

**4-MONTH USMLE STEP 1 SAMPLE SCHEDULE**

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Day	Event	Subjects	Pathoma tasks	First Aid (2020) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1		Nervous System	17.1 Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Meningitis, 17.4 Cerebrovascular Disease, 17.5 Trauma, 17.6 Demyelinating Disorders (Part 1 of 2)	Pathology pp. 205-213	9	41 minutes	40	5	2	2
2		Nervous System	17.5 Trauma, 17.6 Demyelinating Disorders (Part 2 of 2), 17.7 Dementia and Degenerative Disorders (Part 1 of 2)	Pathology pp. 214-222	9	41 minutes	40	5	2	2
3		Nervous System, Endocrine System	17.7 Dementia and Degenerative Disorders (Part 2 of 2), 17.8 CNS Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia	Pathology pp. 223-228; Biochemistry pp. 34-36	9	40 minutes	40	5	2	2
4		Nervous System, Endocrine System	15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas	Biochemistry pp. 37-45	9	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)	Biochemistry pp. 46-54	9	40 minutes	40	5	2	2
6	Practice Test 1									
7		Endocrine System, Cardiovascular System, Nervous System	7.1 Vasculitis (Part 2 of 2), 7.2 Hypertension (HTN), 7.3 Arteriosclerosis	Biochemistry pp. 55-63	9	37 minutes	40	5	2	2
8		Endocrine System, Cardiovascular System, Nervous System	7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD) (Part 1 of 2)	Biochemistry pp. 64-72	9	44 minutes	40	5	2	2
9		Cardiovascular System, Nervous System	8.1 Ischemic Heart Disease (IHD) (Part 2 of 2), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders (Part 1 of 2)	Biochemistry pp. 73-81	9	40 minutes	40	5	2	2
10		Cardiovascular System, Musculoskeletal System, Nervous System	8.4 Valvular Disorders (Part 2 of 2), 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System (Part 1 of 2)	Biochemistry pp. 82-90	9	40 minutes	40	5	2	2
11		Cardiovascular System, Musculoskeletal System, Nervous System, Endocrine System	18.1 Skeletal System (Part 2 of 2), 18.2 Bone Tumors, 18.3 Joint (Part 1 of 2)	Biochemistry pp. 91-94; Microbiology pp. 124-128	9	41 minutes	40	5	2	2
12		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	18.3 Joint (Part 2 of 2), 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections (Part 1 of 2)	Microbiology pp. 129-137	9	40 minutes	40	5	2	2
13		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	9.3 Pulmonary Infections (Part 2 of 2), 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)	Microbiology pp. 138-146	9	40 minutes	40	5	2	2
14		Musculoskeletal System, Respiratory System, Endocrine System	9.4 Chronic Obstructive Pulmonary Disease (Part 2 of 2), 9.5 Restrictive Diseases (Part 1 of 2)	Microbiology pp. 147-155	9	40 minutes	40	5	2	2
15		Musculoskeletal System, Respiratory System, Endocrine System	9.5 Restrictive Diseases (Part 2 of 2), 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura	Microbiology pp. 156-164	9	39 minutes	40	5	2	2
16		Respiratory System, Skin, Endocrine System, Cardiovascular System	19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes (Part 1 of 2)	Microbiology pp. 165-173	9	42 minutes	40	5	2	2
17		Respiratory System, Skin, Renal & Urinary System, Cardiovascular System	19.4 Disorders of Pigmentation and Melanocytes (Part 2 of 2), 19.5 Infectious Disorders, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome (Part 1 of 2)	Microbiology pp. 174-182	9	40 minutes	40	5	2	2
18		Respiratory System, Renal & Urinary System, Cardiovascular System	12.3 Nephrotic Syndrome (Part 2 of 2), 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure (Part 1 of 2)	Microbiology pp. 183-191	9	40 minutes	40	5	2	2

