. 187-204; Immunology (Part 1 of 2) pp. 95-100	25	1 hour	80	3	2	3
26		Immunology; 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)	Immunology (Part 2 of 2) pp. 101-122; Pathology (Part 1 of 2) pp. 205-207	25	1.5 hours	80	3	2	3
27		Pathology-General; Pharmacology - General	2.5 Wound Healing (Part 2 of 2); 3.1 Neoplasia; 3.2 Carcinogenesis Part 1	Pathology (Part 2 of 2) pp. 208-229; Pharmacology (Part 1 of 2) pp. 231-234	26	1 hour	80	3	2	3
28		Pathology-General; Pharmacology-General	3.2 Carcinogenesis Part 2; 3.2 Carcinogenesis Part 3; 3.3 Tumor Progression; 3.4 Clinical Characteristics	Pharmacology (Part 2 of 2) pp. 235-258	24	1 hour	80	3	2	3
29	Study block #2 begins	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 (Part 1 of 2)	Embryology pp. 504-506; Anatomy & Physiology pp. 507-527	24	1 hour	40	3	2	3
30		Nervous System; Endocrine System	17.7 Dementia and Degenerative Disorders (Part 2 of 2); 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; 15.9 Endocrine Pancreas (Part 1 of 2)	Pathology pp. 528-550; Otolaryngology pp. 551-552; Ophthalmology (Part 1 of 2) pp. 553-555	28	1 hour	40	3	2	3
31		Nervous System; Endocrine System; Cardiovascular System	15.9 Endocrine Pancreas (Part 2 of 2); 15.10 Adrenal Cortex, 15.11 Adrenal Medulla; 7.1 Vasculitis; 7.2 Hypertension (HTN); 7.3 Arteriosclerosis (Part 1 of 2)	Ophthalmology (Part 2 of 2) pp. 556-563; Pharmacology pp. 564-573; Embryology pp. 334-334; Anatomy pp. 335-335; Physiology (Part 1 of 2) pp. 336-340	25	1 hour	40	3	2	3
32		Endocrine System; Cardiovascular System	7.3 Arteriosclerosis (Part 2 of 2); 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	Physiology (Part 2 of 2) pp. 341-345; Pathology pp. 346-361; Pharmacology pp. 362-365	25	1 hour	40	3	2	3
33		Cardiovascular System; Musculoskeletal System	8.4 Valvular Disorders; 8.5 Endocarditis; 8.6 Cardiomyopathy, 8.7 Cardiac Tumors; 18.1 Skeletal System; 18.2 Bone Tumors (Part 1 of 2)	Embryology pp. 288-291; Anatomy pp. 292-292; Physiology pp. 293-305; Pathology (Part 1 of 2) pp. 306-313	26	1 hour	40	3	2	3

34	Cardiovascular System; Musculoskeletal System; Respiratory System	18.2 Bone Tumors (Part 2 of 2); 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)	Pathology (Part 2 of 2) pp. 314-323; Pharmacology pp. 324-332; Anatomy & Physiology (Part 1 of 2) pp. 456-461	25	1 hour	40	3	2	3
35	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	Anatomy & Physiology (Part 2 of 2) pp. 462-468; Pathology pp. 469-486	25	1 hour	40	3	2	3
36	Musculoskeletal System; Miscellaneous; Respiratory System; Skin; Renal & Urinary System	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 (Part 1 of 2)	Dermatology pp. 487-498; Pharmacology pp. 499-502; Public Health Sciences (Part 1 of 2) pp. 259-268	26	1 hour	40	3	2	3
37	Miscellaneous; Renal & Urinary System	12.1 Congenital (Part 2 of 2); 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	Public Health Sciences (Part 2 of 2) pp. 269-281; Approaching the Organ Systems pp. 284-285; Rapid Review (Part 1 of 2) pp. 713-722	25	1 hour	40	3	2	3
38	Miscellaneous; Respiratory System; Renal & Urinary System; Hematology & Oncology	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	Rapid Review (Part 2 of 2) pp. 723-735; Respiratory (Part 1 of 2) pp. 683-695	26	1 hour	40	3	2	3
39	Respiratory System; Renal & Urinary System; Hematology & Oncology	4.3 Other Disorders of Hemostasis; 4.4 Thrombosis; 4.5 Embolism; 5.1 Anemia; 5.2 Microcytic Anemias Part 1	Respiratory (Part 2 of 2) pp. 696-712; Embryology pp. 602-603; Anatomy pp. 604-604; Physiology (Part 1 of 2) pp. 605-609	25	1 hour	40	3	2	3
