

4-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.

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Day	Event	Subjects	Boards and Beyond tasks	First Aid (2020) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Nervous System		Pathology pp. 205-213	9	41 minutes	40	5		2
2		Nervous System		Pathology pp. 214-222	9	41 minutes	40	5		2
3		Nervous System, Endocrine System		Pathology pp. 223-228; Biochemistry pp. 34-36	9	40 minutes	40	5		2
4		Nervous System, Endocrine System		Biochemistry pp. 37-45	9	40 minutes	40	5		2
5		Endocrine System, Cardiovascular System, Nervous System		Biochemistry pp. 46-54	9	40 minutes	40	5		2
6	Practice Test 1									
7		Endocrine System, Cardiovascular System, Nervous System		Biochemistry pp. 55-63	9	37 minutes	40	5		2
8		Endocrine System, Cardiovascular System, Nervous System		Biochemistry pp. 64-72	9	44 minutes	40	5		2
9		Cardiovascular System, Nervous System		Biochemistry pp. 73-81	9	40 minutes	40	5		2
10		Cardiovascular System, Musculoskeletal System, Nervous System		Biochemistry pp. 82-90	9	40 minutes	40	5		2
11		Cardiovascular System, Musculoskeletal System, Nervous System, Endocrine System		Biochemistry pp. 91-94; Microbiology pp. 124-128	9	41 minutes	40	5		2
12		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System		Microbiology pp. 129-137	9	40 minutes	40	5		2
13		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System		Microbiology pp. 138-146	9	40 minutes	40	5		2
14		Musculoskeletal System, Respiratory System, Endocrine System		Microbiology pp. 147-155	9	40 minutes	40	5		2
15		Musculoskeletal System, Respiratory System, Endocrine System		Microbiology pp. 156-164	9	39 minutes	40	5		2
16		Respiratory System, Skin, Endocrine System, Cardiovascular System		Microbiology pp. 165-173	9	42 minutes	40	5		2
17		Respiratory System, Skin, Renal & Urinary System, Cardiovascular System		Microbiology pp. 174-182	9	40 minutes	40	5		2
18		Respiratory System, Renal & Urinary System, Cardiovascular System		Microbiology pp. 183-191	9	40 minutes	40	5		2
19		Respiratory System, Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System		Microbiology pp. 192-200	9	41 minutes	40	5		2
20	Catch-up day									
21		Skin, Hematology & Oncology, Cardiovascular System		Microbiology pp. 201-204; Neurology & Special Senses pp. 490-494	9	40 minutes	40	5		2

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22		Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System		Neurology & Special Senses pp. 495-503	9	39 minutes	40	5		2
23		Renal & Urinary System, Hematology & Oncology, Cardiovascular System, Musculoskeletal System		Neurology & Special Senses pp. 504-512	9	41 minutes	40	5		2
24		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System		Neurology & Special Senses pp. 413-521	9	41 minutes	40	5		2
25		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System		Neurology & Special Senses pp. 522-530	9	40 minutes	40	5		2
26		Hematology & Oncology, Musculoskeletal System		Neurology & Special Senses pp. 531-539	9	40 minutes	40	5		2
27		Hematology & Oncology, Musculoskeletal System		Neurology & Special Senses pp. 540-548	9	40 minutes	40	5		2
28		Hematology & Oncology, Musculoskeletal System		Neurology & Special Senses pp. 549-552; Immunology pp. 95-99	9	41 minutes	40	5		2
29		Hematology & Oncology, Musculoskeletal System, Miscellaneous		Immunology pp. 100-108	9	36 minutes	40	5		2
30		Hematology & Oncology, Gastrointestinal System, Miscellaneous		Immunology pp. 109-117	9	44 minutes	40	5		2
31		Hematology & Oncology, Gastrointestinal System, Miscellaneous		Immunology pp. 118-122; Cardiovascular pp. 280-283	9	40 minutes	40	5		2
32		Hematology & Oncology, Gastrointestinal System, Miscellaneous		Cardiovascular pp. 284-292	9	38 minutes	40	5		2
33		Hematology & Oncology, Gastrointestinal System, Miscellaneous, Respiratory System		Cardiovascular pp. 293-301	9	41 minutes	40	5		2
34	Catch-up Day									
35		Gastrointestinal System, Respiratory System		Cardiovascular pp. 302-310	9	42 minutes	40	5		2
36		Gastrointestinal System, Reproductive System, Respiratory System		Cardiovascular pp. 311-319	9	40 minutes	40	5		2
37		Gastrointestinal System, Reproductive System, Respiratory System, Renal & Urinary System		Cardiovascular pp. 320-324; Endocrine pp. 325-328	9	41 minutes	40	5		2
38		Gastrointestinal System, Reproductive System, Renal & Urinary System		Endocrine pp. 329-337	9	38 minutes	40	5		2
39		Gastrointestinal System, Reproductive System, Renal & Urinary System		Endocrine pp. 338-346	9	42 minutes	40	5		2
40		Gastrointestinal System, Reproductive System, Renal & Urinary System		Endocrine pp. 347-754; Musculoskeletal, Skin, & Connective Tissue pp. 446-446	9	40 minutes	40	5		2
41		Reproductive System, Renal & Urinary System		Musculoskeletal, Skin, & Connective Tissue pp. 446-446	9	41 minutes	40	5		2
42		Reproductive System, Renal & Urinary System		Musculoskeletal, Skin, & Connective Tissue pp. 446-446	9	40 minutes	40	5		2

