

4-WEEK USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	Sketchy/Micro tasks	First Aid (2019) 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. 478-500	23	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. 501-523	23	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. 523-539, Endocrine pp. 321-327	23	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. 328-350	23	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. 278-300	23	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. 301-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	23	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. 442-464	23	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. 465-476, Public Health Sciences pp. 255-272	29	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. 645-661	20	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	Respiratory pp. 662-672, Renal pp. 566-577	23	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	Renal pp. 578-596, Hematology & Oncology pp. 396-399	23	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. 400-422	23	2 hours	80	4	2	3

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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 Blastomycoses, 1.3 Coccidioidomycosis, 1.4 Paracoccidioidomycosis, 2.1 Malassezia furfur	Hematology & Oncology pp. 423-436, Gastrointestinal pp. 352-360	23	2 hours	80	4	2	3
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. 361-383	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	Gastrointestinal pp. 384-394, Reproductive pp. 598-609	23	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. 610-632	23	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	Reproductive pp. 633-643, Psychiatry pp. 541-552	23	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	Psychiatry pp. 553-564, Biochemistry pp. 34-44	23	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. 45-67	23	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	Biochemistry pp. 68-90	23	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	Biochemistry pp. 91-94, Microbiology pp. 124-142	23	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. 143-165	23	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. 166-188	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	Microbiology pp. 189-204, Immunology pp. 95-101	23	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	Immunology pp. 102-122, Pathology pp. 205-206	23	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	Pathology pp. 207-229	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	Pharmacology pp. 231-253	23	1.5 hours	80	4	2	3