

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.										
Day	Event	Subjects	Pathoma Tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Nervous System	17.1 Dementing Anemias, 17.2 Spinal Cord 17.3 Meningo, 17.4 Cerebrovascular Disease 17.5 Trauma, 17.6 Demyelinating Disorders (Part 1 of 2)	Neurology & Special Senses pp. 478-483	10 41 minutes	40	5	2	2		
2	Nervous System	17.7 Dementia and Degenerative Disorders (Part 1 of 2) 17.8 Demyelinating and Inflammatory Disorders (Part 2 of 2)	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 1 of 2) 17.8 Demyelinating and Inflammatory Disorders (Part 2 of 2) 17.9 Trauma, 17.10 Adrenal Gland, 17.11 Pituitary Gland, 17.12 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroids, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas	Neurology & Special Senses pp. 490-495	10 40 minutes	40	5	2	2		
4	Nervous System, Endocrine System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis (Part 1 of 2)	Neurology & Special Senses pp. 502-513	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)	Neurology & Special Senses pp. 502-513	16 40 minutes	40	5	2	2		
6	Practice Test									
7	Endocrine System, Cardiovascular System, Nervous System	7.1 Vasculitis (Part 2 of 2), 7.2 Hypertension (HTN), 7.3 Arteriosclerosis	Neurology & Special Senses pp. 514-520	11 37 minutes	40	5	2	2		
8	Endocrine System, Musculoskeletal System, Nervous System	7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD) (Part 1 of 2), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disease (Part 1 of 2), 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System (Part 1 of 2)	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 1 of 2), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disease (Part 1 of 2), 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System (Part 1 of 2)	Neurology & Special Senses pp. 526-531	10 40 minutes	40	5	2	2		
10	Cardiovascular System, Musculoskeletal System, Nervous System	8.4 Valvular Disease (Part 1 of 2), 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System (Part 1 of 2)	Neurology & Special Senses pp. 532-537	10 40 minutes	40	5	2	2		
11	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)	Neurology & Special Senses pp. 537-539, Endocrine pp. 321-324	10 41 minutes	40	5	2	2		
12	Cardiovascular System, Respiratory System, Endocrine System	18.3 Joint (Part 2 of 2), 18.4 Skeletal Muscle, 18.5 Neuromuscular Function, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections (Part 1 of 2)	Endocrine pp. 325-330	10 40 minutes	40	5	2	2		
13	Cardiovascular System, Respiratory System, Endocrine System	9.3 Pulmonary Infections (Part 2 of 2), 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)	Endocrine pp. 331-336	10 40 minutes	40	5	2	2		
14	Musculoskeletal System, Endocrine System	9.4 Chronic Obstructive Pulmonary Disease (Part 2 of 2), 9.5 Restrictive Diseases (Part 1 of 2)	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 Syndrome, 9.8 Chronic Obstruction, 9.9 Melanoma	Endocrine pp. 343-348	10 39 minutes	40	5	2	2		
16	Respiratory System, Skin, Endocrine System, Cardiovascular System	10.1 Inflammation, 10.2 Dermatoses, 10.2 Blistering Dermatoses, 10.3 Epithelial Tumors, 10.4 Disorders of Pigmentation and Melanocytes (Part 1 of 2)	Endocrine pp. 349-350, Cardiovascular pp. 278-281	10 42 minutes	40	5	2	2		
17	Respiratory System, Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	10.4 Disorders of Pigmentation and Melanocytes (Part 2 of 2), 10.5 Disorders of Melanocytes, 10.6 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome (Part 1 of 2)	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 Nephritis, 12.7 Chronic Renal Failure (Part 1 of 2)	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 Nephritis, 12.7 Chronic Renal Failure (Part 2 of 2), 12.8 Renal Cell Carcinoma, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Cardiovascular pp. 294-305	10 41 minutes	40	5	2	2		
20	Catch-up day									
