

4-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	First Aid (2016) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Nervous System	17.1 Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Meningitis, 17.4 Cerebrovascular Diseases, 17.5 Trauma, 17.6 Demyelinating Disorders (Part 1 of 2)	Neurology & Special Senses pp. 474-486	13	42 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	Neurology & Special Senses pp. 487-498	13	42 minutes	40	5	2	2
3		Nervous System, Endocrine System	17.8 CNS Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hypothyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia (Part 1 of 2)	Neurology & Special Senses pp. 500-512	13	41 minutes	40	5	2	2
4		Nervous System, Endocrine System	15.3 Thyroid Gland, 15.4 Hypothyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia (Part 2 of 2), 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas	Neurology & Special Senses pp. 513-524	12	37 minutes	40	5	2	2
5		Nervous System, Endocrine System, Cardiovascular System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis (Part 1 of 2)	Neurology & Special Senses pp. 525-535, Endocrine pp. 520-520	12	45 minutes	40	5	2	2
6	Practice Test 1									
7		Endocrine System, Cardiovascular System	7.1 Vasculitis (Part 2 of 2), 7.2 Hypertension (HTN), 7.3 Atherosclerosis, 7.4 Aortic Dissection and Aneurysm (Part 1 of 2)	Endocrine pp. 321-333	13	41 minutes	40	5	2	2
8		Endocrine System, Cardiovascular System	7.4 Aortic Dissection and Aneurysm (Part 2 of 2), 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD)	Endocrine pp. 334-346	13	39 minutes	40	5	2	2
9		Endocrine System, Cardiovascular System	8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders (Part 1 of 2)	Endocrine pp. 347-350, Cardiovascular pp. 274-281	12	43 minutes	40	5	2	2
10		Cardiovascular System, Musculoskeletal 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)	Cardiovascular pp. 282-293	12	41 minutes	40	5	2	2
11		Cardiovascular System, Musculoskeletal System	18.1 Skeletal System (Part 2 of 2), 18.2 Bone Tumors, 18.3 Joint	Cardiovascular pp. 294-306	13	40 minutes	40	5	2	2
12		Cardiovascular System, Musculoskeletal System, Respiratory System	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)	Cardiovascular pp. 307-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-435	13	42 minutes	40	5	2	2
13		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections (Part 2 of 2), 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 436-447	12	41 minutes	40	5	2	2
14		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 (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 448-460	13	41 minutes	40	5	2	2
15		Musculoskeletal System, Respiratory System, Skin	9.8 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes (Part 2 of 2), 9.8 Lung Cancer, 9.9 Pleura, 19.1 Inflammatory Dermatoses (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 461-472	12	41 minutes	40	5	2	2
16		Miscellaneous, Skin, Renal & Urinary System	19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infections Disorders, 12.1 Congenital (Part 1 of 2)	Public Health Sciences pp. 251-263	13	41 minutes	40	5	2	2
17		Miscellaneous, Renal & Urinary System	12.1 Congenital (Part 2 of 2), 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome (Part 1 of 2)	Public Health Sciences pp. 264-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-673	12	41 minutes	40	5	2	2
18		Miscellaneous, Renal & Urinary System	12.3 Nephrotic Syndrome (Part 2 of 2), 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephroblastoma, 12.7 Chronic Renal Failure, 12.8 Renal Neoplasia	Rapid Review pp. 674-686	13	41 minutes	40	5	2	2
