

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

Thanks for downloading our sample schedule! We don't suggest this is the ultimate schedule, but we offer it 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](http://www.cramfighter.com). Good luck!

Day	Event	Subjects	Pathoma tasks	Sketchy/Micro tasks	First Aid (2021) Tasks	First Aid 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; 17.7 Dementia and Degenerative Disorders (Part 1 of 2)	1.1 - Staphylococcus aureus; 1.2 - Staphylococcus epidermidis & saprophyticus; 1.3 - Streptococcus pyogenes (group A strep) (Part 1 of 2)	Embryology pp. 504-506; Anatomy & Physiology pp. 507-527	24	1 hour	40	3	2	3
2		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; 15.8 Parathyroid Gland; 15.9 Endocrine Pancreas (Part 1 of 2)	1.3 - Streptococcus pyogenes (group A strep) (Part 2 of 2); 1.4 - Streptococcus agalactiae (group B strep); 1.5 - Streptococcus pneumoniae & viridans; 1.6 - Enterococcus faecium & faecalis; 2.1 - Bacillus anthracis & cereus	Pathology pp. 528-550; Otolaryngology pp. 551-552; Ophthalmology (Part 1 of 2) pp. 553-555	28	1 hour	40	3	2	3
3		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)	2.2 - Clostridium tetani; 2.3 - Clostridium botulinum; 2.5 - Clostridioides difficile; 2.5 - Clostridium perfringens	Ophthalmology (Part 2 of 2) pp. 556-563; Pharmacology pp. 564-573; Embryology pp. 334-334; Anatomy pp. 335-335; Physiology (Part 1 of 2) pp. 336-340	25	1 hour	40	3	2	3
4		Endocrine 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	2.6 - Corynebacterium diphtheriae; 2.7 - Listeria monocytogenes; 3.1 - Actinomyces israelii; 3.2 - Nocardia asteroides; 4.1 - Neisseria overview; 4.2 - Neisseria meningitidis	Physiology (Part 2 of 2) pp. 341-345; Pathology pp. 346-361; Pharmacology pp. 362-365	25	1 hour	40	3	2	3
5		Cardiovascular System; Musculoskeletal System	8.4 Valvular Disorders; 8.5 Endocarditis; 8.6 Cardiomyopathy; 8.7 Cardiac Tumors; 18.1 Skeletal System; 18.2 Bone Tumors (Part 1 of 2)	4.3 - Neisseria gonorrhoeae; 5.1 - Klebsiella pneumoniae, Enterobacter spp., Serratia marcescens; 5.2 - Salmonella enteritidis & typhi; 5.3 - Shigella spp.; 5.4 - Escherichia coli (ETEC, EHEC) (Part 1 of 2)	Embryology pp. 288-291; Anatomy pp. 292-292; Physiology pp. 293-305; Pathology (Part 1 of 2) pp. 306-313	26	1 hour	40	3	2	3
6		Cardiovascular System; Musculoskeletal System; Respiratory System	18.2 Bone Tumors (Part 2 of 2); 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; 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)	5.4 - Escherichia coli (ETEC, EHEC) (Part 2 of 2); 5.5 - Yersinia enterocolitica & pestis; 5.6 - Campylobacter jejuni; 5.7 - Vibrio spp.; 5.8 - Helicobacter pylori	Pathology (Part 2 of 2) pp. 314-323; Pharmacology pp. 324-332; Anatomy & Physiology (Part 1 of 2) pp. 456-461	25	1 hour	40	3	2	3