21	Skin, Hematology & Oncology, Cardiovascular System	4.2 Secondary Hemostasis and Related Bleeding Disorders (Part 2 of 2), 4.3 Secondary Hemostasis and Related Disorders (Part 1 of 2)	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	Cardiovascular pp. 312-317	10 39 minutes	40	5	2	2		
23	Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias (Part 1 of 2)	Cardiovascular pp. 319-319, 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 (Part 1 of 2)	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 Normocytic Anemias, 5.4 Normocytic Anemias	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 Hemolytic, 5.6 Normocytic Anemias w/ Intravascular Hemolytic, 5.7 Anemia Due to Underproduction (Part 1 of 2)	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 Hemolytic, 5.7 Anemia Due to Underproduction (Part 2 of 2), 6.1 Leukemia and Leukocytosis, 6.2 Acute Leukemia (Part 1 of 2)	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)	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)	Public Health Sciences pp. 472-476, Public Health Sciences pp. 255-255	10 36 minutes	40	5	2	2		
30	Hematology & Oncology, Hematology & Oncology, Miscellaneous	6.8 Lymphoma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus	Public Health Sciences pp. 256-261	10 44 minutes	40	5	2	2		
31	Hematology & Oncology, Hematology & Oncology, Miscellaneous	10.3 Esophagus (Part 3 of 3), 10.4 Stomach (Part 1 of 2)	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	Public Health Sciences pp. 268-272, Approaching the Organ Systems pp. 274-275	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)	Approaching the Organ Systems pp. 275-275, Respiratory pp. 645-655	10 41 minutes	40	5	2	2		
34	Catch-up Day									
35	Gastrointestinal System, Respiratory System	10.8 Colorectal Carcinoma (2), 11.1 Esophageal Peristalsis, 11.2 Gallbladder and Biliary Tract, 11.3 Liver- Jaundice (Part 1 of 2)	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)	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)	Respiratory pp. 668-672, Renal pp. 566-566	10 41 minutes	40	5	2	2		

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Day	Event	Subjects	Pathoma tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBANK Study Hours
38		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.3 Cervix (Part 2 of 2), 13.4 Endometrium and Myometrium	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	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	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	Renal pp. 585-590	10	41 minutes	40	5	2	2
42		Reproductive System, Renal & Urinary System	16.3 Benign Tumors and Fibrotic Changes, 16.4 Breast Cancer (Part 1 of 2)	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 Hematology & Immunodeficiency, 2.4 Autoimmune Disorders Part 1 (Part 1 of 2)	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)	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)	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)	Hematology & Oncology pp. 414-419	10	40 minutes	40	5	2	2
47		Reproductive System, Pathology - General, Hematology & Oncology	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death (Part 1 of 2)	Hematology & Oncology pp. 420-426	11	40 minutes	40	5	2	2
48	Catch-up Day									
49	Practice Test									
50		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)	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)	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, 2.2 Acute Inflammation Part 3 (Part 1 of 2)	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	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)	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	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)	Gastrointestinal pp. 383-394	10	40 minutes	40	5	2	2
57	Begin study Block #2	Pathology - General	1.1 Growth Adaptations, 1.2 Cellular Injury, 1.3 Cell Death (Part 1 of 2)	Pathology pp. 205-229	25	1.5 hours	40	4	2	3
58		Biochem, Cell Bio, Genetism, Pathology - General	1.3 Cell Death (Part 2 of 2), 1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1 (Part 1 of 2)	Biochemistry pp. 34-58	25	1.5 hours	40	4	2	3
