

4-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	OBank Study Hours
1	Begin study block #1	Nervous System		Neurology & Special Senses pp. 478-483	10 41 minutes		40	5		2
2		Nervous System		Neurology & Special Senses pp. 484-489	10 41 minutes		40	5		2
3		Nervous System, Endocrine System		Neurology & Special Senses pp. 490-495	10 40 minutes		40	5		2
4		Nervous System, Endocrine System		Neurology & Special Senses pp. 496-501	10 40 minutes		40	5		2
5		Endocrine System, Cardiovascular System, Nervous System		Neurology & Special Senses pp. 502-513	16 40 minutes		40	5		2
6	Practice Test 1									
7		Endocrine System, Cardiovascular System, Nervous System		Neurology & Special Senses pp. 514-520	11 37 minutes		40	5		2
8		Endocrine System, Cardiovascular System, Nervous System		Neurology & Special Senses pp. 521-525	9 44 minutes		40	5		2
9		Cardiovascular System, Nervous System		Neurology & Special Senses pp. 526-531	10 40 minutes		40	5		2
10		Cardiovascular System, Musculoskeletal System, Nervous System		Neurology & Special Senses pp. 532-537	10 40 minutes		40	5		2
11		Cardiovascular System, Musculoskeletal System, Nervous System, Endocrine System		Neurology & Special Senses pp. 537-539, Endocrine pp. 321-324	10 41 minutes		40	5		2
12		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System		Endocrine pp. 325-330	10 40 minutes		40	5		2
13		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System		Endocrine pp. 331-336	10 40 minutes		40	5		2
14		Musculoskeletal System, Respiratory System, Endocrine System		Endocrine pp. 337-342	10 40 minutes		40	5		2
15		Musculoskeletal System, Respiratory System, Endocrine System		Endocrine pp. 343-348	10 39 minutes		40	5		2
16		Respiratory System, Skin, Endocrine System, Cardiovascular System		Endocrine pp. 349-350, Cardiovascular pp. 278-281	10 42 minutes		40	5		2
17		Respiratory System, Skin, Renal & Urinary System, Cardiovascular System		Cardiovascular pp. 282-287	10 40 minutes		40	5		2
18		Respiratory System, Renal & Urinary System, Cardiovascular System		Cardiovascular pp. 288-293	10 40 minutes		40	5		2
19		Respiratory System, Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System		Cardiovascular pp. 294-305	16 41 minutes		40	5		2
20	Catch-up day									
21		Skin, Hematology & Oncology, Cardiovascular System		Cardiovascular pp. 306-311	10 40 minutes		40	5		2
22		Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System		Cardiovascular pp. 312-317	10 39 minutes		40	5		2
23		Renal & Urinary System, Hematology & Oncology, Cardiovascular System, Musculoskeletal System		Cardiovascular pp. 318-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	10 41 minutes		40	5		2
24		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 442-447	10 41 minutes		40	5		2
25		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 448-453	10 40 minutes		40	5		2
26		Hematology & Oncology, Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 454-459	10 40 minutes		40	5		2
27		Hematology & Oncology, Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 460-465	10 40 minutes		40	5		2
28		Hematology & Oncology, Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 466-471	10 41 minutes		40	5		2
29		Hematology & Oncology, Musculoskeletal System, Miscellaneous		Musculoskeletal, Skin, and Connective Tissue pp. 472-476, Public Health Sciences pp. 255-256	10 36 minutes		40	5		2
30		Hematology & Oncology, Gastrointestinal System, Miscellaneous		Public Health Sciences pp. 256-261	10 44 minutes		40	5		2
31		Hematology & Oncology, Gastrointestinal System, Miscellaneous		Public Health Sciences pp. 262-267	10 40 minutes		40	5		2
