

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Nervous System	Intro to Neuro: Cells of the Nervous System, Intro to Neuro: Nerve Damage, Intro to Neuro: Blood Brain Barrier, Intro to Neuro: Neurotransmitters, Intro to Neuro: Dermatoses and Reflexes, Nervous System Structures: Cerebral Cortex, Nervous System Structures: Spinal Cord	Pathology pp. 205-211	7	1 hour	10	2	1	1
2		Nervous System	Nervous System Structures: Spinal Cord Syndromes, Nervous System Structures: Brainstem, Nervous System Structures: Cranial Nerves, Nervous System Structures: Auditory System, Nervous System Structures: Vestibular System (Part 1 of 2)	Pathology pp. 212-218	7	1 hour	10	2	1	1
3		Nervous System	Nervous System Structures: Vestibular System (Part 2 of 2), Nervous System Structures: Thalamus, Hypothalamus, Limbic System, Nervous System Structures: Cerebellum, Nervous System Structures: Basal Ganglia, Nervous System Structures: Ventricles and Sinuses, Nervous System Structures: Cerebral and Lacunar Strokes (Part 1 of 2)	Pathology pp. 219-225	7	1 hour	10	2	1	1
4		Nervous System	Neurovascular Disorders: Cerebral and Lacunar Strokes (Part 2 of 2), Neurovascular Disorders: Vertebrobasilar Stroke Syndromes, Neurovascular Disorders: CNS Aneurysms, Neurovascular Disorders: Intracranial Bleeding, Neurovascular Disorders: Management of TIA/Stroke, Autonomic Nervous System: Autonomic Nervous System (Part 1 of 2)	Pathology pp. 226-226, Biochemistry pp. 34-39	7	1 hour	10	2	1	1
5		Nervous System	Autonomic Nervous System: Autonomic Nervous System (Part 2 of 2), Autonomic Nervous System: ANS Drugs: Norepinephrine, Autonomic Nervous System: ANS Drugs: Acetylcholine, Autonomic Nervous System: Autonomic Receptors (Part 1 of 2)	Biochemistry pp. 40-46	7	1 hour	10	2	1	1
6		Nervous System	Autonomic Nervous System: Autonomic Receptors (Part 2 of 2), The Eye: The Pupil, The Eye: The Lens, The Eye: The Retina, The Eye: Eye Movements, The Eye: Visual Fields, The Eye: Gaze Palsies	Biochemistry pp. 47-53	7	1 hour	10	2	1	1
7		Nervous System	The Eye: Structural Eye Disorders, The Eye: Glaucoma, Anesthesia: General Anesthesia, Anesthesia: Neuromuscular Blockers, Other Neuro Topics: Meningitis	Biochemistry pp. 54-60	7	1 hour	10	2	1	1
8		Nervous System	Other Neuro Topics: Seizures, Other Neuro Topics: Neuroembryology, Other Neuro Topics: Delirium and Dementia, Other Neuro Topics: Demyelinating Diseases	Biochemistry pp. 61-67	7	1 hour	10	2	1	1
9		Nervous System, Endocrine System	Other Neuro Topics: Headaches, Other Neuro Topics: Brain Tumors, Other Neuro Topics: Parkinson's, Huntington's, and Movement Disorders, Other Neuro Topics: HIV CNS Infections, Thyroid: Thyroid Gland,	Biochemistry pp. 68-74	7	1 hour	10	2	1	1
10		Endocrine System	Thyroid: Thyroid Disorders, Thyroid: Thyroid Cancer, Adrenals: Adrenal Glands, Adrenals: Congenital Adrenal Hyperplasia	Biochemistry pp. 75-81	7	1 hour	10	2	1	1
11		Endocrine System	Adrenals: Adrenal Disorders, Pancreas: Endocrine Pancreas, Pancreas: Diabetes (Part 1 of 2)	Biochemistry pp. 82-88	7	1 hour	10	2	1	1