19		Miscellaneous, Respiratory System, Renal & Urinary System, Hematology & Oncology	12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Rapid Review pp. 687-688, Respiratory pp. 641-650	12	41 minutes	40	5	2	2
20	Catch-up day									
21		Respiratory 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 (Part 1 of 2)	Respiratory pp. 651-663	13	41 minutes	40	5	2	2
22		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.3 Other Disorders of Hemostasis (Part 2 of 2), 4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia (Part 1 of 2)	Respiratory pp. 664-668, Renal pp. 562-569	13	41 minutes	40	5	2	2
23		Renal & Urinary System, Hematology & Oncology	5.1 Anemia (Part 2 of 2), 5.2 Macrocytic Anemias Part 1, 5.2 Microcytic Anemias Part 2 (Part 1 of 2)	Renal pp. 570-581	12	41 minutes	40	5	2	2
24		Renal & Urinary System, Hematology & Oncology	5.2 Microcytic Anemias Part 2 (Part 2 of 2), 5.2 Microcytic Anemias Part 3, 5.3 Microcytic Anemia (Part 1 of 2)	Renal pp. 582-592, Hematology & Oncology pp. 396-397	13	41 minutes	40	5	2	2
25		Hematology & Oncology	5.3 Macrocytic Anemia (Part 2 of 2), 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis (Part 1 of 2)	Hematology & Oncology pp. 398-409	12	41 minutes	40	5	2	2
26		Hematology & Oncology	5.5 Normocytic Anemias w/ Extravascular Hemolysis (Part 2 of 2), 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction, 6.1 Leukopenia and Leukocytosis (Part 1 of 2)	Hematology & Oncology pp. 410-422	13	41 minutes	40	5	2	2
27		Hematology & Oncology, Gastrointestinal System	6.1 Leukopenia and Leukocytosis (Part 2 of 2), 6.2 Acute Leukemia, 6.3 Chronic Leukemia (Part 1 of 2)	Hematology & Oncology pp. 352-353	11	41 minutes	40	5	2	2
28		Gastrointestinal System, Hematology & Oncology	6.3 Chronic Leukemia (Part 2 of 2), 6.4 Myeloproliferative Disorders (MPD), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL) (Part 1 of 2)	Gastrointestinal pp. 354-367	14	41 minutes	40	5	2	2
29		Gastrointestinal System, Hematology & Oncology	6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL) (Part 2 of 2), 6.8 Plasma Cell Disorders (Dyscrasias), 6.8 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland (Part 1 of 2)	Gastrointestinal pp. 368-379	12	42 minutes	40	5	2	2
30		Gastrointestinal System	10.2 Salivary Gland (Part 2 of 2), 10.3 Esophagus, 10.4 Stomach (Part 1 of 2)	Gastrointestinal pp. 380-391	12	41 minutes	40	5	2	2
31		Gastrointestinal System, Reproductive System	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel (Part 1 of 2)	Gastrointestinal pp. 392-394, Reproductive pp. 594-603	13	41 minutes	40	5	2	2
32		Reproductive System, Gastrointestinal System	10.5 Small Bowel (Part 2 of 2), 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1) (Part 1 of 2)	Reproductive pp. 604-616	13	41 minutes	40	5	2	2
33		Reproductive System, Gastrointestinal System	10.8 Colon (1) (Part 2 of 2), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.1 Gallbladder and Biliary Tract (Part 1 of 2)	Reproductive pp. 617-628	12	41 minutes	40	5	2	2
34	Catch-up Day									
35		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	11.2 Gallbladder and Biliary Tract (Part 2 of 2), 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors (Part 1 of 2)	Reproductive pp. 629-639, Psychiatry pp. 537-538	13	41 minutes	40	5	2	2
36		Behavioral/Psychiatry, Gastrointestinal System, Reproductive System	11.3 Liver: Cirrhosis & Tumors (Part 2 of 2), 13.1 Vulva, 13.2 Vagina (Part 1 of 2)	Psychiatry pp. 539-550	12	41 minutes	40	5	2	2
37		Behavioral/Psychiatry, Biochem Cell Bio, Genetics, Reproductive System	13.2 Vagina (Part 2 of 2), 13.3 Cervix, 13.4 Endometrium and Myometrium (Part 1 of 2)	Psychiatry pp. 551-560, Biochemistry pp. 34-36	13	41 minutes	40	5	2	2