59		Biochem, Cell Bio, Genetism, Pathology - General	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2, 2.2 Acute Inflammation Part 3, 2.2 Chronic Inflammation	Biochemistry pp. 59-83	25	1.5 hours	40	4	2	3
60		Biochem, Cell Bio, Genetism, Microbiology, 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)	Biochemistry pp. 84-94, Microbiology pp. 124-137	25	1.5 hours	40	4	2	3
61		Microbiology, Pathology - General	3.2 Carcinogenesis Part 1 (Part 2 of 2), 3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Clinical Progression, 3.4 Clinical Characteristics (Part 1 of 2)	Microbiology pp. 138-161	24	1.5 hours	40	4	2	3
62		Microbiology, Pathology - General, Immunology	3.4 Clinical Characteristics (Part 2 of 2), 2.3 Primary Immunodeficiencies, 2.4 Autoimmune Disorders Part 1, 2.4 Autoimmune Disorders Part 2	Microbiology pp. 162-188	25	1.5 hours	40	4	2	3
63		Microbiology, Immunology, Nervous System	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 17.1 Spinal Cord Lesions, 17.3 Meningoitis, 17.4 Cerebrovascular Disease, 17.5 Trauma, 17.6 Immunological Diseases, 17.7 Infectious Agents and Degenerative Disorders (Part 1 of 2)	Microbiology pp. 187-204, Immunology pp. 95-102	26	1.5 hours	80	4	2	3
64		Immunology, Nervous System, Cardiovascular System	17.7 Dementia and Degenerative Disorders (Part 2 of 2), 17.8 CNS Tumors, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Atherosclerosis	Immunology pp. 103-122, Neurology & Special Senses pp. 478-480	23	1 hour	80	4	2	3
65	Catch-up day									
66	Practice Test									
67		Nervous System, Cardiovascular System	7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Occlusive Disease, 8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders (Part 1 of 2)	Neurology & Special Senses pp. 481-507	27	1.5 hours	40	4	2	3
68		Nervous System, Cardiovascular System, Endocrine System	8.4 Valvular Disorders (Part 2 of 2), 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Arrest, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.6 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Nodules, 15.9 Endocrine Pancreas (Part 1 of 2)	Neurology & Special Senses pp. 508-531	24	1.5 hours	40	4	2	3
69		Nervous System, Cardiovascular System, Endocrine System, Musculoskeletal System	15.9 Endocrine Pancreas (Part 2 of 2), 15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint (Part 1 of 2)	Neurology & Special Senses pp. 532-539, Cardiovascular pp. 278-295	26	1.5 hours	40	4	2	3
70		Cardiovascular System, Musculoskeletal System, Skin, Respiratory System	18.3 Joint (Part 2 of 2), 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 19.1 Inflammatory Disease, 19.2 Blistering Syndromes, 19.3 Epidermal Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders, 9.1 Nasopharynx, 9.2 Larynx	Cardiovascular pp. 296-319	24	1 hour	40	4	2	3
71		Endocrine System, Respiratory System	9.3 Pulmonary Infection, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases (Part 1 of 2)	Endocrine pp. 321-346	26	1.5 hours	40	4	2	3
72		Endocrine System, Musculoskeletal System, Skin, Respiratory System, Renal & Urinary System	9.5 Restrictive Diseases, 9.6 Pulmonary Hypertension, 9.7 Respiratory Syncytial Syndromes, 8.8 Lung Cancer, 10.1 Renal Disease, 12.1 Congestive Heart Failure, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome	Endocrine pp. 347-350, Musculoskeletal, Skin, and Connective Tissue pp. 438-458	25	1.5 hours	40	4	2	3
73		Respiratory System, Renal & Urinary System, Hematology & Oncology	12.3 Nephrotic Syndrome (Part 2 of 2), 12.4 Nephritis Syndromes, 12.5 Urinary Tract Infection, 12.6 Renal Tumors, 12.7 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 459-476, Respiratory pp. 645-651	25	1.5 hours	40	4	2	3
74		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.1 Primary Hemostasis (Part 2 of 2) and Related Bleeding Disorders, 4.2 Secondary Hemostasis and Related Disorders, 4.3 Other Disorders of Hemostasis, 5.1 Anemia, 5.2 Microcytic Anemias Part 1, 5.2 Macrocytic Anemias Part 2, 5.2 Macrocytic Anemias Part 3, 5.3 Macroglobulinemia (Part 1 of 2)	Respiratory pp. 652-672, Renal pp. 566-567	23	1 hour	40	4	2	3