12		Endocrine System	Pancreas: Diabetes (Part 2 of 2), Pancreas: Insulin, Pancreas: Treatment of Diabetes, Reproductive: Reproductive Hormones, Reproductive: Male Reproductive Hormones (Part 1 of 2)	Biochemistry pp. 89-94, Microbiology pp. 124-124	7	1 hour	10	2	1	1
13		Endocrine System	Reproductive: Male Reproductive Hormones (Part 2 of 2), Reproductive: Female Reproductive Hormones, Reproductive: Menstrual Cycle, Other: Pituitary Gland, Other: Parathyroid Glands (Part 1 of 2)	Microbiology pp. 125-131	7	1 hour	10	2	1	1
14		Endocrine System, Cardiovascular System	Other: Parathyroid Glands (Part 2 of 2), Other: MEN Syndromes, Other: Signalling Pathways, Introduction to Cardiac Medicine: Cardiac Anatomy, Introduction to Cardiac Medicine: Cardiac Physiology, Introduction to Cardiac Medicine: CV Response to Exercise	Microbiology pp. 132-133, Microbiology pp. 134-138	7	1 hour	10	2	1	1
15		Cardiovascular System	Introduction to Cardiac Medicine: Blood Flow Mechanics, Introduction to Cardiac Medicine: Regulation of Blood Pressure, Introduction to Cardiac Medicine: PV Loops, Introduction to Cardiac Medicine: Wiggers' Diagram	Microbiology pp. 139-145	7	1 hour	10	2	1	1

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
16		Cardiovascular System	Introduction to Cardiac Medicine: Venous Pressure Tracings, Introduction to Cardiac Medicine: Starling Curve, Cardiac Ischemia: Atherosclerosis, Cardiac Ischemia: Cardiac Ischemia, Cardiac Ischemia: STEMI	Microbiology pp. 146-152	7	1 hour	10	2	1	1
17		Cardiovascular System	Cardiac Ischemia: Unstable Angina/NSTEMI, Cardiac Ischemia: Stable Angina, EKGs: EKG Basics, EKGs: High Yield EKGs, Arrhythmias: Cardiac Action Potentials (Part 1 of 2)	Microbiology pp. 153-159	7	1 hour	10	2	1	1
18		Cardiovascular System	Arrhythmias: Cardiac Action Potentials (Part 2 of 2), Arrhythmias: AV and Bundle Branch Blocks, Arrhythmias: Atrial Fibrillation and Flutter, Arrhythmias: AVNRT, Arrhythmias: WPW	Microbiology pp. 160-166	7	1 hour	10	2	1	1
19		Cardiovascular System	Arrhythmias: Antiarrhythmic Drugs, Cardiac Auscultation: Heart Murmurs, Cardiac Auscultation: Heart Sounds	Microbiology pp. 167-173	7	1 hour	10	2	1	1
20		Cardiovascular System, Musculoskeletal System	Heart Failure: Heart Failure Basics, Heart Failure: Systolic and Diastolic Heart Failure, Heart Failure: Restrictive Cardiomyopathy, Heart Failure: Acute Heart Failure, Heart Failure: Chronic Heart Failure (Part 1 of 2)	Microbiology pp. 174-180	7	1 hour	10	2	1	1
21		Musculoskeletal System	Heart Failure: Chronic Heart Failure (Part 2 of 2), The Developing Heart: Cardiac Embryology, The Developing Heart: Shunts, The Developing Heart: Cyanotic Congenital Heart Disease, The Developing Heart: Coarctation of the Aorta	Microbiology pp. 181-187	7	1 hour	10	2	1	1
22		Musculoskeletal System	Hypertension: Hypertension, Hypertension: Secondary Hypertension, Hypertension: Hypertension Drugs, Other Cardiovascular Topics: Valve Disease (Part 1 of 2)	Microbiology pp. 188-194	7	1 hour	10	2	1	1