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38		Biochem, Cell Bio, Genetics, Reproductive System	13.4 Endometrium and Myometrium (Part 2 of 2), 13.5 Ovary, 13.6 Ovarian Tumors (Part 1 of 2)	Biochemistry pp. 37-48		12	41 minutes	40	5	2	2
39		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors (Part 2 of 2), 13.7 Gestational Pathology, 14.1 Penis (Part 1 of 2)	Biochemistry pp. 49-61		13	41 minutes	40	5	2	2
40		Biochem, Cell Bio, Genetics, Reproductive System	14.1 Penis (Part 2 of 2), 14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction (Part 1 of 2)	Biochemistry pp. 62-74		13	41 minutes	40	5	2	2
41		Biochem, Cell Bio, Genetics, Reproductive System	16.1 Introduction (Part 2 of 2), 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Proliferative Changes, 16.4 Breast Cancer (Part 1 of 2)	Biochemistry pp. 75-86		12	41 minutes	40	5	2	2
42		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 (Part 1 of 2)	Biochemistry pp. 87-94, Microbiology pp. 124-128		13	41 minutes	40	5	2	2
43		Microbiology, Immunology	2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	Microbiology pp. 129-140		12	41 minutes	40	5	2	2
44		Microbiology, Immunology, Pathology-General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations (Part 1 of 2)	Microbiology pp. 141-153		13	41 minutes	40	5	2	2
45		Microbiology, Pathology-General	1.1 Growth Adaptations (Part 2 of 2), 1.2 Cellular Injury (Part 1 of 2)	Microbiology pp. 154-165		12	41 minutes	40	5	2	2
46		Microbiology, Pathology-General	1.3 Cell Death (Part 2 of 2), 1.4 Free Radical Injury, 1.5 Amyloid (Part 1 of 2)	Microbiology pp. 178-190		13	41 minutes	40	5	2	2
47		Microbiology, Pathology-General	1.5 Amyloid (Part 2 of 2), 2.1 Acute Inflammation Part 1 (Part 1 of 2)	Microbiology pp. 191-203		13	41 minutes	40	5	2	2
48		Catch-up day									
49		Practice test 2									
50		Microbiology, Immunology, Pathology-General	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2	Microbiology pp. 204-204, Immunology pp. 95-105		12	37 minutes	40	5	2	2
51		Immunology, Pathology-General	2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation	Immunology pp. 106-118		13	45 minutes	40	5	2	2
52		Immunology, Pathology-General	2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)	Immunology pp. 119-122, Pathology pp. 205-212		12	41 minutes	40	5	2	2
53		Pathology-General	3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1 (Part 1 of 2)	Pathology pp. 213-225		13	41 minutes	40	5	2	2
54		Pathology-General, Pharmacology-General	3.2 Carcinogenesis Part 1 (Part 2 of 2), 3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3 (Part 1 of 2)	Pathology pp. 226-226, Pharmacology pp. 227-237		12	41 minutes	40	5	2	2
55		Pharmacology-General, Pathology-General	3.2 Carcinogenesis Part 3 (Part 2 of 2), 3.3 Tumor Progression, 3.4 Clinical Characteristics	Pharmacology pp. 238-249		12	40 minutes	40	5	2	2
56		Catch-up day									
57		Begin study block #2									
57		Pathology - General	1.1 Growth Adaptations, 1.2 Cellular Injury	Pathology pp. 205-226		22	1 hour	40	4	2	3
58		Biochem, Cell Bio, Genetics, Pathology - General	1.3 Cell Death, 1.4 Free Radical Injury, 1.5 Amyloid (Part 1 of 2)	Biochemistry pp. 34-55		22	1 hour	40	4	2	3
59		Biochem, Cell Bio, Genetics, Pathology - General	1.5 Amyloid (Part 2 of 2), 2.1 Acute Inflammation Part 1, 2.1 Acute Inflammation Part 2	Biochemistry pp. 56-79		24	1 hour	40	4	2	3
60		Biochem, Cell Bio, Genetics, Microbiology, Pathology - General	2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)	Biochemistry pp. 80-94, Microbiology pp. 124-130		22	15 hours	40	4	2	3