32		Hematology & Oncology, Gastrointestinal System, Miscellaneous		Public Health Sciences pp. 268-272, Approaching the Organ Systems pp. 274-275	10 38 minutes		40	5		2
33		Hematology & Oncology, Gastrointestinal System, Miscellaneous, Respiratory System		Approaching the Organ Systems pp. 275-275, Respiratory pp. 645-655	16 41 minutes		40	5		2
34	Catch-up Day									
35		Gastrointestinal System, Respiratory System		Respiratory pp. 656-661	10 42 minutes		40	5		2
36		Gastrointestinal System, Reproductive System, Respiratory System		Respiratory pp. 662-667	10 40 minutes		40	5		2
37		Gastrointestinal System, Reproductive System, Respiratory System, Renal & Urinary System		Respiratory pp. 668-672, Renal pp. 566-566	10 41 minutes		40	5		2
38		Gastrointestinal System, Reproductive System, Renal & Urinary System		Renal pp. 567-572	10 38 minutes		40	5		2
39		Gastrointestinal System, Reproductive System, Renal & Urinary System		Renal pp. 573-578	10 42 minutes		40	5		2
40		Gastrointestinal System, Reproductive System, Renal & Urinary System		Renal pp. 579-584	10 40 minutes		40	5		2
41		Reproductive System, Renal & Urinary System		Renal pp. 585-590	10 41 minutes		40	5		2
42		Reproductive System, Renal & Urinary System		Renal pp. 591-596	10 40 minutes		40	5		2
43		Reproductive System, Immunology, Hematology & Oncology		Hematology & Oncology pp. 396-401	10 40 minutes		40	5		2

4-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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44		Reproductive System, Immunology, Hematology & Oncology		Hematology & Oncology pp. 402-407	10	40 minutes	40	5		2
45		Reproductive System, Immunology, Pathology - General, Hematology & Oncology		Hematology & Oncology pp. 408-413	10	41 minutes	40	5		2
46		Reproductive System, Pathology - General, Hematology & Oncology		Hematology & Oncology pp. 414-419	10	40 minutes	40	5		2
47		Reproductive System, Pathology - General, Hematology & Oncology		Hematology & Oncology pp. 420-428	11	40 minutes	40	5		2
48	Catch-up Day									
49	Practice Test 2									
50		Pathology-General, Hematology & Oncology, Gastrointestinal System		Hematology & Oncology pp. 427-436, Gastrointestinal pp. 352-352	10	40 minutes	40	5		2
51		Pathology-General, Gastrointestinal System		Gastrointestinal pp. 353-358	10	41 minutes	40	5		2
52		Pathology-General, Gastrointestinal System		Gastrointestinal pp. 359-364	10	40 minutes	40	5		2
53		Pathology-General, Gastrointestinal System		Gastrointestinal pp. 365-370	10	37 minutes	40	5		2
54		Pathology-General, Gastrointestinal System		Gastrointestinal pp. 377-382	10	43 minutes	40	5		2
55		Pathology-General, Gastrointestinal System		Gastrointestinal pp. 383-388	10	41 minutes	40	5		2
56		Pathology-General, Gastrointestinal System		Gastrointestinal pp. 383-394	10	40 minutes	40	5		2
57	Begin study block #2	Pathology - General	Intro to Neuro: Cells of the Nervous System, Intro to Neuro: Nerve Damage, Intro to Neuro: Blood Brain Barrier, Intro to Neuro: Neurotransmitters, Intro to Neuro: Dermotones and Reflexes, Nervous System Structures: Cerebral Cortex, Nervous System Structures: Spinal Cord, Nervous System Structures: Spinal Cord Syndromes, Nervous System Structures: Brainstem, Nervous System Structures: Cranial Nerves (Part 1 of 2), Nervous System Structures: Cranial Nerves (Part 2 of 2), Nervous System Structures: Auditory System, Nervous System Structures: Vestibular System, Nervous System Structures: Thalamus, Hypothalamus, Limbic System, Nervous System Structures: Cerebellum, Nervous System Structures: Basal Ganglia, Nervous System Structures: Ventricles and Sinuses, Neurovascular Disorders: Cerebral and Lacunar Strokes, Neurovascular Disorders: Vertebralbasilar Stroke Syndromes, Neurovascular Disorders: CNS Aneurysms, Neurovascular Disorders: Intracranial Bleeding (Part 1 of 2)	Pathology pp. 205-229	25	2 hours	40	4	2	3