40	Renal & Urinary System; Hematology & Oncology	5.2 Microcytic Anemias Part 2; 5.2 Microcytic Anemias Part 3; 5.3 Macrocytic Anemia; 5.4 Normocytic Anemia	Physiology (Part 2 of 2) pp. 610-617; Pathology pp. 618-629; Pharmacology pp. 630-633	24	1.5 hours	40	3	2	3
41	Hematology & Oncology	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; 6.2 Acute Leukemia (Part 1 of 2)	Embryology pp. 414-415; Anatomy pp. 416-419; Physiology pp. 420-423; Pathology (Part 1 of 2) pp. 424-440	27	1 hour	40	3	2	3
42	Hematology & Oncology; Gastrointestinal System	6.2 Acute Leukemia (Part 2 of 2); 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD); 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL)	Pathology (Part 2 of 2) pp. 441-444; Pharmacology pp. 445-454; Embryology pp. 368-369; Anatomy (Part 1 of 2) pp. 370-378	25	1.5 hours	40	3	2	3
43	Hematology & Oncology; Gastrointestinal System	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 (Part 1 of 2)	Anatomy (Part 2 of 2) pp. 379-380; Physiology pp. 381-385; Pathology (Part 1 of 2) pp. 386-404	26	1 hour	40	3	2	3
44	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) (Part 1 of 2)	Pathology (Part 2 of 2) pp. 405-407; Pharmacology pp. 408-411; Embryology pp. 636-647; Anatomy pp. 648-652	24	1.5 hours	40	3	2	3
45	Gastrointestinal System; Reproductive 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 (Part 1 of 2)	Physiology pp. 653-660; Pathology pp. 661-678	26	1 hour	40	3	2	3
46	Reproductive System; Behavioral/Psychiatry; Gastrointestinal System	11.3 Liver: Cirrhosis & Tumors (Part 2 of 2); 13.1 Vulva; 13.2 Vagina; 13.3 Cervix; 13.4 Endometrium and Myometrium (Part 1 of 2)	Pharmacology pp. 679-682; Psychiatry (Part 1 of 2) pp. 575-596	26	1 hour	40	3	2	3
47	Behavioral/Psychiatry; Biochem, Cell Bio, Genetic; Reproductive System	13.4 Endometrium and Myometrium (Part 2 of 2); 13.5 Ovary; 13.6 Ovarian Tumors; 13.7 Gestational Pathology	Psychiatry (Part 2 of 2) pp. 597-600; Molecular pp. 34-45; Cellular pp. 46-51; Laboratory Techniques (Part 1 of 2) pp. 52-54	25	1 hour	40	3	2	3
48	Catch-up day								
49	Biochem, Cell Bio, Genetic; 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	Laboratory Techniques (Part 2 of 2) pp. 55-55; Genetics pp. 56-64; Nutrition pp. 65-72; Metabolism (Part 1 of 2) pp. 73-80	26	1 hour	80	3	2	3
50	Biochem, Cell Bio, Genetic; Microbiology; Reproductive System; Immunology	16.4 Breast Cancer; 2.3 Primary Immunodeficiency; 2.4 Autoimmune Disorders Part 1	Metabolism (Part 2 of 2) pp. 81-94; Basic Bacteriology pp. 124-133	24	1 hour	80	3	2	3
51	Microbiology; Immunology; Pathology-General	2.4 Autoimmune Disorders Part 2; 1.1 Growth Adaptations; 1.2 Cellular Injury (Part 1 of 2)	Clinical Bacteriology pp. 134-150; Mycology pp. 151-154; Parasitology (Part 1 of 2) pp. 155-159	26	1.5 hours	80	3	2	3

52	Microbiology; Pathology-General	1.2 Cellular Injury (Part 2 of 2); 1.3 Cell Death	Parasitology (Part 2 of 2) pp. 160-161; \	26	1 hour	80	3	2	3
53	Microbiology; Immunology; Pathology-General	1.4 Free Radical Injury; 1.5 Amyloid; 2.1 Acute Inflammation Part 1	Systems (Part 2 of 2) pp. 186-186; Antimicrobials pp. 187-204; Immunology (Part 1 of 2) pp. 95-100	25	1 hour	80	3	2	3
54	Immunology; 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)	Immunology (Part 2 of 2) pp. 101-122; Pathology (Part 1 of 2) pp. 205-207	25	1.5 hours	80	3	2	3
55	Pathology-General; Pharmacology - General	2.5 Wound Healing (Part 2 of 2); 3.1 Neoplasia; 3.2 Carcinogenesis Part 1	Pathology (Part 2 of 2) pp. 208-229; Pharmacology (Part 1 of 2) pp. 231-234	26	1 hour	80	3	2	3
56	Pathology-General; Pharmacology- General	3.2 Carcinogenesis Part 2; 3.2 Carcinogenesis Part 3; 3.3 Tumor Progression; 3.4 Clinical Characteristics	Pharmacology (Part 2 of 2) pp. 235-258	24	1 hour	80	3	2	3