75		Renal & Urinary System, Hematology & Oncology		Renal pp. 568-592	25	1.5 hours	40	4	2	3

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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	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions			
Day	Event	Subjects	Pathoma tasks	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBANK Study Hours
76		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/ Intravascular Hemolysis, 5.7 Anemia Due Underproduction, 6.1 Leukopenia and Leukocytosis	Renal pp. 593-596, Hematology & Oncology pp. 396-418	27	1.5 hours	80	4	2	3
77		Hematology & Oncology, Gastrointestinal System	6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD), 6.5 Myelodysplastic Syndromes (MDS), 6.6 Lymphoma (L), 6.7 Lymphoma, 6.8 Hodgkin Lymphoma (HL) (Part 1 of 2), 6.9 Lymphoma (HL) (Part 2 of 2), 6.8 Plasma Cell Disease (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach	Hematology & Oncology pp. 419-438, Gastrointestinal pp. 352-358	25	1.5 hours	80	4	2	3
78		Gastrointestinal System, Hematology & Oncology	6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD), 6.5 Myelodysplastic Syndromes (MDS), 6.6 Lymphoma (L), 6.7 Lymphoma, 6.8 Hodgkin Lymphoma (HL) (Part 1 of 2), 6.9 Lymphoma (HL) (Part 2 of 2), 6.8 Plasma Cell Disease (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach	Gastrointestinal pp. 359-383	25	1.5 hours	80	4	2	3
79		Gastrointestinal System, Reproductive System	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory bowel Disease, 10.8 Colon (1)	Gastrointestinal pp. 394-394, Reproductive pp. 598-609	23	1.5 hours	40	4	2	3
80		Reproductive System, Gastrointestinal System	10.8 Colon (1) (Part 2 of 2), 10.8 Colorectal Carcinoma (2), 11.1 Endocrine Pancreas, 11.2 Gallbladder and Bile Tract, 11.3 Liver, Jaundice, 11.3 Liver Cirrhosis & Tumors	Reproductive pp. 610-636	27	1.5 hours	40	4	2	3
81		Reproductive System, Behavioral/Psychiatry	13.1 Vulva, 13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium	Reproductive pp. 637-643, Psychiatry pp. 541-558	25	1.5 hours	40	4	2	3
82		Behavioral/Psychiatry, Pharmacology, General, Reproductive System	13.5 Ovary, 13.6 Ovarian Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	Psychiatry pp. 559-564, Pharmacology pp. 231-249	25	1.5 hours	40	4	2	3
83	Complete first pass of First Aid	Pharmacology - General, Miscellaneous, Reproductive System	14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrotic Changes, 16.4 Breast Cancer	Pharmacology pp. 250-253, Public Health Sciences pp. 255-272, Approaching the Organ Systems pp. 274-275	24	1.5 hours	40	4	2	3
84	Practice Test 2									
85	Begin study block #3	Nervous System	17.1 Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Headaches, 17.4 Cerebrovascular Disease 17.5 Trauma, 17.6 Demyelinating Disorders, 17.7 Dementia and Degenerative Disorders	Neurology & Special Senses pp. 478-500	23	1 hour	40	4	2	3
86		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 Parathyroid Gland, 15.5 Hyperthyroidism, 15.6 Hypothyroidism, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland	Neurology & Special Senses pp. 501-523	23	1 hour	40	4	2	3
87		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)	Neurology & Special Senses pp. 523-539, Endocrine pp. 321-327	23	1 hour	40	4	2	3
88		Endocrine System, Cardiovascular System	7.3 Atherosclerosis, 7.4 Arterio Disease and Aneurysm, 7.5 Hypertension, 7.6 Heart Failure, 7.7 Hypertension (HTN), 8.2 Congestive Heart Failure (CHF)	Endocrine pp. 328-350	23	1 hour	40	4	2	3
89		Cardiovascular System, Musculoskeletal System	8.3 Congenital Defects, 8.4 Vascular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System	Cardiovascular pp. 278-300	23	1.5 hours	40	4	2	3
90		Cardiovascular System, Musculoskeletal System, Respiratory System	18.2 Skeletal System, 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	Cardiovascular pp. 301-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	23	1 hour	40	4	2	3