**4-MONTH USMLE STEP 1 SAMPLE SCHEDULE**

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Day	Event	Subjects	Pathoma tasks	First Aid (2020) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
19		Respiratory System, Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure (Part 2 of 2), 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Microbiology pp. 192-200	9	41 minutes	40	5	2	2
20	Catch-up day									
21		Skin, Hematology & Oncology, Cardiovascular System	4.1 Primary Hemostasis and Related Bleeding Disorders (Part 2 of 2), 4.2 Secondary Hemostasis and Related Disorders (Part 1 of 2)	Microbiology pp. 201-204; Neurology & Special Senses pp. 490-494	9	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	Neurology & Special Senses pp. 495-503	9	39 minutes	40	5	2	2
23		Renal & Urinary System, Hematology & Oncology, Cardiovascular System, Musculoskeletal System	4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1 (Part 1 of 2)	Neurology & Special Senses pp. 504-512	9	41 minutes	40	5	2	2
24		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	5.2 Microcytic Anemias Part 1 (Part 2 of 2), 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3 (Part 1 of 2)	Neurology & Special Senses pp. 413-521	9	41 minutes	40	5	2	2
25		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	5.2 Microcytic Anemias Part 3 (Part 2 of 2), 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia	Neurology & Special Senses pp. 522-530	9	40 minutes	40	5	2	2
26		Hematology & Oncology, Musculoskeletal System	5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 1 of 2)	Neurology & Special Senses pp. 531-539	9	40 minutes	40	5	2	2
27		Hematology & Oncology, Musculoskeletal System	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 2 of 2), 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia (Part 1 of 2)	Neurology & Special Senses pp. 540-548	9	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)	Neurology & Special Senses pp. 549-552; Immunology pp. 95-99	9	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)	Immunology pp. 100-108	9	36 minutes	40	5	2	2
30		Hematology & Oncology, Gastrointestinal System, Miscellaneous	6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus	Immunology pp. 109-117	9	44 minutes	40	5	2	2
31		Hematology & Oncology, Gastrointestinal System, Miscellaneous	10.3 Esophagus (Part 3 of 3), 10.4 Stomach (Part 1 of 2)	Immunology pp. 118-122; Cardiovascular pp. 280-283	9	40 minutes	40	5	2	2
32		Hematology & Oncology, Gastrointestinal System, Miscellaneous	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel	Cardiovascular pp. 284-292	9	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)	Cardiovascular pp. 293-301	9	41 minutes	40	5	2	2
34	Catch-up Day									
35		Gastrointestinal System, Respiratory System	10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice (Part 1 of 2)	Cardiovascular pp. 302-310	9	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)	Cardiovascular pp. 311-319	9	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)	Cardiovascular pp. 320-324; Endocrine pp. 325-328	9	41 minutes	40	5	2	2

**4-MONTH USMLE STEP 1 SAMPLE SCHEDULE**

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38		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.3 Cervix (Part 2 of 2), 13.4 Endometrium and Myometrium	Endocrine pp. 329-337	9	38 minutes	40	5	2	2
39		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.5 Ovary, 13.6 Ovarian Tumors	Endocrine pp. 338-346	9	42 minutes	40	5	2	2
40		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	Endocrine pp. 347-754; Musculoskeletal, Skin, & Connective Tissue pp. 446-446	9	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	Musculoskeletal, Skin, & Connective	9	41 minutes	40	5	2	2
42		Reproductive System, Renal & Urinary System	16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer (Part 1 of 2)	Musculoskeletal, Skin, & Connective	9	40 minutes	40	5	2	2
43		Reproductive System, Immunology, Hematology & Oncology	16.4 Breast Cancer (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1 (Part 1 of 2)	Musculoskeletal, Skin, & Connective	9	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)	Musculoskeletal, Skin, & Connective	9	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)	Musculoskeletal, Skin, & Connective	9	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)	Respiratory pp. 663-671	9	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)	Respiratory pp. 672-680	9	40 minutes	40	5	2	2
48	Catch-up Day									
49	Practice Test 2									
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)	Respiratory pp. 681-687; Hematology & Oncology pp. 404-405		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)	Hematology & Oncology pp. 406-414	9	41 minutes	40	5	2	2
52		Pathology-General, Gastrointestinal System	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3 (Part 1 of 2)	Hematology & Oncology pp. 415-429	9	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	Hematology & Oncology pp. 424-432	9	37 minutes	40	5	2	2
54		Pathology-General, Gastrointestinal System	2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)	Hematology & Oncology pp. 433-441	9	43 minutes	40	5	2	2
55		Pathology-General, Gastrointestinal System	3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1	Hematology & Oncology pp. 442-444; Renal pp. 578-583	9	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)	Renal pp. 584-592	9	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)	Renal pp. 593-601	9	1.5 hours	40	4	2	3
58		Biochem, Cell Bio, Genetics, 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)	Renal pp. 602-610	9	1.5 hours	40	4	2	3
59		Biochem, Cell Bio, Genetics, 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	Gastrointestinal pp. 358-366	9	1.5 hours	40	4	2	3
60		Biochem, Cell Bio, Genetics, 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)	Gastrointestinal pp. 367-375	9	1.5 hours	40	4	2	3