58		Biochem, Cell Bio, Genetics, Pathology - General	Neurovascular Disorders: Intracranial Bleeding (Part 2 of 2), Neurovascular Disorders: Management of TIA/Stroke, Autonomic Nervous System: Autonomic Nervous System, Autonomic Nervous System: ANS: Drugs: Norepinephrine, Autonomic Nervous System: ANS: Drugs: Acetylcholine, Autonomic Nervous System: Autonomic Receptors, The Eye: The Pupil	Biochemistry pp. 34-58	25	2 hours	40	4	2	3
59		Biochem, Cell Bio, Genetics, Pathology - General	The Eye: The Lens, The Eye: The Retina, The Eye: Eye Movements, The Eye: Visual Fields, The Eye: Gaze Palsies, The Eye: Structural Eye Disorders, The Eye: Glaucoma, Anesthesia: General Anesthesia, Anesthesia: Local Anesthesia, Anesthesia: Neuroanesthetic Blockers, Other Neuro Topics: Meningitis	Biochemistry pp. 59-83	25	2 hours	40	4	2	3
60		Biochem, Cell Bio, Genetics, Microbiology, Pathology - General	Other Neuro Topics: Seizures, Other Neuro Topics: Neuroembryology, Other Neuro Topics: Deltium and Dementia, Other Neuro Topics: Demyelinating Diseases, Other Neuro Topics: Headaches, Other Neuro Topics: Brain Tumors, Other Neuro Topics: Parkinson's, Huntington's, and Movement Disorders, Other: HIV CNS Infections, Thyroid: Thyroid Gland (Part 1 of 2), Thyroid: Thyroid Gland (Part 2 of 2), Thyroid: Thyroid Disorders, Thyroid: Thyroid Cancer, Adrenals: Adrenal Glands, Adrenals: Congenital Adrenal Hyperplasia, Adrenals: Adrenal Disorders, Pancreas: Endocrine Pancreas (Part 1 of 2)	Biochemistry pp. 84-94, Microbiology pp. 124-137	25	2 hours	40	4	2	3
61		Microbiology, Pathology - General	Pancreas: Endocrine Pancreas (Part 2 of 2), Pancreas: Diabetes, Pancreas: Insulin, Pancreas: Treatment of Diabetes, Reproductive: Reproductive Hormones, Reproductive: Male Reproductive Hormones, Reproductive: Female Reproductive Hormones, Reproductive: Menstrual Cycle (Part 1 of 2), Reproductive: Menstrual Cycle (Part 2 of 2), Other: Pituitary Gland, Other: Parathyroid Glands, Other: MEN Syndromes, Other: Signaling Pathways, Introduction to Cardiac Medicine: Cardiac Anatomy, Introduction to Cardiac Medicine: Cardiac Physiology, Introduction to Cardiac Medicine: CV Response to Exercise, Introduction to Cardiac Medicine: Blood Flow Mechanics (Part 1 of 2)	Microbiology pp. 138-161	24	2 hours	40	4	2	3
62		Microbiology, Pathology - General, Immunology		Microbiology pp. 162-186	40	4	4	2	3	
63		Microbiology, Immunology, Nervous System		Microbiology pp. 187-204, Immunology pp. 95-102	26	2 hours	80	4	2	3
64		Immunology, Nervous System, Cardiovascular System		Immunology pp. 103-122, Neurology & Special Senses pp. 478-480	23	2 hours	80	4	2	3
65	Catch-up day									
66	Practice Test 1									
67		Nervous System, Cardiovascular System	Introduction to Cardiac Medicine: Blood Flow Mechanics (Part 2 of 2), Introduction to Cardiac Medicine: Regulation of Blood Pressure, Introduction to Cardiac Medicine: LV Loops, Introduction to Cardiac Medicine: Wiggers' Diagram, Introduction to Cardiac Medicine: Venous Pressure Tracing, Introduction to Cardiac Medicine: Starling Curve, Cardiac Ischemia: Atherosclerosis, Cardiac Ischemia: Cardiac Ischemia	Neurology & Special Senses pp. 481-507	27	2 hours	40	4	2	3
68		Nervous System, Cardiovascular System, Endocrine System	Cardiac Ischemia: STEMI, Cardiac Ischemia: Unstable Angina/NSTEMI, Cardiac Ischemia: Stable Angina, EKGs: EKG Basics, EKGs: High Yield EKGs, Arrhythmias: Cardiac Action Potentials, Arrhythmias: AV and Bundle Branch Blocks, Atrial Fibrillation and Flutter	Neurology & Special Senses pp. 508-531	24	2 hours	40	4	2	3