91		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infection, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Disease	Musculoskeletal, Skin, and Connective Tissue pp. 442-464	23	1 hour	40	4	2	3
92		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 Inflammation, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders, 12.1 Congenital System, 12.2 Nephritis, 12.3 Glomerulonephritis (Part 1 of 2)	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	12.4 Nephritic Syndrome (Part 2 of 2), 12.5 Urinary Tract Infection, 12.6 Nephritis, 12.7 Chronic Renal Failure, 12.8 Kidney Neoplasms, 12.9 Lower Urinary Tract Cancers, 4.1 Primary Hematuria and Related Bleeding Disorders (Part 1 of 2)	Respiratory pp. 645-661	20	1 hour	40	4	2	3
94		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 Disorders of Coagulation, 4.4 Thrombosis, 4.5 Embolism	Respiratory pp. 662-672, Renal pp. 566-577	23	1 hour	40	4	2	3
95		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 Anemias	Renal pp. 578-596, Hematology & Oncology pp. 396-399	23	1.5 hours	40	4	2	3
96		Hematology & Oncology	5.3 Macrocytic Anemias (Part 3 of 2), 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due Underproduction (Part 1 of 2)	Hematology & Oncology pp. 400-422	23	1 hour	40	4	2	3
97		Hematology & Oncology, Gastrointestinal System	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due Underproduction, 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD) (Part 2 of 2), 6.5 Myeloproliferative Disorders (MPD) (Part 1 of 2), 6.6 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL) (Part 1 of 2), 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)	Hematology & Oncology pp. 423-436, Gastrointestinal pp. 352-360	23	1 hour	40	4	2	3
98		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) (Part 1 of 2), 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. 361-383	23	1 hour	40	4	2	3
99		Gastrointestinal System, Reproductive System	10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel	Gastrointestinal pp. 384-394, Reproductive pp. 598-609	23	1 hour	40	4	2	3
100		Reproductive System, Gastrointestinal System	10.5 Small Bowel (Part 2 of 2), 10.6 Appendix, 10.7 Inflammatory Bowel Disease (Part 1 of 2), 10.8 Colon (1), 10.8 Colorectal Carcinoma (2), 11.1 Endocrine Pancreas	Reproductive pp. 610-632	23	1 hour	80	4	2	3
101		Reproductive System, Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	11.2 Gallbladder and Bile Tract, 11.3 Liver, Jaundice, 11.3 Liver Hepatitis, 11.3 Liver Cirrhosis & Tumors, 13.1 Vulva	Reproductive pp. 633-643, Psychiatry pp. 541-558	23	1 hour	80	4	2	3
102		Biochem, Cell Bio, Genetics, Reproductive System	13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary	Psychiatry pp. 553-564, Biochemistry pp. 34-44	23	1 hour	80	4	2	3
103	Catch-up day									
104		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	Biochemistry pp. 45-67	23	1 hour	40	4	2	3
105		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 Fibrotic Changes, 16.4 Breast Cancer (Part 1 of 2)	Biochemistry pp. 68-90	23	1.5 hours	40	4	2	3
106		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	Biochemistry pp. 91-94, Microbiology pp. 124-142	23	1 hour	40	4	2	3
107		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Pathology - Cellular & Molecular (Part 1 of 2)	Microbiology pp. 143-165	23	1 hour	40	4	2	3
108		Microbiology, Immunology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury (Part 1 of 2)	Microbiology pp. 166-188	23	1 hour	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 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	First Aid (2019) Tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
109		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)	Microbiology pp. 189-204, Immunology pp. 95-101	23	1 hour	40	4	2	3
110		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 (Part 1 of 2)	Immunology pp. 102-122, Pathology pp. 205-206	23	1 hour	40	4	2	3
111		Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1	Pathology pp. 207-229	23	1 hour	40	4	2	3
112		Pharmacology - General, Pathology - General	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	Pharmacology pp. 231-253	23	1 hour	40	4	2	3