61		Microbiology, Pathology-General	3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2 (Part 1 of 2)	Microbiology pp. 131-150		20	1 hour	40	4	2	3
62		Microbiology, Pathology-General, Immunology	3.2 Carcinogenesis Part 2 (Part 2 of 2), 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics, 2.3 Primary Immunodeficiency	Microbiology pp. 151-174		24	1 hour	40	4	2	3
63		Microbiology, Immunology	2.4 Autoimmune Disorders Part 1, 2.4 Autoimmune Disorders Part 2	Microbiology pp. 175-196		22	1 hour	40	4	2	3
64		Microbiology, Immunology, 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)	Microbiology pp. 197-204, Immunology pp. 95-108		22	15 hours	80	4	2	3
65		Catch-up day									
66		Practice Test 1									
67		Immunology, 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 Hypothyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas (Part 1 of 2)	Immunology pp. 109-122, Neurology & Special Senses pp. 474-481		22	1 hour	40	4	2	3
68		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)	Neurology & Special Senses pp. 482-503		22	1 hour	40	4	2	3
69		Nervous 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 (Part 1 of 2)	Neurology & Special Senses pp. 504-526		23	1 hour	40	4	2	3
70		Nervous System, Endocrine System, Cardiovascular System, Musculoskeletal System	8.3 Congenital Defects (Part 2 of 2), 8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System	Neurology & Special Senses pp. 527-535, Endocrine pp. 320-330		20	1 hour	40	4	2	3
71		Endocrine System, Cardiovascular System, Musculoskeletal System, Respiratory 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 (Part 1 of 2)	Endocrine pp. 331-350, Cardiovascular pp. 274-276		23	1 hour	40	4	2	3
72		Cardiovascular System, Respiratory System	9.3 Pulmonary Infections (Part 2 of 2), 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases	Cardiovascular pp. 277-299		23	1 hour	40	4	2	3
73		Cardiovascular System, Musculoskeletal System, Respiratory System, Skin	9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura, 19.1 Inflammatory Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes (Part 1 of 2)	Cardiovascular pp. 300-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-437		22	1 hour	40	4	2	3
74		Musculoskeletal System, Skin, Renal & Urinary 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, 12.4 Nephritic Syndrome	Musculoskeletal, Skin, and Connective Tissue pp. 438-459		22	1 hour	40	4	2	3
75		Musculoskeletal System, Miscellaneous, Renal & Urinary System, Hematology & Oncology	12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure, 12.8 Renal Neoplasms, 12.9 Lower Urinary Tract Cancer, 4.1 Primary Hemostasis and Related Bleeding Disorders	Musculoskeletal, Skin, and Connective Tissue pp. 460-472, Public Health Sciences pp. 251-259		22	1 hour	40	4	2	3
76		Miscellaneous, Respiratory System, Hematology & Oncology	4.2 Secondary Hemostasis and Related Disorders, 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia	Public Health Sciences pp. 260-268, Approaching the Organ Systems pp. 270-271, Respiratory pp. 641-651		22	1 hour	80	4	2	3
77		Respiratory System, Renal & Urinary System, Hematology & Oncology	5.2 Microcytic Anemias (Part 1) 5.2 Microcytic Anemias (Part 2), 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia (Part 1 of 2)	Respiratory pp. 652-668, Renal pp. 562-564		20	1 hour	80	4	2	3

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78		Renal & Urinary System, Hematology & Oncology	5.3 Macrocytic Anemia (Part 2 of 2), 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Hemolysis, 5.7 Anemia Due to Underproduction (Part 1 of 2)	Renal pp. 565-588	24	1 hour	80	4	2	3