69		Nervous System, Cardiovascular System, Endocrine System, Musculoskeletal System	Arrhythmias: A-V-NRT, Arrhythmias: WPW, Arrhythmias: Arrhythmic Drugs, Cardiac Auscultation: Heart Murmurs, Cardiac Auscultation: Heart Sounds, Cardiac Auscultation: Heart Failure Basics, Cardiac Auscultation: Systolic and Diastolic Heart Failure	Neurology & Special Senses pp. 532-539, Cardiovascular pp. 278-295	26	2 hours	40	4	2	3
70		Cardiovascular System, Musculoskeletal System, Skin, Respiratory System	Heart Failure: Restrictive Cardiomyopathy, Heart Failure: Acute Heart Failure, Heart Failure: Chronic Heart Failure, The Developing Heart: Cardio Embryology, The Developing Heart: Shuntis, The Developing Heart: Cardiac Congenital Heart Disease, The Developing Heart: Coarctation of the Aorta, Hypertension: Hypertension	Cardiovascular pp. 296-319	24	2 hours	40	4	2	3
71		Endocrine System, Respiratory System	Hypertension: Secondary Hypertension, Hypertension: Hypertension Drugs, Other Cardiovascular Topics: Valve Disease, Other Cardiovascular Topics: Shock, Other Cardiovascular Topics: Pericardial Disease, Other Cardiovascular Topics: Aortic Dissection, Other Cardiovascular Topics: Cardiac Tumors	Endocrine pp. 321-346	26	2 hours	40	4	2	3

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72		Endocrine System, Musculoskeletal System, Respiratory System, Renal & Urinary System	Other Cardiovascular Topics: Hypertrophic Cardiomyopathy, Other Cardiovascular Topics: Endocarditis, Anatomy and Orthopedics: Knees, Anatomy and Orthopedics: Shoulder and Elbow, Anatomy and Orthopedics: Brachial Plexus, Anatomy and Orthopedics: Wrist, Anatomy and Orthopedics: Hand, Anatomy and Orthopedics: Lumbosacral Plexus, Anatomy and Orthopedics: Lumbar Radiculopathy	Endocrine pp. 347-350, Musculoskeletal, Skin, and Connective Tissue pp. 438-458	25	2 hours	40	4	2	3
73		Musculoskeletal System, Respiratory System, Renal & Urinary System, Hematology & Oncology	Anatomy and Orthopedics: Hip, Cell Biology: Skeletal Muscle, Cell Biology: Cardiac Muscle, Cell Biology: Smooth Muscle, Cell Biology: Bone, Pathology: Bone Disorders, Pathology: Osteoporosis, Pathology: Osteosarcoma Drugs, Pathology: Bone Tumors	Musculoskeletal, Skin, and Connective Tissue pp. 459-476, Respiratory pp. 645-651	25	2 hours	40	4	2	3
74		Respiratory System, Renal & Urinary System, Hematology & Oncology	Pathology: Osteoarthritis, Pathology: Gout, Pathology: Gout Drugs, Pathology: CPPD, Pathology: Seronegative Spondylarthritides, Pathology: Muscle Disorders	Respiratory pp. 652-672, Renal pp. 566-567	23	2 hours	40	4	2	3
75		Renal & Urinary System, Hematology & Oncology	Neuromuscular Disorders, Biostatistics: Basic Statistics, Biostatistics: Hypothesis Testing, Biostatistics: Tests of Significance	Renal pp. 568-592	25	2 hours	40	4	2	3
76		Renal & Urinary System, Hematology & Oncology	Biostatistics: Correlations, Epidemiology: Study Designs, Epidemiology: Risk Quantification, Epidemiology: Sensitivity and Specificity, Epidemiology: Positive and Negative Predictive Value, Epidemiology: Diagnostic Test	Renal pp. 593-596, Hematology & Oncology pp. 396-418	27	2 hours	80	4	2	3
77		Hematology & Oncology, Gastrointestinal System	Trials, Epidemiology: Evidence-Based Medicine Intro to Pulmonary Medicine: Pulmonary Embryology, Intro to Pulmonary Medicine: Pulmonary Anatomy, Intro to Pulmonary Medicine: Pulmonary Physiology, Intro to Pulmonary Medicine: Hemoglobin, Intro to Pulmonary Medicine: Pulmonary Circulation, Intro to Pulmonary Medicine: Hypoxia, Intro to Pulmonary Medicine: Ventilation and Perfusion, Intro to Pulmonary Medicine: Carbon Dioxide (Part 1 of 2)	Hematology & Oncology pp. 419-436, Gastrointestinal pp. 352-358	25	2 hours	80	4	2	3
