

3-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	Sketchy/Micro tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBANK Study Hours
1		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 (Part 1 of 2)		Central Nervous System (Part 1 of 4) pp. 181-184	Neurology & Special Senses pp. 478-483	10	41 minutes	40	5	2	2
2		Nervous System	17.5 Trauma, 17.6 Demyelinating Disorders (Part 2 of 2), 17.7 Dementia and Degenerative Disorders (Part 1 of 2)		Central Nervous System (Part 2 of 4) pp. 185-188	Neurology & Special Senses pp. 484-489	10	41 minutes	40	5	2	2
3		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		Central Nervous System (Part 3 of 4) pp. 189-192	Neurology & Special Senses pp. 490-495	10	40 minutes	40	5	2	2
4		Nervous System, Endocrine System	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		Central Nervous System (Part 4 of 4) pp. 193-193, Endocrine Pathology (Part 1 of 4) pp. 159-161	Neurology & Special Senses pp. 496-501	10	40 minutes	40	5	2	2
5		Endocrine System, Cardiovascular System, Nervous System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis (Part 1 of 2)		Endocrine Pathology (Part 2 of 4) pp. 162-165	Neurology & Special Senses pp. 502-513	16	40 minutes	40	5	2	2
6	Practice Test 1											
7		Endocrine System, Cardiovascular System, Nervous System	7.1 Vasculitis (Part 2 of 2), 7.2 Hypertension (HTN), 7.3 Arteriosclerosis		Endocrine Pathology (Part 3 of 4) pp. 166-169	Neurology & Special Senses pp. 514-520	11	37 minutes	40	5	2	2
8		Endocrine System, Cardiovascular System, Nervous System	7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD) (Part 1 of 2)		Endocrine Pathology (Part 4 of 4) pp. 170-173	Neurology & Special Senses pp. 521-525	9	44 minutes	40	5	2	2
9		Cardiovascular System, Nervous System	8.1 Ischemic Heart Disease (IHD) (Part 2 of 2), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders (Part 1 of 2)		Vascular Pathology (Part 1 of 2) pp. 65-69	Neurology & Special Senses pp. 526-531	10	40 minutes	40	5	2	2
10		Cardiovascular System, Musculoskeletal System, Nervous System	8.4 Valvular Disorders (Part 2 of 2), 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System (Part 1 of 2)		Vascular Pathology (Part 2 of 2) pp. 69-71, Cardiac Pathology (Part 1 of 4) pp. 73-73	Neurology & Special Senses pp. 532-537	10	40 minutes	40	5	2	2
11		Cardiovascular System, Musculoskeletal System, Nervous System, Endocrine System	18.1 Skeletal System (Part 2 of 2), 18.2 Bone Tumors, 18.3 Joint (Part 1 of 2)		Cardiac Pathology (Part 2 of 4) pp. 74-77, Pharmacology (Part 2 of 2) pp. 538-539, Endocrine (Part 1 of 6) pp. 321-324	Neurology & Special Senses pp. 537-539, Endocrine pp. 321-324	10	41 minutes	40	5	2	2
12		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	18.3 Joint (Part 2 of 2), 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections (Part 1 of 2)		Cardiac Pathology (Part 3 of 4) pp. 78-81	Endocrine pp. 325-330	10	40 minutes	40	5	2	2
13		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	9.3 Pulmonary Infections (Part 2 of 2), 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)		Cardiac Pathology (Part 4 of 4) pp. 82-84, Musculoskeletal Pathology (Part 1 of 3) pp. 195-195	Endocrine pp. 331-336	10	40 minutes	40	5	2	2
14		Musculoskeletal System, Respiratory System, Endocrine System	9.4 Chronic Obstructive Pulmonary Disease (Part 2 of 2), 9.5 Restrictive Diseases (Part 1 of 2)		Musculoskeletal Pathology (Part 2 of 3) pp. 196-199	Endocrine pp. 337-342	10	40 minutes	40	5	2	2
15		Musculoskeletal System, Respiratory System, Endocrine 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		Musculoskeletal Pathology (Part 3 of 3) pp. 200-203	Endocrine pp. 343-348	10	39 minutes	40	5	2	2

3-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	Sketchy/Micro tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
16		Respiratory System, Skin, Endocrine System, Cardiovascular System	19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes (Part 1 of 2)		Respiratory Tract Pathology (Part 1 of 4) pp. 85-88	Endocrine pp. 349-350, Cardiovascular pp. 278-281		10 42 minutes	40	5	2	2