7		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	5.9 - Proteus mirabilis; 6.1 - Bordetella pertussis; 6.2 - Haemophilus influenzae; 6.3 - Legionella pneumophila; 6.4 - Pseudomonas aeruginosa (Part 1 of 2)	Anatomy & Physiology (Part 2 of 2) pp. 462-468; Pathology pp. 469-486	25	1 hour	40	3	2	3
8		Musculoskeletal System; Miscellaneous; Respiratory System; Skin; Renal & Urinary System	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 (Part 1 of 2)	6.4 - Pseudomonas aeruginosa (Part 2 of 2); 7.1 - Bartonella henselae; 7.2 - Brucella spp.; 7.3 - Francisella tularensis; 7.4 - Pasteurella multocida; 8.1 - Mycobacterium tuberculosis (Part 1 of 2)	Dermatology pp. 487-498; Pharmacology pp. 499-502; Public Health Sciences (Part 1 of 2) pp. 259-268	26	1 hour	40	3	2	3
9		Miscellaneous; Renal & Urinary System	12.1 Congenital (Part 2 of 2); 12.2 Acute Renal Failure (ARF); 12.3 Nephrotic Syndrome; 12.4 Nephritic Syndrome; 12.5 Urinary Tract Infection; 12.6 Nephrolithiasis; 12.7 Chronic Renal Failure	8.1 - Mycobacterium tuberculosis (Part 2 of 2); 8.2 - Mycobacterium leprae; 9.1 - Borrelia burgdorferi; 9.2 - Leptospira interrogans; 9.3 - Treponema pallidum (Part 1 of 2)	Public Health Sciences (Part 2 of 2) pp. 269-281; Approaching the Organ Systems pp. 284-285; Rapid Review (Part 1 of 2) pp. 713-722	25	1 hour	40	3	2	3
10		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	9.3 - Treponema pallidum (Part 2 of 2); 10.1 - Chlamydia trachomatis; Chlamydia pneumoniae & Chlamydia psittaci; 10.2 - Coxiella burnetii	Rapid Review (Part 2 of 2) pp. 723-735; Respiratory (Part 1 of 2) pp. 683-695	26	1 hour	40	3	2	3
11		Respiratory System; Renal & Urinary System; Hematology & Oncology	4.3 Other Disorders of Hemostasis; 4.4 Thrombosis; 4.5 Embolism; 5.1 Anemia; 5.2 Microcytic Anemias Part 1	10.3 - Gardnerella vaginalis; 10.4 - Mycoplasma pneumoniae; 10.5 - Rickettsia overview; 10.6 - Rickettsia prowazekii; 10.7 - Rickettsia rickettsii; 1.1 - Histoplasma capsulatum	Respiratory (Part 2 of 2) pp. 696-712; Embryology pp. 602-603; Anatomy pp. 604-604; Physiology (Part 1 of 2) pp. 605-609	25	1 hour	40	3	2	3
12		Renal & Urinary System; Hematology & Oncology	5.2 Microcytic Anemias Part 2; 5.2 Microcytic Anemias Part 3; 5.3 Macrocytic Anemia; 5.4 Normocytic Anemia	1.2 - Blastomyces dermatitidis; 1.3 - Coccidioides immitis; 1.4 - Paracoccidioides brasiliensis; 2.1 - Malassezia furfur; 2.2 - Epidermophyton spp., Trichophyton spp., Microsporum spp. (dermatophytes)	Physiology (Part 2 of 2) pp. 610-617; Pathology pp. 618-629; Pharmacology pp. 630-633	24	1.5 hours	40	3	2	3
13		Hematology & Oncology	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; 6.2 Acute Leukemia (Part 1 of 2)	2.3 - Sporothrix schenckii; 3.1 - Candida albicans; 3.2 - Aspergillus fumigatus; 3.3 - Cryptococcus neoformans (Part 1 of 2)	Embryology pp. 414-415; Anatomy pp. 416-419; Physiology pp. 420-423; Pathology (Part 1 of 2) pp. 424-440	27	1 hour	40	3	2	3