78		Gastrointestinal System, Hematology & Oncology	Intro to Pulmonary Medicine: Carbon Dioxide (Part 2 of 2), Intro to Pulmonary Medicine: Pulmonary Physical Exam, Obstructive & Restrictive Diseases: Pulmonary Function Tests, Obstructive & Restrictive Diseases: Obstructive Lung Disease, Obstructive & Restrictive Diseases: Restrictive Lung Disease, Obstructive & Restrictive Diseases: Treatment of COPD and Asthma, Other Pulmonary Topics: Pneumonia, Other Pulmonary Topics: Pleural Disease	Gastrointestinal pp. 359-383	25	2 hours	80	4	2	3
79		Gastrointestinal System, Reproductive System	Other Pulmonary Topics: Lung Cancer, Other Pulmonary Topics: Sleep Apnea, Other Pulmonary Topics: Cystic Fibrosis, Other Pulmonary Topics: Tuberculosis, Other Pulmonary Topics: Sarcoidosis, Other Pulmonary Topics: Pulmonary Embolism, Other Pulmonary Topics: Chest X-rays, Skin, Epithelial Cells, Skin Disorders I	Gastrointestinal pp. 384-394, Reproductive pp. 598-609	23	2 hours	40	4	2	3
80		Reproductive System, Gastrointestinal System	Skin Disorders II, Pigment Disorders, Vascular Lesions, Skin Infections, Blistering Disorders, Hypersensitivity Disorders, Neurocutaneous Disorders, Skin Cancer, Intro to Renal Medicine: Renal Embryology, Intro to Renal Medicine: Renal Anatomy, Intro to Renal Medicine: Renal Physiology I	Reproductive pp. 610-636	27	2 hours	40	4	2	3
81		Reproductive System, Behavioral/Psychiatry	Intro to Renal Medicine: Renal Physiology II, Intro to Renal Medicine: Nephron Physiology, Intro to Renal Medicine: Renal Endocrine Function, Acid-Base: Acid Excretion, Acid-Base: Acid-Base Principles, Acid-Base: Respiratory Disorders, Acid-Base: Metabolic Alkalosis	Reproductive pp. 637-643, Psychiatry pp. 541-558	25	2 hours	40	4	2	3
82		Behavioral/Psychiatry, Pharmacology - General, Reproductive System	Acid-Base: Renal Tubular Acidosis, Acid-Base: Metabolic Acidosis, Acid-Base: Acid-Base Problems, Electrolytes: Electrolyte Disorders, Electrolytes: Sodium and Water Balance, Electrolytes: Sodium Disorders	Psychiatry pp. 559-564, Pharmacology pp. 231-249	25	2 hours	40	4	2	3
83	Complete first pass of First Aid	Pharmacology - General, Miscellaneous, Reproductive System	Diseases of the Nephron: Glomerulonephritis Principles, Diseases of the Nephron: Nephrotic Syndrome, Diseases of the Nephron: Nephritic Syndrome, Diseases of the Nephron: MPGN, Diseases of the Nephron: Tubulointerstitial Disease, Diseases of the Nephron: Renal Failure, Other Renal Topics: Urinary Tract Infection, Other Renal Topics: Cystic Kidney Disease, Other Renal Topics: Diuretics	Pharmacology pp. 250-253, Public Health Sciences pp. 255-272, Approaching the Organ Systems pp. 274-275	24	2 hours	40	4	2	3
84	Practice Test 2		Other Renal Topics: Kidney Stones, Other Renal Topics: Renal and Bladder Tumors, Other Renal Topics: Rabdomyolysis, Hemostasis: Coagulation, Hemostasis: Platelet Activation, Hemostasis: Hypercoagulable States, Hemostasis: Coagulopathies, Hemostasis: Platelet Disorders, Hemostasis: Antiplatelet Drugs							
85	Begin study block #3	Nervous System	Hemostasis: Anticoagulants, Red Blood Cells, Hemolysis Basics, Red Blood Cells: Erythropoiesis, Red Blood Cells: Intrinsic Hemolysis, Red Blood Cells: Microcytic Anemias, Red Blood Cells: Thalassemias	Neurology & Special Senses pp. 478-500	23	2 hours	40	4	2	3
86		Nervous System, Endocrine System	Red Blood Cells: Sickle Cell Anemia, Red Blood Cells: Other Anemias, Red Blood Cells: Blood Groups, White Blood Cells: Acute Leukemia, White Blood Cells: Chronic Leukemia, White Blood Cells: Hodgkin Leukemia, White Blood Cells: Non-Hodgkin Lymphomas, White Blood Cells: Plasma Cell Disorders, White Blood Cells: Amyloidosis	Neurology & Special Senses pp. 501-523	23	2 hours	40	4	2	3