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43		Reproductive System, Immunology, Hematology & Oncology		Musculoskeletal, Skin, & Connective		9 40 minutes	40	5		2
44		Reproductive System, Immunology, Hematology & Oncology		Musculoskeletal, Skin, & Connective		9 40 minutes	40	5		2
45		Reproductive System, Immunology, Pathology - General, Hematology & Oncology		Musculoskeletal, Skin, & Connective		9 41 minutes	40	5		2
46		Reproductive System, Pathology - General, Hematology & Oncology		Respiratory pp. 663-671		9 40 minutes	40	5		2
47		Reproductive System, Pathology - General, Hematology & Oncology		Respiratory pp. 672-680		9 40 minutes	40	5		2
48	Catch-up Day									
49	Practice Test 2									
50		Pathology-General, Hematology & Oncology, Gastrointestinal System		Respiratory pp. 681-687; Hematology & Oncology pp. 404-405		40 minutes	40	5		2
51		Pathology-General, Gastrointestinal System		Hematology & Oncology pp. 406-414		9 41 minutes	40	5		2
52		Pathology-General, Gastrointestinal System		Hematology & Oncology pp. 415-429		9 40 minutes	40	5		2
53		Pathology-General, Gastrointestinal System		Hematology & Oncology pp. 424-432		9 37 minutes	40	5		2
54		Pathology-General, Gastrointestinal System		Hematology & Oncology pp. 433-441		9 43 minutes	40	5		2
55		Pathology-General, Gastrointestinal System		Hematology & Oncology pp. 442-444; Renal pp. 578-583		9 41 minutes	40	5		2
56		Pathology-General, Gastrointestinal System		Renal pp. 584-592		9 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: Dermatoses and Reflexes, Nervous System Structures: Cerebral Cortex, Nervous System Structures: Spinal Cord, Nervous System Structures: Brainstem, Nervous System Structures: Cranial Nerves (Part 1 of 2)	Renal pp. 593-601		9 2 hours	40	4	2	3
58		Biochem, Cell Bio, Genetics, Pathology - General	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: Vertebrobasilar Stroke Syndromes, Neurovascular Disorders: CNS Aneurysms, Neurovascular Disorders: Intracranial Bleeding (Part 1 of 2)	Renal pp. 602-610		9 2 hours	40	4	2	3
59		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	Gastrointestinal pp. 358-366		9 2 hours	40	4	2	3