17		Respiratory System, Skin, Renal & Urinary System, Cardiovascular System	19.4 Disorders of Pigmentation and Melanocytes (Part 2 of 2), 19.5 Infectious Disorders, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome (Part 1 of 2)		Respiratory Tract Pathology (Part 2 of 4) pp. 89-92	Cardiovascular pp. 282-287		10 40 minutes	40	5	2	2
18		Respiratory System, Renal & Urinary System, Cardiovascular System	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 (Part 1 of 2)		Respiratory Tract Pathology (Part 3 of 3) pp. 93-96	Cardiovascular pp. 288-293		10 40 minutes	40	5	2	2
19		Respiratory System, Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure (Part 2 of 2), 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)		Respiratory Tract Pathology (Part 4 of 4) pp. 97-98, Skin Pathology (Part 1 of 3) pp. 205-206	Cardiovascular pp. 294-305		16 41 minutes	40	5	2	2
20	Catch-up day											
21		Skin, Hematology & Oncology, Cardiovascular System	4.1 Primary Hemostasis and Related Bleeding Disorders (Part 2 of 2), 4.2 Secondary Hemostasis and Related Disorders (Part 1 of 2)		Skin Pathology (Part 2 of 3) pp. 207-210	Cardiovascular pp. 306-311		10 40 minutes	40	5	2	2
22		Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	4.2 Secondary Hemostasis and Related Disorders (Part 2 of 2), 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis		Skin Pathology (Part 3 of 3) pp. 211-212, Kidney & Urinary Tract Pathology (Part 1 of 4) pp. 125-126	Cardiovascular pp. 312-317		10 39 minutes	40	5	2	2
23		Renal & Urinary System, Hematology & Oncology, Cardiovascular System, Musculoskeletal System	4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1 (Part 1 of 2)		Kidney & Urinary Tract Pathology (Part 2 of 4) pp. 127-130	Cardiovascular pp. 318-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441		10 41 minutes	40	5	2	2
24		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	5.2 Microcytic Anemias Part 1 (Part 2 of 2), 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3 (Part 1 of 2)		Kidney & Urinary Tract Pathology (Part 3 of 4) pp. 131-134	Musculoskeletal, Skin, and Connective Tissue pp. 442-447		10 41 minutes	40	5	2	2
25		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	5.2 Microcytic Anemias Part 3 (Part 2 of 2), 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia		Kidney & Urinary Tract Pathology (Part 4 of 4) pp. 135-135, Hemostasis & Related Disorders (Part 1 of 3) pp. 31-33	Musculoskeletal, Skin, and Connective Tissue pp. 448-453		10 40 minutes	40	5	2	2
26		Hematology & Oncology, Musculoskeletal System	5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 1 of 2)		Hemostasis & Related Disorders (Part 2 of 3) pp. 34-37	Musculoskeletal, Skin, and Connective Tissue pp. 454-459		10 40 minutes	40	5	2	2
27		Hematology & Oncology, Musculoskeletal System	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 2 of 2), 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia (Part 1 of 2)		Hemostasis & Related Disorders (Part 3 of 3) pp. 38-39, Red Blood Cell Disorders (Part 1 of 4) pp. 41-42	Musculoskeletal, Skin, and Connective Tissue pp. 460-465		10 40 minutes	40	5	2	2
28		Hematology & Oncology, Musculoskeletal System	6.2 Acute Leukemia (Part 2 of 2), 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)		Red Blood Cell Disorders (Part 2 of 4) pp. 43-46	Musculoskeletal, Skin, and Connective Tissue pp. 466-471		10 41 minutes	40	5	2	2
29		Hematology & Oncology, Musculoskeletal System, Miscellaneous	6.4 Myeloproliferative Disorders (MPD) (Part 2 of 2), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL)		Red Blood Cell Disorders (Part 3 of 4) pp. 47-50	Musculoskeletal, Skin, and Connective Tissue pp. 472-476, Public Health Sciences pp. 255-255		10 36 minutes	40	5	2	2
30		Hematology & Oncology, Gastrointestinal System, Miscellaneous	6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus		Red Blood Cell Disorders (Part 4 of 4) pp. 51-52, White Blood Cell Disorders (Part 1 of 4) pp. 53-54	Public Health Sciences pp. 256-261		10 44 minutes	40	5	2	2

3-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	Sketchy/Micro tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