87		Nervous System, Endocrine System, Cardiovascular System	White Blood Cells: Myeloproliferative Disorders, Cancer Drugs: Antimetabolites, Cancer Drugs: Alkylating Agents, Cancer Drugs: Antitumor Antibiotics, Cancer Drugs: Microtubule Inhibitors, Cancer Drugs: DNA Drugs, Cancer Drugs: Other Cancer Drugs, Other: Porphyrias, Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy	Neurology & Special Senses pp. 523-539, Endocrine pp. 321-327	23	2 hours	40	4	2	3
88		Endocrine System, Cardiovascular System	Anatomy: Gastrointestinal Blood Supply, Anatomy: Gastrointestinal Tract, Anatomy: Liver, Gallbladder, and Pancreas, Anatomy: Salivary Glands, Anatomy: Hernias, GI Physiology: Bile, GI Physiology: Bilirubin, GI Physiology: Gastrointestinal Secretions	Endocrine pp. 328-350	23	2 hours	40	4	2	3
89		Cardiovascular System, Musculoskeletal System	GI Physiology: Gastrointestinal Hormones, GI Physiology: Exocrine Pancreas, Clinical Gastroenterology: Esophageal Disorders, Clinical Gastroenterology: Liver Disease, Clinical Gastroenterology: Cirrhosis, Clinical Gastroenterology: Liver Tumors, Clinical Gastroenterology: Wilson's Disease and Hemochromatosis, Clinical Gastroenterology: Gallstones (Part 1 of 2)	Cardiovascular pp. 278-300	23	2 hours	40	4	2	3
90		Cardiovascular System, Musculoskeletal System, Respiratory System	Clinical Gastroenterology: Gallstones (Part 2 of 2), Clinical Gastroenterology: Biliary Disorders, Clinical Gastroenterology: Gastric Disorders, Clinical Gastroenterology: Malabsorption, Clinical Gastroenterology: Acute Pancreatitis, Clinical Gastroenterology: Chronic Pancreatitis & Pancreatic Cancer, Clinical Gastroenterology: Intestinal Disorders	Cardiovascular pp. 301-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	23	2 hours	40	4	2	3
91		Musculoskeletal System, Respiratory System	Clinical Gastroenterology: Inflammatory Bowel Disease, Clinical Gastroenterology: Colon Cancer, Clinical Gastroenterology: Carcinoid Tumors, Clinical Gastroenterology: Gastrointestinal Pharmacology, Embryology: Embryonic Genes, Embryology: Embryogenesis, Embryology: Germ Layers, Embryology: Errors in Morphogenesis, Embryology: Teratogens I, Embryology: Teratogens II	Musculoskeletal, Skin, and Connective Tissue pp. 442-484	23	2 hours	40	4	2	3

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92		Musculoskeletal System, Miscellaneous, Respiratory System, Skin, Renal & Urinary System	Embryology: Pharyngeal Arches, Embryology: Cleft Lip and Palate, Embryology: Pharyngeal Pouches and Clefts, Embryology: Genital Embryology, Pregnanacy, Spermatogenesis and Oogenesis, Pregnanacy: Placenta, Pregnanacy: Twins, Pregnanacy: Pregnanacy, Pregnanacy: Maternal-Fetal Disorders, Pregnanacy: Hypertension in Pregnanacy, Pregnanacy: Placental Complications, Pregnanacy: Gestational Tumors	Musculoskeletal, Skin, and Connective Tissue pp. 465-476, Public Health Sciences pp. 255-272	29	2 hours	40	4	2	3
93		Respiratory System, Renal & Urinary System, Hematology & Oncology	Pregnanacy: TORCH Infections, Vagina, Cervix, Uterus: Vaginal Cancer, Vagina, Cervix, Uterus: Cervical Cancer, Vagina, Cervix, Uterus: Endometrial Disorders, Vagina, Cervix, Uterus: Endometriosis, Vagina, Cervix, Uterus: Endometrial Cancer, Ovary: Ovarian Cysts, Ovary: Ovarian Epithelial Tumors, Ovary: Ovarian Stromal Tumors, Ovary: Ovarian Germ Cell Tumors, Breast: Breast Tissue, Breast: Breast Disorders, Breast: Breast Carcinoma, Male Disorders: Penile Disorders (Part 1 of 2)	Respiratory pp. 645-661	20	2 hours	40	4	2	3