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60		Biochem, Cell Bio, Genetics, Microbiology, 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: Neuromuscular Blockers, Other Neuro Topics: Meningitis	Gastrointestinal pp. 367-375	9	2 hours	40	4	2	3
61		Microbiology, Pathology - General	Other Neuro Topics: Seizures, Other Neuro Topics: Neuroembryology, Other Neuro Topics: Delirium 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)	Gastrointestinal pp. 376-384	9	2 hours	40	4	2	3
62		Microbiology, Pathology - General, Immunology	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)	Gastrointestinal pp. 385-393	9	2 hours	40	4	2	3
63		Microbiology, Immunology, Nervous System	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)	Gastrointestinal pp. 394-401; Reproductive pp. 612-612	9	2 hours	80	4	2	3
64		Immunology, Nervous System, Cardiovascular System	Reproductive: Menstrual Cycle (Part 2 of 2), Other: Pituitary Gland, Other: Parathyroid Glands, Other: MEN Syndromes, Other: Signalling 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)	Reproductive pp. 613-621	9	2 hours	80	4	2	3
65	Catch-up day									
66	Practice Test 3									
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 Lopps, Introduction to Cardiac Medicine: Wiggers' Diagram, Introduction to Cardiac Medicine: Venous Pressure Tracings, Introduction to Cardiac Medicine: Starling Curve, Cardiac Ischemia: Atherosclerosis, Cardiac Ischemia: Cardiac Ischemia	Reproductive pp. 622-630	9	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	Reproductive pp. 631-639	9	2 hours	40	4	2	3
69		Nervous System, Cardiovascular System, Endocrine System, Musculoskeletal System	Arrhythmias: AVNRT, Arrhythmias: WPW, Arrhythmias: Antiarrhythmic Drugs, Cardiac Auscultation: Heart Murmurs, Cardiac Auscultation: Heart Sounds, Cardiac Auscultation: Heart Failure Basics, Cardiac Auscultation: Systolic and Diastolic Heart Failure	Reproductive pp. 640-648	9	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: Cardioac Embryology, The Developing Heart: Shunts, The Developing Heart: Cyanotic Congenital Heart Disease, The Developing Heart: Coarctation of the Aorta, Hypertension: Hypertension	Reproductive pp. 649-657	9	2 hours	40	4	2	3

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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	Reproductive pp. 658-658; Psychiatry pp. 553-560	9	2 hours	40	4	2	3
72		Endocrine System, Musculoskeletal System, Respiratory System, Renal & Urinary System	Other Cardiovascular Topics: Hypertrophic Cardiomyopathy, Other Cardiovascular Topics: Endocarditis, Anatomy and Orthopedics: Knee, 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	Psychiatry pp. 561-569	9	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: Osteoporosis Drugs, Pathology: Bone Tumors	Psychiatry pp. 570-576; Pharmacology pp. 229-230	9	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 Spondyloarthritis, Pathology: Muscle Disorders, Neuromuscular Disorders, Biostatistics: Basic Statistics, Biostatistics: Hypothesis Testing, Biostatistics: Tests of Significance	Pharmacology pp. 231-239	9	2 hours	40	4	2	3
75		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 Testsm Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine	Pharmacology pp. 240-248	9	2 hours	40	4	2	3
76	Complete first pass of First Aid	Renal & Urinary System, Hematology & Oncology	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)	Pharmacology pp. 249-254	6	2 hours	80	4	2	3
77		Hematology & Oncology, Gastrointestinal System	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	Review weak areas		2 hours	80	4	2	3
78		Gastrointestinal System, Hematology & Oncology	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	Review weak areas		2 hours	80	4	2	3
79		Gastrointestinal System, Reproductive 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	Review weak areas		2 hours	40	4	2	3