14		Hematology & Oncology; Gastrointestinal System	6.2 Acute Leukemia (Part 2 of 2); 6.3 Chronic Leukemia; 6.4 Myeloproliferative Disorders (MPD); 6.5 Lymphadenopathy (LAD); 6.6 Lymphoma; 6.7 Hodgkin Lymphoma (HL)	3.3 - Cryptococcus neoformans (Part 2 of 2); 3.4 - Mucor spp., Rhizopus spp. (mucormycetes); 3.5 - Pneumocystis jirovecii; 1.1 - Picornaviridae overview; 1.2 - Poliovirus (Picornaviridae)	Pathology (Part 2 of 2) pp. 441-444; Pharmacology pp. 445-454; Embryology pp. 368-369; Anatomy (Part 1 of 2) pp. 370-378	25	1.5 hours	40	3	2	3

15	Hematology & Oncology; Gastrointestinal System	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 (Part 1 of 2)	1.3 - Coxsackievirus A & B (Picornaviridae); 1.4 - Rhinovirus (Picornaviridae); 1.5 - Hepatitis A virus (Picornaviridae); 1.6 - Norovirus/Norwalk virus (Caliciviridae); 1.7 - Flaviviridae overview	Anatomy (Part 2 of 2) pp. 379-380; Physiology pp. 381-385; Pathology (Part 1 of 2) pp. 386-404	26	1 hour	40	3	2	3
16	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) (Part 1 of 2)	1.8 - Hepatitis C virus (Flaviviridae); 1.9 - Eastern/Western/Venezuelan equine encephalitis virus, Rubella virus (Togaviridae); 1.10 - Coronavirus (Coronaviridae) (Part 1 of 2)	Pathology (Part 2 of 2) pp. 405-407; Pharmacology pp. 408-411; Embryology pp. 636-647; Anatomy pp. 648-652	24	1.5 hours	40	3	2	3
17	Gastrointestinal System; Reproductive 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 (Part 1 of 2)	1.10 - Coronavirus (Coronaviridae) (Part 2 of 2); 1.11 - HIV Part 1: Overview (Retroviridae); 1.12 - HIV Part 2: Life Cycle	Physiology pp. 653-660; Pathology pp. 661-678	26	1 hour	40	3	2	3
18	Reproductive System; Behavioral/Psychiatry; Gastrointestinal 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)	2.1 - Influenzavirus (Orthomyxoviridae); 2.2 - Measles virus, mumps virus, respiratory syncytial virus, parainfluenza virus (Paramyxoviridae)	Pharmacology pp. 679-682; Psychiatry (Part 1 of 2) pp. 575-596	26	1 hour	40	3	2	3
19	Behavioral/Psychiatry; Biochem, Cell Bio, Genetic; Reproductive System	13.4 Endometrium and Myometrium (Part 2 of 2); 13.5 Ovary; 13.6 Ovarian Tumors; 13.7 Gestational Pathology	2.3 - Rabies virus (Rhabdoviridae); 2.4 - Ebola virus, Marburgvirus (Filoviridae); 2.5 - Hantavirus, California encephalitis virus, Rift Valley fever virus (Bunyaviridae); 2.6 - Lymphocytic choriomeningitis virus (Arenaviridae); 2.7 - Rotavirus, Colorado tick fever virus (Reoviridae) (Part 1 of 2)	Psychiatry (Part 2 of 2) pp. 597-600; Molecular pp. 34-45; Cellular pp. 46-51; Laboratory Techniques (Part 1 of 2) pp. 52-54	25	1 hour	40	3	2	3
20	Catch-up day									
21	Biochem, Cell Bio, Genetic; Reproductive System	14.1 Penis; 14.2 Testicle; 14.3 Testicular Tumors; 14.4 Prostate; 16.1 Introduction; 16.2 Inflammatory Conditions; 16.3 Benign Tumors and Fibrocystic Changes	2.7 - Rotavirus, Colorado tick fever virus (Reoviridae) (Part 2 of 2); 3.1 - Herpes simplex virus type 1 & 2 (Herpesviridae); 3.2 - Epstein-Barr virus (Herpesviridae); 3.3 - Cytomegalovirus (Herpesviridae) (Part 1 of 2)	Laboratory Techniques (Part 2 of 2) pp. 55-55; Genetics pp. 56-64; Nutrition pp. 65-72; Metabolism (Part 1 of 2) pp. 73-80	26	1 hour	40	3	2	3