94		Respiratory System, Renal & Urinary System, Hematology & Oncology	Male Disorders: Penile Disorders (Part 2 of 2), Male Disorders: Scrotal Disorders, Male Disorders: Testicular Cancer, Male Disorders: Prostate, Other Topics: Disorders of Sexual Development, Other Topics: Hypogonadism, General Topics: Ethics Principles, General Topics: Informed Consent, General Topics: Confidentiality, General Topics: Decision-Making Capacity	Respiratory pp. 662-672, Renal pp. 566-577	23	2 hours	40	4	2	3
95		Renal & Urinary System, Hematology & Oncology	General Topics: Public Health, General Topics: Quality and Safety, General Topics: Healthy Patient, General Topics: Geriatrics, General Topics: Pediatrics, Psychology: Conditioning and Transference, Psychology: Ego Defenses, Pathology: Child Abuse and Neglect, Pathology: Childhood Disorders, Pathology: ADHD and Autism	Renal pp. 578-596, Hematology & Oncology pp. 398-399	23	2 hours	40	4	2	3
96		Hematology & Oncology	Pathology: Cognitive Disorders, Pathology: Psychosis, Pathology: Psychotic Disorders, Pathology: Dissociative Disorders, Pathology: Somatic Disorders, Pathology: Personality Disorders, Pathology: Mood Disorders, Pathology: Anxiety Disorders, Pathology: Eating Disorders, Pathology: Sleep Disorders, Substance Abuse: Alcohol and CNS Depressants	Hematology & Oncology pp. 400-422	23	2 hours	40	4	2	3
97		Hematology & Oncology, Gastrointestinal System	Substance Abuse: Opioids, Substance Abuse: Stimulants, Substance Abuse: Other Drugs, Pharmacology: Antidepressants, Pharmacology: Lithium, Pharmacology: Antipsychotics, Molecular Biochemistry: DNA Structure, Molecular Biochemistry: Purine Metabolism, Molecular Biochemistry: Pyrimidine Metabolism	Hematology & Oncology pp. 423-436, Gastrointestinal pp. 352-360	23	2 hours	40	4	2	3
98		Gastrointestinal System, Hematology & Oncology	Metabolism: Glucose, Metabolism: Glycolysis, Metabolism: Gluconeogenesis, Metabolism: Glycogen, Metabolism: HMP Shunt, Metabolism: Fructose and Galactose, Metabolism: Pyruvate Dehydrogenase, Metabolism: TCA Cycle	Gastrointestinal pp. 361-383	23	2 hours	40	4	2	3
99		Gastrointestinal System, Reproductive System	Metabolism: Electron Transport Chain, Metabolism: Fatty Acids, Metabolism: Ketone Bodies, Metabolism: Ethanol Metabolism, Metabolism: Exercise and Starvation, Metabolism: Inborn Errors of Metabolism, Amino Acids: Amino Acids, Amino Acids: Phenylalanine and Tyrosine (Part 1 of 2)	Gastrointestinal pp. 384-394, Reproductive pp. 698-699	23	2 hours	40	4	2	3
100		Reproductive System, Gastrointestinal System	Amino Acids: Phenylalanine and Tyrosine (Part 2 of 2), Amino Acids: Other Amino Acids, Amino Acids: Ammonia, Vitamins: B Vitamins, Vitamins: B12 and Folate, Vitamins: Other Vitamins, Lipids: Lipid Metabolism	Reproductive pp. 610-632	23	2 hours	80	4	2	3
101		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	Lipids: Hyperlipidemia, Lipids: Lipid Drugs, Other Topics: Lysosomal Storage Diseases, Molecular Biology: DNA Replication, Molecular Biology: DNA Mutations, Molecular Biology: DNA Repair, Molecular Biology: Transcription	Reproductive pp. 633-643, Psychiatry pp. 541-552	23	2 hours	80	4	2	3
102		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	Molecular Biology: Translation, Laboratory Techniques: PCR, Laboratory Techniques: Blotting, Laboratory Techniques: Flow Cytometry, Laboratory Techniques: ELISA, Laboratory Techniques: Microarrays and FISH, Cellular Biology: Cell Cycle, Cellular Biology: Cell Structure, Cellular Biology: Cytoskeleton, Cellular Biology: Connective Tissues, Genetic Concepts: Genetic Principles (Part 1 of 2)	Psychiatry pp. 553-564, Biochemistry pp. 34-44	23	2 hours	80	4	2	3
103	Catch-up day									
