

4-WEEK USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	Sketchy/Micro tasks	First Aid (2018) Tasks	First Aid pages	Lecture 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, 17.7 Dementia and Degenerative Disorders	1.1 Staph aureus, 1.2 Staph epidermidis/Staph saprophyticus, 1.3 Strep. pyogenes (Group A Strep), 1.4 Strep. agalactiae (Group B Strep)	Neurology & Special Senses pp. 474-497	24	2 hours	80	4	2	3
2		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	1.5 Strep. pneumoniae/Strep viridans, 1.6 Enterococcus, 2.1 Bacillus anthracis and Bacillus cereus, 2.2 Clostridium tetani	Neurology & Special Senses pp. 495-521	24	2 hours	80	4	2	3
3		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)	2.3 Clostridium botulinum, 2.4 Clostridium difficile, 2.5 Clostridium perfringens, 2.6 Corynebacterium diphtheriae	Neurology & Special Senses pp. 522-535, Endocrine pp. 320-329	24	2 hours	80	4	2	3
4		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)	2.7 Listeria monocytogenes, 3.1 Actinomyces, 3.2 Nocardia, 4.1 Neisseria species overview	Endocrine pp. 330-350	21	2 hours	80	4	2	3
5		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	4.2 Neisseria meningitidis, 4.3 Neisseria gonorrhoeae, 5.1 Klebsiella, Enterobacter, Serratia, 5.2 Salmonella	Cardiovascular pp. 274-299	26	2 hours	80	4	2	3
6		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	5.3 Shigella, 5.4 Escherichia coli (ETEC, EHEC), 5.5 Yersinia enterocolitica and pestis, 5.6 Campylobacter jejuni	Cardiovascular pp. 300-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-439	24	2 hours	80	4	2	3
7		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases	5.7 Vibrio cholerae, 5.8 Helicobacter pylori, 5.9 Pseudomonas, 5.10 Proteus mirabilis	Musculoskeletal, Skin, and Connective Tissue pp. 440-460	21	2 hours	80	4	2	3
8		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)	6.1 Bordetella pertussis, 6.2 Haemophilus influenzae, 6.3 Legionella pneumophila, 7.1 Bartonella henselae	Musculoskeletal, Skin, and Connective Tissue pp. 461-472, Respiratory pp. 641-654	26	2 hours	80	4	2	3
9		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)	7.2 Brucella, 7.3 Francisella tularensis, 7.4 Pasteurella multocida, 8.1 Mycobacterium tuberculosis	Respiratory pp. 655-668, Renal pp. 562-571	24	2 hours	80	4	2	3
10		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	8.2 Mycobacterium leprae, 9.1 Borrelia burgdorferi, 9.2 Leptospirosis, 9.3 Treponema pallidum	Renal pp. 572-592	21	2 hours	80	4	2	3
11		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	10.1 Chlamydia, 10.2 Coxiella burnetii, 10.3 Gardnerella vaginalis, 10.4 Mycoplasma pneumoniae	Hematology & Oncology pp. 396-421	26	2 hours	80	4	2	3
12		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)	10.5 Rickettsia species overview, 10.6 Rickettsia prowazekii, 10.7 Rickettsia rickettsii, 1.1 Histoplasmosis	Hematology & Oncology pp. 422-431, Gastrointestinal pp. 352-364	23	2 hours	80	4	2	3
13		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)	1.2 Blastomycosis, 1.3 Coccidioidomycosis, 1.4 Paracoccidioidomycosis, 2.1 Malassezia furfur	Gastrointestinal pp. 365-388	24	2 hours	80	4	2	3

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14		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)	2.2 Dermatophytes, 2.3 Sporothrix schenckii, 3.1 Candida albicans, 3.2 Aspergillus fumigatus	Gastrointestinal pp. 389-394, Reproductive pp. 594-610	23	2 hours	80	4	2	3
15		Gastrointestinal System, Reproductive System	10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel	3.3 Cryptococcus neoformans, 3.4 Mucormycosis, 3.5 Pneumocystis pneumonia, 1.1 Picornaviridae Overview	Reproductive pp. 611-635	25	2 hours	80	4	2	3
16		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	1.2 (Pico) Polio Virus, 1.3 (Pico) Coxsackie A, 1.4 (Pico) Rhinovirus, 1.5 (Pico) Hepatitis A	Reproductive pp. 636-639, Psychiatry pp. 537-556	24	2 hours	80	4	2	3
17		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	11.2 Gallbladder and Biliart Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva	1.6 (Norwalk) Calicivirus, 1.7 Flavivirus Group, 1.8 (Flavi) Hepatitis C, 1.9 Togavirus Group	Psychiatry pp. 557-560, Biochemistry pp. 34-51	22	2 hours	80	4	2	3
18		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary	1.10 Coronavirus, 1.11 Retrovirus - HIV/AIDs, 2.1 Orthomyxovirus, 2.2 paramyxovirus	Biochemistry pp. 52-76	25	2 hours	80	4	2	3
19		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	2.3 Rhabdovirus, 2.4 Filovirus, 2.5 Bunyavirus, 2.6 Arenavirus	Biochemistry pp. 77-94, Basic Microbiology pp. 124-129	24	2 hours	80	4	2	3
20		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)	2.7 Reovirus (Double Stranded RNA), 3.1 HSV1 and 2, 3.2 Epstein-Barr virus, 3.3 Cytomegalovirus	Microbiology pp. 130-150	21	2 hours	80	4	2	3
21	Catch-up day										
22		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	3.4 Varicella Zoster Virus, 3.5 HHV 6 Roseola, 3.6 HHV 8 Kaposi's Sarcoma, 3.7 Polyomavirus	Microbiology pp. 151-176	26	2 hours	80	4	2	3
23		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)	3.8 Papillomavirus, 3.9 Parvovirus, 3.10 Adenovirus, 3.11 Poxvirus	Microbiology pp. 177-200	24	2 hours	80	4	2	3
24		Microbiology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury (Part 1 of 2)	3.12 Hepatitis B, 1.1 Giardia, 1.2 Entamoeba histolytica, 1.3 Cryptosporidium	Microbiology pp. 201-204, Immunology pp. 95-113	23	2 hours	80	4	2	3
25		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)	2.1 Toxoplasmosis, 2.2 Trypanosoma brucei, 2.3 Naegleria fowleri, 3.1 Trypanosoma cruzi	Immunology pp. 114-122, Pathology pp. 205-219	24	2 hours	80	4	2	3
26		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)	3.2 Babesia, 3.3 Plasmodium species, 3.4 Leishmaniasis, 4.1 Trichomoniasis	Pathology pp. 220-226, Pharmacology pp. 227-243	24	2 hours	80	4	2	3
27		Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1	5.1 Intestinal nematodes, 5.2 Tissue nematodes	Pharmacology pp. 244-249, Public Health Sciences pp. 251-267	23	1.5 hours	80	4	2	3
28		Pharmacology - General, Pathology - General	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	6.1 Cestodes, 6.2 Trematodes	Public Health Sciences pp. 268-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-688	23	1.5 hours	80	4	2	3