22	Biochem, Cell Bio, Genetic; Microbiology; Reproductive System; Immunology	16.4 Breast Cancer; 2.3 Primary Immunodeficiency; 2.4 Autoimmune Disorders Part 1	3.3 - Cytomegalovirus (Herpesviridae); 3.4 - Varicella-zoster virus (Herpesviridae); 3.5 - HHV-6, roseola (Herpesviridae); 3.6 - HHV-8, Kaposi's sarcoma (Herpesviridae)	Metabolism (Part 2 of 2) pp. 81-94; Basic Bacteriology pp. 124-133	24	1 hour	40	3	2	3
23	Microbiology; Immunology; Pathology-General	2.4 Autoimmune Disorders Part 2; 1.1 Growth Adaptations; 1.2 Cellular Injury (Part 1 of 2)	3.7 - JC polyomavirus, BK polyomavirus (Polyomaviridae); 3.8 - Human papillomavirus (Papillomaviridae); 3.9 - Parvovirus B19 (Parvoviridae); 3.10 - Adenovirus (Adenoviridae)	Clinical Bacteriology pp. 134-150; Mycology pp. 151-154; Parasitology (Part 1 of 2) pp. 155-159	26	1.5 hours	40	3	2	3
24	Microbiology; Pathology-General	1.2 Cellular Injury (Part 2 of 2); 1.3 Cell Death	3.11 - Smallpox virus, Cowpox virus, Molluscum contagiosum virus (Poxviridae); 3.12 - Hepatitis B virus (Hepadnaviridae); 1.1 - Giardia lamblia	Parasitology (Part 2 of 2) pp. 160-161;	26	1 hour	40	3	2	3
25	Microbiology; Immunology; Pathology-General	1.4 Free Radical Injury; 1.5 Amyloid; 2.1 Acute Inflammation Part 1	1.2 - Entamoeba histolytica; 1.3 - Cryptosporidium spp.; 2.1 - Toxoplasma gondii; 2.2 - Trypanosoma brucei; 2.3 - Naegleria fowleri (Part 1 of 2)	Systems (Part 2 of 2) pp. 186-186; Antimicrobials pp. 187-204; Immunology (Part 1 of 2) pp. 95-100	25	1 hour	40	3	2	3
26	Immunology; Pathology-General	2.1 Acute Inflammation Part 2; 2.1 Acute Inflammation Part 3; 2.2 Chronic Inflammation; 2.5 Wound Healing (Part 1 of 2)	2.3 - Naegleria fowleri (Part 2 of 2); 3.1 - Trypanosoma cruzi; 3.2 - Babesia; 3.3 - Plasmodium Part 1; 3.4 - Plasmodium Part 2: Treatment and PPX (Part 1 of 2)	Immunology (Part 2 of 2) pp. 101-122; Pathology (Part 1 of 2) pp. 205-207	25	1.5 hours	40	3	2	3
27	Pathology-General; Pharmacology - General	2.5 Wound Healing (Part 2 of 2); 3.1 Neoplasia; 3.2 Carcinogenesis Part 1	3.4 - Plasmodium Part 2: Treatment and PPX (Part 2 of 2); 3.5 - Leishmania braziliensis & donovani; 4.1 - Trichomonas vaginalis; 5.1 - Enterobius vermicularis, Ancylostoma duodenale, Necator americanus, Ascaris lumbricoides, Strongyloides stercoralis, Trichinella spiralis	Pathology (Part 2 of 2) pp. 208-229; Pharmacology (Part 1 of 2) pp. 231-234	26	1 hour	40	3	2	3
28	Pathology-General; Pharmacology-General	3.2 Carcinogenesis Part 2; 3.2 Carcinogenesis Part 3; 3.3 Tumor Progression; 3.4 Clinical Characteristics	5.2 - Dracunculus medinensis, Wuchereria bancrofti, Onchocerca volvulus, Toxocara canis, Loa loa (tissue nematodes); 6.1 - Cestodes; 6.2 - Trematodes	Pharmacology (Part 2 of 2) pp. 235-256	24	1 hour	40	3	2	3