31		Hematology & Oncology, Gastrointestinal System, Miscellaneous	10.3 Esophagus (Part 3 of 3), 10.4 Stomach (Part 1 of 2)		White Blood Cell Disorders (Part 2 of 4) pp. 55-58	Public Health Sciences pp. 262-267	10	40 minutes	40	5	2	2
32		Hematology & Oncology, Gastrointestinal System, Miscellaneous	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel		White Blood Cell Disorders (Part 3 of 4) pp. 59-62	Public Health Sciences pp. 268-272, Approaching the Organ Systems pp. 274-274	10	38 minutes	40	5	2	2
33		Hematology & Oncology, Gastrointestinal System, Miscellaneous, Respiratory System	10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1)		White Blood Cell Disorders (Part 4 of 4) pp. 63-64, GI Pathology (Part 1 of 5) pp. 99-100	Approaching the Organ Systems pp. 275-275, Respiratory pp. 645-655	16	41 minutes	40	5	2	2
34	Catch-up Day											
35		Gastrointestinal System, Respiratory System	10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice (Part 1 of 2)		GI Pathology (Part 2 of 5) pp. 101-104	Respiratory pp. 656-661	10	42 minutes	40	5	2	2
36		Gastrointestinal System, Reproductive System, Respiratory System	11.3 Liver: Jaundice (Part 2 of 2), 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva (Part 1 of 2)		GI Pathology (Part 3 of 5) pp. 105-108	Respiratory pp. 662-667	10	40 minutes	40	5	2	2
37		Gastrointestinal System, Reproductive System, Respiratory System, Renal & Urinary System	13.1 Vulva (Part 2 of 2), 13.2 Vagina, 13.3 Cervix (Part 1 of 2)		GI Pathology (Part 4 of 5) pp. 109-112	Respiratory pp. 668-672, Renal pp. 566-566	10	41 minutes	40	5	2	2
38		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.3 Cervix (Part 2 of 2), 13.4 Endometrium and Myometrium		GI Pathology (Part 5 of 5) pp. 113-113, Exocrine Pancreas, Gallbladder, & Liver Pathology (Part 1 of 3) pp. 115-117	Renal pp. 567-572	10	38 minutes	40	5	2	2
39		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.5 Ovary, 13.6 Ovarian Tumors		Exocrine Pancreas, Gallbladder, & Liver Pathology (Part 2 of 3) pp. 118-121	Renal pp. 573-578	10	42 minutes	40	5	2	2
40		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle		Exocrine Pancreas, Gallbladder, & Liver Pathology (Part 3 of 3) pp. 122-123, Female Genital System & Gestational Pathology (Part 1 of 4) pp. 137-138	Renal pp. 579-584	10	40 minutes	40	5	2	2
41		Reproductive System, Renal & Urinary System	14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions		Female Genital System & Gestational Pathology (Part 2 of 4) pp. 139-142	Renal pp. 585-590	10	41 minutes	40	5	2	2
42		Reproductive System, Renal & Urinary System	16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer (Part 1 of 2)		Female Genital System & Gestational Pathology (Part 3 of 4) pp. 143-146	Renal pp. 591-596	10	40 minutes	40	5	2	2
43		Reproductive System, Immunology, Hematology & Oncology	16.4 Breast Cancer (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1 (Part 1 of 2)		Female Genital System & Gestational Pathology (Part 4 of 4) pp. 147-150	Hematology & Oncology pp. 396-401	10	40 minutes	40	5	2	2
44		Reproductive System, Immunology, Hematology & Oncology	2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)		Male Genital System Pathology (Part 1 of 2) pp. 151-154	Hematology & Oncology pp. 402-407	10	40 minutes	40	5	2	2
45		Reproductive System, Immunology, Pathology - General, Hematology & Oncology	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations (Part 1 of 2)		Male Genital System Pathology (Part 2 of 2) pp. 155-157, Breast Pathology (Part 1 of 3) pp. 175-175	Hematology & Oncology pp. 408-413	10	41 minutes	40	5	2	2
46		Reproductive System, Pathology - General, Hematology & Oncology	1.1 Growth Adaptations (Part 2 of 2), 1.2 Cellular Injury (Part 1 of 2)		Breast Pathology (Part 2 of 3) pp. 176-179	Hematology & Oncology pp. 414-419	10	40 minutes	40	5	2	2

3-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	Sketchy/Micro tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