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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 Tumor Progression, 3.4 Clinical Characteristics (Part 1 of 2)	Gastrointestinal pp. 376-384	9	1.5 hours	40	4	2	3
62		Microbiology, Pathology - General, Immunology	3.4 Clinical Characteristics (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1, 2.4 Autoimmune Disorders Part 2	Gastrointestinal pp. 385-393	9	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 Meningitis, 17.4 Cerebrovascular Disease, 17.5 Trauma, 17.6 Demyelinating Disorders, 17.7 Dementia and Degenerative Disorders (Part 1 of 2)	Gastrointestinal pp. 394-401; Reproductive pp. 612-612	9	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 Arteriosclerosis	Reproductive pp. 613-621	9	1 hour	80	4	2	3
65	Catch-up day									
66	Practice Test 3									
67		Nervous System, Cardiovascular System	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, 8.4 Valvular Disorders (Part 1 of 2)	Reproductive pp. 622-630	9	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 Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas (Part 1 of 2)	Reproductive pp. 631-639	9	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)	Reproductive pp. 640-648	9	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 Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders, 9.1 Nasopharynx, 9.2 Larynx	Reproductive pp. 649-657	9	1 hour	40	4	2	3
71		Endocrine System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases (Part 1 of 2)	Reproductive pp. 658-658; Psychiatry pp. 553-560	9	1.5 hours	40	4	2	3
72		Endocrine System, Musculoskeletal System, Respiratory System, Renal & Urinary System	9.5 Restrictive Diseases, 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome	Psychiatry pp. 561-569	9	1.5 hours	40	4	2	3
73		Musculoskeletal System, Respiratory System, Renal & Urinary System, Hematology & Oncology	12.3 Nephrotic Syndrome (Part 2 of 2), 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure, 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Psychiatry pp. 570-576; Pharmacology pp. 229-230	9	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, 4.4 Thrombosis, 4.5 Embolism	Pharmacology pp. 231-239	9	1 hour	40	4	2	3
75		Renal & Urinary System, Hematology & Oncology	5.1 Anemia, 5.2 Mucrocytic Anemias Part 1, 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia (Part 1 of 2)	Pharmacology pp. 240-248	9	1.5 hours	40	4	2	3

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76	Complete first pass of First Aid	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 to Underproduction, 6.1 Leukopenia and Leukocytosis	Pharmacology pp. 249-254	6	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 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL) (Part 1 of 2)	Review weak areas		1.5 hours	80	4	2	3
78		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), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach	Review weak areas		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)	Review weak areas		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 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors	Review weak areas		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	Review weak areas		1.5 hours	40	4	2	3
82		Behavioral/Psychiatry, Pharmacology - General, Reproductive System	13.5 Ovary, 13.6 Ovaria Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	Review weak areas		1.5 hours	40	4	2	3
83		Pharmacology - General, Miscellaneous, Reproductive System	14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer	Review weak areas		1.5 hours	40	4	2	3
84	Practice Test 4									
85	Begin study block #3	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	Neurology & Special Senses pp. 490-510	21	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 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland	Neurology & Special Senses pp. 511-533	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. 534-552; Endocrine pp. 325-330	25	1 hour	40	4	2	3
88		Endocrine System, Cardiovascular System	7.3 Arteriosclerosis, 7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF)	Endocrine pp. 331-353	23	1 hour	40	4	2	3
89		Cardiovascular System, Musculoskeletal System	8.3 Congenital Defects, 8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System	Endocrine pp. 354-354; Cardiovascular pp. 280-301	23	1.5 hours	40	4	2	3
90		Cardiovascular System, Musculoskeletal System, Respiratory System	18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections	Cardiovascular pp. 302-324	23	1 hour	40	4	2	3
91		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases	Musculoskeletal, Skin, & Connective Tissue pp. 446-468	23	1 hour	40	4	2	3

**4-MONTH USMLE STEP 1 SAMPLE SCHEDULE**

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Day	Event	Subjects	Pathoma tasks	First Aid (2020) tasks	Pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
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 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome (Part 1 of 2)	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	12.4 Nephritic Syndrome (Part 2 of 2), 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure, 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Respiratory pp. 663-685	23	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 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism	Respiratory pp. 686-687; Renal pp. 578-597	22	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 Anemia	Renal pp. 598-610; Hematology & Oncology pp. 404-413	23	1.5 hours	40	4	2	3
96		Hematology & Oncology	5.3 Macrocytic Anemia (Part 2 of 2), 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 1 of 2)	Hematology & Oncology pp. 414-434	21	1 hour	40	4	2	3
97		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)	Hematology & Oncology pp. 435-444; Gastrointestinal pp. 358-370	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), 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. 371-395	25	1 hour	40	4	2	3
99		Gastrointestinal System, Reproductive System	10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel	Gastrointestinal pp. 396-401; Reproductive pp. 612-628	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, 10.8 Colon (1), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas	Reproductive pp. 629-651	23	1 hour	80	4	2	3
101		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva	Reproductive pp. 652-658; Psychiatry pp. 553-568	23	1 hour	80	4	2	3
102		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary	Psychiatry pp. 569-576; Biochemistry pp. 34-48	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. 49-71	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 Fibrocystic Changes, 16.4 Breast Cancer (Part 1 of 2)	Biochemistry pp. 72-93	22	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. 94-94; Microbiology pp. 124-145	23	1 hour	40	4	2	3
107		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)	Microbiology pp. 146-168	23	1 hour	40	4	2	3
108		Microbiology, 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. 169-191	23	1 hour	40	4	2	3

**4-MONTH USMLE STEP 1 SAMPLE SCHEDULE**

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Day	Event	Subjects	Pathoma tasks	First Aid (2020) 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. 192-204; Immunology pp. 95-104	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 of 2)	Immunology pp. 105-122; Pathology pp. 205-209	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. 210-228; Pharmacology pp. 229-232	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. 233-254	22	1 hour	40	4	2	3