79		Renal & Urinary System, Hematology & Oncology	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 2 of 2), 6.1 Leukopenia and Leukocytosis, 6.1 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	Renal pp. 589-592, Hematology & Oncology pp. 396-414	23	1 hour	40	4	2	3
80		Hematology & Oncology, Gastrointestinal System	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 2 of 2)	Hematology & Oncology pp. 415-431, Gastrointestinal pp. 352-356	22	1 hour	40	4	2	3
81		Gastrointestinal System	10.3 Esophagus (Part 2 of 2), 10.4 Stomach, 10.5 Small Bowel (Part 1 of 2)	Gastrointestinal pp. 357-378	22	1 hour	40	4	2	3
82		Gastrointestinal System, Reproductive 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, 11.2 Gallbladder and Biliary Tract (Part 1 of 2)	Gastrointestinal pp. 379-394, Reproductive pp. 594-599	22	1 hour	40	4	2	3
83		Reproductive System, Gastrointestinal System	11.2 Gallbladder and Biliary Tract (Part 2 of 2), 11.3 Liver, Jaundice, 11.3 Liver, Hepatitis, 11.3 Liver, Cirrhosis & Tumors, 13.1 Vulva, 13.2 Vagina (Part 1 of 2)	Reproductive pp. 600-619	20	1 hour	40	4	2	3
84		Reproductive System, Behavioral/Psychiatry	13.2 Vagina (Part 2 of 2), 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary, 13.6 Ovarian Tumors (Part 1 of 2)	Reproductive pp. 620-639, Psychiatry pp. 537-540	24	1 hour	40	4	2	3
85		Behavioral/Psychiatry, Reproductive System	13.6 Ovarian Tumors (Part 2 of 2), 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle, 14.3 Testicular Tumors (Part 1 of 2)	Psychiatry pp. 541-560	20	1 hour	40	4	2	3
86	Complete first pass of First Aid	Pharmacology-General, Reproductive System	14.3 Testicular Tumors (Part 2 of 2), 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocytic Changes, 16.4 Breast Cancer	Pharmacology pp. 227-249	23	1 hour	40	4	2	3
87	Practice Test 2									
88	Begin study block #3	Nervous System	17. Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Meningitis, 17.4 Cerebrovascular Diseases, 17.5 Trauma, 17.6 Demyelinating Disorders, 17.7 Dementia and Degenerative Disorders	Neurology & Special Senses pp. 474-506	27	1.5 hours	40	4	2	3
89		Nervous System, Endocrine System	17.8 CNS Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hypertthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 1 of 2)	Neurology & Special Senses pp. 501-527	27	1.5 hours	40	4	2	3
90		Nervous System, Endocrine System, Cardiovascular System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 2 of 2), 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Atherosclerosis, 7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors	Neurology & Special Senses pp. 528-535, Endocrine pp. 320-338	27	1.5 hours	40	4	2	3
91		Endocrine System, Cardiovascular System	8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders, 8.5 Endocarditis	Endocrine pp. 339-350, Cardiovascular pp. 274-287	26	1.5 hours	40	4	2	3
92		Cardiovascular System, Musculoskeletal System, Respiratory System	8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint, 18.4 Systemic Lupus, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx	Cardiovascular pp. 288-314	27	1.5 hours	40	4	2	3
93		Cardiovascular System, Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases (Part 1 of 2)	Cardiovascular pp. 315-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-457	27	1.5 hours	40	4	2	3
94		Musculoskeletal System, Miscellaneous, Respiratory System, Skin	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	Musculoskeletal, Skin, and Connective Tissue pp. 458-472, Public Health Sciences pp. 251-261	26	1.5 hours	40	4	2	3
95		Miscellaneous, Skin, Renal & Urinary System	19.5 Infectious Disorders, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephroblastoma, 12.7 Chronic Renal Failure	Public Health Sciences pp. 262-269, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-689	27	1.5 hours	40	4	2	3