47		Reproductive System, Pathology - General, Hematology & Oncology	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death (Part 1 of 2)		Breast Pathology (Part 3 of 3) pp. 180-180, Growth Adaptations, Cellular Injury, & Cell Death (Part 1 of 3) pp. 1-3	Hematology & Oncology pp. 420-426	11	40 minutes	40	5	2	2
48	Catch-up Day Practice Test 2											
49		Pathology-General, Hematology & Oncology, Gastrointestinal System	1.3 Cell Death (Part 2 of 2), 1.4 Free Radical Injury, 1.5 Amyloid (Part 1 of 2)		Growth Adaptations, Cellular Injury, & Cell Death (Part 2 of 3)	Hematology & Oncology pp. 427-436, Gastrointestinal pp. 352-352	10	40 minutes	40	5	2	2
51		Pathology-General, Gastrointestinal System	1.5 Amyloid (Part 2 of 2), 2.1 Acute Inflammation Part 1 (Part 1 of 2)		Growth Adaptations, Cellular Injury, & Cell Death (Part 3 of 3) pp. 8-9, Inflammation, Inflammatory Disorders, & Wound Healing (Part 1 of 4) pp. 11-12	Gastrointestinal pp. 353-358	10	41 minutes	40	5	2	2
52		Pathology-General, Gastrointestinal System	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3 (Part 1 of 2)		Inflammation, Inflammatory Disorders & Wound Healing (Part 2 of 4) pp. 13-16	Gastrointestinal pp. 359-364	10	40 minutes	40	5	2	2
53		Pathology-General, Gastrointestinal System	2.1 Acute Inflammation Part 3 (Part 2 of 2), 2.2 Chronic Inflammation		Inflammation, Inflammatory Disorders & Wound Healing (Part 3 of 4) pp. 17-20	Gastrointestinal pp. 365-370	10	37 minutes	40	5	2	2
54		Pathology-General, Gastrointestinal System	2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)		Inflammation, Inflammatory Disorders & Wound Healing (Part 4 of 4) pp. 21-22, Principles of Neoplasia (Part 1 of 3) pp. 23-24	Gastrointestinal pp. 377-382	10	43 minutes	40	5	2	2
55		Pathology-General, Gastrointestinal System	3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1		Principles of Neoplasia (Part 2 of 3) pp. 25-28	Gastrointestinal pp. 383-388	10	41 minutes	40	5	2	2
56		Pathology-General, Gastrointestinal System	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3 (Part 1 of 2)		Principles of Neoplasia (Part 3 of 3) pp. 29-30	Gastrointestinal pp. 383-394	8	40 minutes	40	5	2	2
57	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	1.1 Staph aureus, 1.2 Staph epidermidis/Staph saprophyticus, 1.3 Strep. pyogenes (Group A Strep), 1.4 Strep. agalactiae (Group B Strep)		Neurology & Special Senses pp. 478-500	23	1 hour	80	4	3	3
58		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	1.5 Strep. pneumoniae/Strep viridans, 1.6 Enterococcus, 2.1 Bacillus anthracis and Bacillus cereus, 2.2 Clostridium tetani		Neurology & Special Senses pp. 501-523	23	1 hour	80	4	3	3
59		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)	2.3 Clostridium botulinum, 2.4 Clostridium difficile, 2.5 Clostridium perfringens, 2.6 Corynebacterium diphtheriae		Neurology & Special Senses pp. 523-539, Endocrine pp. 321-327	23	1 hour	80	4	3	3
60		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)	2.7 Listeria monocytogenes, 3.1 Actinomyces, 3.2 Nocardia, 4.1 Neisseria species overview		Endocrine pp. 328-350	23	1 hour	80	4	3	3
61		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	4.2 Neisseria meningitidis, 4.3 Neisseria gonorrhoeae, 5.1 Klebsiella, Enterobacter, Serratia, 5.2 Salmonella		Cardiovascular pp. 278-300	23	1.5 hours	80	4	3	3
62		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	5.3 Shigella, 5.4 Escherichia coli (ETEC, EHEC), 5.5 Yersinia enterocolitica and pestis, 5.6 Campylobacter jejuni		Cardiovascular pp. 301-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	23	1 hour	80	4	3	3
63		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases	5.7 Vibrio cholerae, 5.8 Helicobacter pylori, 5.9 Pseudomonas, 5.10 Proteus mirabilis		Musculoskeletal, Skin, and Connective Tissue pp. 442-464	23	1 hour	80	4	3	3

3-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	Sketchy/Micro tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBANK Study Hours
64		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)	6.1 Bordetella pertussis, 6.2 Haemophilus influenzae, 6.3 Legionella pneumophila, 7.1 Bartonella henselae		Musculoskeletal, Skin, and Connective Tissue pp. 465-476, Public Health Sciences pp. 255-272	29	2 hours	80	4	3	3