104		Biochem, Cell Bio, Genetics, Reproductive System	Genetic Concepts: Genetic Principles (Part 2 of 2), Genetic Concepts: Gene Mapping, Genetic Concepts: Meiosis, Genetic Concepts: Hardy-Weinberg Law, Genetic Concepts: Pedigrees, Genetic Concepts: Imprinting, Genetic Disorders: Down Syndrome, Genetic Disorders: Trisomies, Genetic Disorders: Muscular Dystrophy, Genetic Disorders: Trinucleotide Repeat Disorders, Genetic Disorders: Diabetic Syndromes, Genetic Disorders: Turner and Klinefelter Syndromes	Biochemistry pp. 45-67	23	2 hours	40	4	2	3
105		Biochem, Cell Bio, Genetics, Reproductive System	Basics of Microbiology: Bacteria, Basics of Microbiology: Shapes and Strains, Basics of Microbiology: Bacterial Culture, Basics of Microbiology: Special Growth Requirements, Basics of Microbiology: Virulence, Basics of Microbiology: Growth and Genetics, Basics of Microbiology: Bacterial Identification, Bacteria: Staphylococci	Biochemistry pp. 68-90	23	2 hours	40	4	2	3
106		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	Bacteria: Streptococci, Bacteria: Other Gram Positives, Bacteria: Gram Negative Rods, Bacteria: Other Gram Negative, Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria	Biochemistry pp. 91-94, Microbiology pp. 124-142	23	2 hours	40	4	2	3
107		Microbiology, Immunology, Pathology - General	Antibiotics: Penicillins, Antibiotics: Beta Lactams, Antibiotics: Sulfonamides, Antibiotics: Protein Synthesis Inhibitors, Antibiotics: Other Antibiotics, Fungi: Fungal Pneumonias, Fungi: Fungal Skin Infections, Fungi: Opportunistic Fungal Infections	Microbiology pp. 143-165	23	2 hours	40	4	2	3
108		Microbiology, Pathology - General	Fungi: Antifungal Drugs, Parasites and Helminths: Malaria, Parasites and Helminths: Protozoa, Parasites and Helminths: Helminths, Virus: Virus Structure, Virus: DNA Viruses, Virus: Herpes Viruses	Microbiology pp. 166-188	23	2 hours	40	4	2	3
109		Microbiology, Immunology, Pathology - General	Virus: RNA Viruses, Virus: Viral Hepatitis, Virus: HIV, Virus: HIV Drugs, Virus: Arterial Viruses, Basic Immunology: Innate Immunology (Part 1 of 2)	Microbiology pp. 189-204, Immunology pp. 95-101	23	2 hours	40	4	2	3
110		Immunology, Pathology - General	Basic Immunology: Innate Immunology (Part 2 of 2), Basic Immunology: T-Cells, Basic Immunology: B-Cells, Basic Immunology: The Complement System, Basic Immunology: Lymph Nodes and Spleen, Clinical Immunology: Hypersensitivity	Immunology pp. 102-122, Pathology pp. 205-206	23	2 hours	40	4	2	3
111		Pathology - General	Clinical Immunology: Transplants, Clinical Immunology: Immune Deficiency Syndromes, Pharmacology: Glucocorticoids and NSAIDs, Pharmacology: Immunosuppressive Drugs, Autoimmune Disorders: Systemic Lupus Erythematosus, Autoimmune Disorders: Rheumatoid Arthritis, Autoimmune Disorders: Scleroderma, Autoimmune Disorders: Sjogren's Syndrome, Autoimmune Disorders: Vasculitis (Part 1 of 2)	Pathology pp. 207-229	23	2 hours	40	4	2	3

4-MONTH USMLE STEP 1 SAMPLE SCHEDULE														
<p>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, read catch-up days, etc.</p> <p>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!</p>														
Day	Event	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours				
112		Pharmacology - General, Pathology - General	Autoimmune Disorders: Vasculitis (Part 2 of 2), Cellular Adaptations, Cell Injury, Free Radicals, Apoptosis, Necrosis, Inflammation Principles, Acute and Chronic Inflammation, Granulomatous Inflammation, Wound Healing and Scar, Pathologic Calcification, Neoplasia, General Topics: Enzymes, General Topics: Enzyme Inhibitors, General Topics: Dose-Response, General Topics: Drug Elimination, General Topics: Pharmacokinetics	Pharmacology pp. 231-253	23	2 hours	40	4	2	3				