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80		Reproductive System, Gastrointestinal System	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	Review weak areas		2 hours	40	4	2	3
81		Reproductive System, Behavioral/Psychiatry	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	Review weak areas		2 hours	40	4	2	3
82		Behavioral/Psychiatry, Pharmacology - General, Reproductive System	Diseases of the Nephron: Glomerulonephritis Principles, Diseases of the Nephron: Nephritic Syndrome, Diseases of the Nephron: Nephrotic Syndrome, Diseases of the Nephron: MPGN, Diseases of the Nephron: Tubulointestinal Disease, Diseases of the Nephron: Renal Failure, Other Renal Topics: Urinary Tract Infection, Other Renal Topics: Cystic Kidney Disease, Other Renal Topics: Diuretics	Review weak areas		2 hours	40	4	2	3
83		Pharmacology - General, Miscellaneous, Reproductive System	Other Renal Topics: Kidney Stones, Other Renal Topics: Renal and Bladder Tumors, Other Renal Topics: Rhabdomyolysis, Hemostasis: Coagulation, Hemostasis: Platelet Activation, Hemostasis: Hypercoagulable States, Hemostasis: Coagulopathies, Hemostasis: Platelet Disorders, Hemostasis: Antiplatelet Drugs	Review weak areas		2 hours	40	4	2	3
84	Practice Test 4									
85	Begin study block #3	Nervous System	Hemostasis: Anticoagulants, Red Blood Cells: Hemolysis Basics, Red Blood Cells: Extrinsic Hemolysis, Red Blood Cells: Intrinsic Hemolysis, Red Blood Cells: Microcytic Anemias, Red Blood Cells: Thalassemias	Neurology & Special Senses pp. 490-510	21	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 Lymphoma, White Blood Cells: Plasma Cell Disorders, White Blood Cells: Amyloidosis	Neurology & Special Senses pp. 511-533	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: Porphyrins, Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy	Neurology & Special Senses pp. 534-552; Endocrine pp. 325-330	25	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. 331-353	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)	Endocrine pp. 354-354; Cardiovascular pp. 280-301	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. 302-324	23	2 hours	40	4	2	3

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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, & Connective Tissue pp. 446-468	23	2 hours	40	4	2	3
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, Pregnancy: Spermatogenesis and Oogenesis, Pregnancy: Placenta, Pregnancy: Twins, Pregnancy: Pregnancy: Maternal-Fetal Disorders, Pregnancy: Hypertension in Pregnancy, Pregnancy: Placental Complications, Pregnancy: Gestational Tumors	Musculoskeletal, Skin, & Connective Tissue pp. 469-487; Respiratory pp. 659-662	23	2 hours	40	4	2	3
93		Respiratory System, Renal & Urinary System, Hematology & Oncology	Pregnancy: 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. 663-685	23	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. 686-687; Renal pp. 578-597	22	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. 598-610; Hematology & Oncology pp. 404-413	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. 414-434	21	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. 435-444; Gastrointestinal pp. 358-370	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. 371-395	25	2 hours	40	4	2	3

4-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Boards and Beyond tasks	First Aid (2020) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
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. 396-401; Reproductive pp. 612-628	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 Acides, Amino Acids: Ammonia, Vitamins: B Vitamins, Vitamins: B12 and Folate, Vitamins: Other Vitamins, Lipids: Lipid Metabolism	Reproductive pp. 629-651	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. 652-658; Psychiatry pp. 553-568	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 Tissue, Genetic Concepts: Genetic Principles (Part 1 of 2)	Psychiatry pp. 569-576; Biochemistry pp. 34-48	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: Deletion Syndromes, Genetic Disorders: Turner and Klinefelter Syndromes	Biochemistry pp. 49-71	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. 72-93	22	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 Negatives, Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria	Biochemistry pp. 94-94; Microbiology pp. 124-145	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. 146-168	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. 169-191	23	2 hours	40	4	2	3
109		Microbiology, Immunology, Pathology - General	Virus: RNA Viruses, Virus: Viral Hepatitis, Virus: HIV, Virus: HIV Drugs, Virus: Antiviral Drugs, Basic Immunology: Innate Immunology (Part 1 of 2)	Microbiology pp. 192-204; Immunology pp. 95-104	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. 105-122; Pathology pp. 205-209	23	2 hours	40	4	2	3

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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. 210-228; Pharmacology pp. 229-232	23	2 hours	40	4	2	3
112		Pharmacology - General, Pathology - General	Autoimmune Disorders: Vaculitis (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. 233-254	22	2 hours	40	4	2	3