65		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)	7.2 Brucella, 7.3 Francisella tularensis, 7.4 Pasteurella multocida, 8.1 Mycobacterium tuberculosis		Respiratory pp. 645-661	20	1 hour	80	4	3	3
66		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	8.2 Mycobacterium leprae, 9.1 Borrelia burgdorferi, 9.2 Leptospirosis, 9.3 Treponema pallidum		Respiratory pp. 662-672, Renal pp. 566-577	23	1 hour	80	4	3	3
67		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	10.1 Chlamydia, 10.2 Coxiella burnetii, 10.3 Gardnerella vaginalis, 10.4 Mycoplasma pneumoniae		Renal pp. 578-596, Hematology & Oncology pp. 396-399	23	1.5 hours	80	4	3	3
68		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)	10.5 Rickettsia species overview, 10.6 Rickettsia prowazekii, 10.7 Rickettsia rickettsii, 1.1 Histoplasmosis		Hematology & Oncology pp. 400-422	23	1 hour	80	4	3	3
69		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)	1.2 Blastomycosis, 1.3 Coccidioidomycosis, 1.4 Paracoccidioidomycosis, 2.1 Malassezia furfur		Hematology & Oncology pp. 423-436, Gastrointestinal pp. 352-360	23	1 hour	80	4	3	3
70		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)	2.2 Dermatophytes, 2.3 Sporothrix schenckii, 3.1 Candida albicans, 3.2 Aspergillus fumigatus		Gastrointestinal pp. 361-383	23	1 hour	80	4	3	3
71		Gastrointestinal System, Reproductive System	10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel	3.3 Cryptococcus neoformans, 3.4 Mucormycosis, 3.5 Pneumocystis pneumonia, 1.1 Picornaviridae Overview		Gastrointestinal pp. 384-394, Reproductive pp. 598-609	23	1 hour	80	4	3	3
72		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	1.2 (Pico) Polio Virus, 1.3 (Pico) Coxsackie A, 1.4 (Pico) Rhinovirus, 1.5 (Pico) Hepatitis A		Reproductive pp. 610-632	23	1 hour	80	4	3	3
73		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	1.6 (Norwalk) Calicivirus Group, 1.7 Flavivirus Group, 1.8 (Flavi) Hepatitis C, 1.9 Togavirus Group		Reproductive pp. 633-643, Psychiatry pp. 541-552	23	1 hour	80	4	3	3
74		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary	1.10 Coronavirus, 1.11 Retrovirus - HIV/AIDS, 2.1 Orthomyxovirus, 2.2 paramyxovirus		Psychiatry pp. 553-564, Biochemistry pp. 34-44	23	1 hour	80	4	3	3
75	Catch-up day											
76		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	2.3 Rhabdovirus, 2.4 Filovirus, 2.5 Bunyavirus, 2.6 Arenavirus		Biochemistry pp. 45-67	23	1 hour	80	4	3	3
77		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)	2.7 Reovirus (Double Stranded RNA), 3.1 HSV1 and 2, 3.2 Epstein-Barr virus, 3.3 Cytomegalovirus		Biochemistry pp. 68-90	23	1.5 hours	80	4	3	3

3-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	Sketchy/Micro tasks	Fundamentals of Pathology (2018) tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
78		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	3.4 Varicella Zoster Virus, 3.5 HHV 6 Roseola, 3.6 HHV 8 Kaposi's Sarcoma, 3.7 Polyomavirus		Biochemistry pp. 91-94, Microbiology pp. 124-142	23	1 hour	80	4	3	3
79		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)	3.8 Papillomavirus, 3.9 Parvovirus, 3.10 Adenovirus, 3.11 Poxvirus		Microbiology pp. 143-165	23	1 hour	80	4	3	3
80		Microbiology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury (Part 1 of 2)	3.12 Hepatitis B, 1.1 Giardia, 1.2 Entamoeba histolytica, 1.3 Cryptosporidium		Microbiology pp. 166-188	23	1 hour	80	4	3	3
81		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)	2.1 Toxoplasmosis, 2.2 Trypanosoma brucei, 2.3 Naegleria fowleri, 3.1 Trypanosoma cruzi		Microbiology pp. 189-204, Immunology pp. 95-101	23	1 hour	80	4	3	3
82		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)	3.2 Babesia, 3.3 Plasmodium species, 3.4 Leishmaniasis, 4.1 Trichomoniasis		Immunology pp. 102-122, Pathology pp. 205-206	23	1 hour	80	4	3	3
83		Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1	5.1 Intestinal nematodes, 5.2 Tissue nematodes		Pathology pp. 207-229	23	1 hour	80	4	3	3
84		Pharmacology - General, Pathology - General	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	6.1 Cestodes, 6.2 Trematodes		Pharmacology pp. 231-253	23	1 hour	80	4	3	3