96		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, 4.3 Other Disorders of Hemostasis	Rapid Review pp. 687-688, Respiratory pp. 641-664	26	1.5 hours	40	4	2	3
97		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia, 5.1 Microcytic Anemias Part 1, 5.2 Microcytic Anemias Part 2	Respiratory pp. 665-688, Renal pp. 562-584	27	1.5 hours	40	4	2	3
98		Renal & Urinary System, Hematology & Oncology	5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis	Renal pp. 585-592, Hematology & Oncology pp. 396-414	27	1.5 hours	40	4	2	3
99		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) (Part 1 of 2)	Hematology & Oncology pp. 415-431, Gastrointestinal pp. 352-360	26	1.5 hours	40	4	2	3
100		Gastrointestinal System, Hematology & Oncology	6.4 Myeloproliferative Disorders (MPD), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus (Part 1 of 2)	Gastrointestinal pp. 361-387	27	1.5 hours	80	4	2	3
101		Gastrointestinal System, Reproductive System	10.3 Esophagus (Part 2 of 2), 10.4 Stomach, 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease (Part 1 of 2)	Gastrointestinal pp. 388-394, Reproductive pp. 594-613	27	1.5 hours	40	4	2	3
102	Catch-up day									
103		Reproductive System, Gastrointestinal System	10.8 Appendix, 10.7 Inflammatory Bowel Disease (Part 2 of 2), 10.8 Colon (1), 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)	Reproductive pp. 614-639	26	1.5 hours	80	4	2	3
104		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Gastrointestinal System, Reproductive 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)	Psychiatry pp. 537-560, Biochemistry pp. 34-36	27	1.5 hours	40	4	2	3
105		Biochem, Cell Bio, Genetics, Reproductive System	13.4 Endometrium and Myometrium (Part 2 of 2), 13.5 Ovary, 13.6 Ovarian Tumors, 13.6 Gestational Pathology, 14.1 Penis	Biochemistry pp. 37-62	26	1.5 hours	40	4	2	3
106		Biochem, Cell Bio, Genetics, Reproductive System	14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocytic Changes, 16.4 Breast Cancer (Part 1 of 2)	Biochemistry pp. 63-89	27	1.5 hours	40	4	2	3
107		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 (Part 1 of 2)	Biochemistry pp. 90-94, Microbiology pp. 124-145	27	1.5 hours	40	4	2	3
108		Microbiology, Immunology, Pathology-General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations, 1.2 Cellular Injury	Microbiology pp. 146-171	26	1.5 hours	40	4	2	3

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 as 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 [Crwn Fighter](#) offers, to ensure you cover all the Step 1 exam material you need to. Access a 7-day FREE trial of the Crwn Fighter study schedule planner at [www.crowfighter.com](#). Good luck!

Day	Event	Subjects	Pathoma tasks	First Aid (2016) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
109		Microbiology, Pathology-General	1.3 Cell Death, 1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1 (Part 1 of 2)	Microbiology pp. 172-198	27	1.5 hours	40	4	2	3
110		Microbiology, Immunology, Pathology-General	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation (Part 1 of 2)	Microbiology pp. 199-204, Immunology pp. 95-115	27	1.5 hours	40	4	2	3
111		Immunology, Pathology-General	2.2 Chronic Inflammation (Part 2 of 2), 2.5 Wound Healing, 3.1 Neoplasia, 3.2 Carcinogenesis Part 1 (Part 1 of 2)	Immunology pp. 116-122, Pathology pp. 235-243	26	1.5 hours	40	4	2	3
112		Pathology-General, Pharmacology-General	3.2 Carcinogenesis Part 1 (Part 2 of 2), 3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	Pathology pp. 224-228, Pharmacology pp. 227-249	26	1.5 hours	40	4	2	3