

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, ne

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

| Day | Event | Subjects | Pathoma 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) | 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) | 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) | 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 | 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) | 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) | 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 | 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) | 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 | 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 | 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 | 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 | 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) | 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) | 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) | 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 |

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| 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) | 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) | 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) | 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 | 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 | 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 | 80 | 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 | Metabolism (Part 2 of 2) pp. 81-94; Basic Bacteriology pp. 124-133 | 24 | 1 hour | 80 | 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) | Clinical Bacteriology pp. 134-150; Mycology pp. 151-154; Parasitology (Part 1 of 2) pp. 155-159 | 26 | 1.5 hours | 80 | 3 | 2 | 3 |
| 24 | Microbiology; Pathology-General | 1.2 Cellular Injury (Part 2 of 2); 1.3 Cell Death | Parasitology (Part 2 of 2) pp. 160-161; Systems (Part 2 of 2) pp. 186-186; | 26 | 1 hour | 80 | 3 | 2 | 3 |
| 25 | Microbiology; Immunology; Pathology-General | 1.4 Free Radical Injury; 1.5 Amyloid; 2.1 Acute Inflammation Part 1 | Antimicrobials pp. 187-204; Immunology (Part 1 of 2) pp. 95-100 | 25 | 1 hour | 80 | 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) | Immunology (Part 2 of 2) pp. 101-122; Pathology (Part 1 of 2) pp. 205-207 | 25 | 1.5 hours | 80 | 3 | 2 | 3 |
| 27 | Pathology-General; Pharmacology - General | 2.5 Wound Healing (Part 2 of 2); 3.1 Neoplasia; 3.2 Carcinogenesis Part 1 | Pathology (Part 2 of 2) pp. 208-229; Pharmacology (Part 1 of 2) pp. 231-234 | 26 | 1 hour | 80 | 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 | Pharmacology (Part 2 of 2) pp. 235-258 | 24 | 1 hour | 80 | 3 | 2 | 3 |