23		Musculoskeletal System	Other Cardiovascular Topics: Valve Disease (Part 2 of 2), Other Cardiovascular Topics: Shock, Other Cardiovascular Topics: Pericardial Disease, Other Cardiovascular Topics: Aortic Dissection, Other Cardiovascular Topics: Cardiac Tumors	Microbiology pp. 195-201	7	1 hour	10	2	1	1
24		Musculoskeletal System	Other Cardiovascular Topics: Hypertrophic Cardiomyopathy, Other Cardiovascular Topics: Endocarditis, Anatomy and Orthopedics: Knee, Anatomy and Orthopedics: Shoulder and Elbow, Anatomy and Orthopedics: Brachial Plexus	Microbiology pp. 202-204, Immunology pp. 95-98	7	1 hour	10	2	1	1
25		Musculoskeletal System, Miscellaneous	Anatomy and Orthopedics: Wrist, Anatomy and Orthopedics: Hand, Anatomy and Orthopedics: Lumbosacral Plexus, Anatomy and Orthopedics: Lumbar Radiculopathy, Anatomy and Orthopedics: Hip	Immunology pp. 99-105	7	1 hour	10	2	1	1
26		Miscellaneous	Cell Biology: Skeletal Muscle, Cell Biology: Cardiac Muscle, Cell Biology: Smooth Muscle, Cell Biology: Bone, Pathology: Bone Disorders	Immunology pp. 106-112	7	1 hour	10	2	1	1
27		Miscellaneous	Pathology: Osteoporosis, Pathology: Osteoporosis Drugs, Pathology: Bone Tumors, Pathology: Osteoarthritis, Pathology: Gout	Immunology pp. 113-119	7	1 hour	10	2	1	1
28		Miscellaneous	Pathology: Gout Drugs, Pathology: CPPD, Pathology: Seronegative Spondyloarthritis, Pathology: Muscle Disorders, Pathology: Neuromuscular Disorders, Biostatistics: Basic Statistics, Biostatistics: Hypothesis Testing (Part 1 of 2)	Immunology, Neurology & Special Senses pp. 474-477	7	1 hour	10	2	1	1
29		Miscellaneous	Biostatistics: Hypothesis Testing (Part 2 of 2), Biostatistics: Tests of Significance, Biostatistics: Correlations, Epidemiology: Study Designs, Epidemiology: Risk Quantification, Epidemiology: Sensitivity and Specificity (Part 2 of 2)	Neurology & Special Senses pp. 478-484	7	1 hour	10	2	1	1
30		Miscellaneous	Epidemiology: Sensitivity and Specificity (Part 2 of 2), Epidemiology: Positive and Negative Predictive Value, Epidemiology: Diagnostic Tests, Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine	Neurology & Special Senses pp. 485-491	7	1 hour	10	2	1	1
31		Miscellaneous, Respiratory System	Intro to Pulmonary Medicine: Pulmonary Embryology, Intro to Pulmonary Medicine: Pulmonary Anatomy, Intro to Pulmonary Medicine: Pulmonary Physiology, Intro to Pulmonary Medicine: Hemoglobin, Intro to Pulmonary Medicine: Pulmonary Circulation (Part 1 of 2)	Neurology & Special Senses pp. 492-498	7	1 hour	10	2	1	1

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
32		Respiratory System	Intro to Pulmonary Medicine: Pulmonary Circulation (Part 2 of 2), Intro to Pulmonary Medicine: Hypoxia, Intro to Pulmonary Medicine: Ventilation and Perfusion, Intro to Pulmonary Medicine: Carbon Dioxide	Neurology & Special Senses pp. 499-505	7	1 hour	10	2	1	1
33	Catch-up day									
34		Respiratory System	Intro to Pulmonary Medicine: Pulmonary Physical Exam, Obstructive & Restrictive Diseases: Pulmonary Function Tests, Obstructive & Restrictive Diseases: Obstructive Lung Disease, Obstructive & Restrictive Diseases: Restrictive Lung Disease, Obstructive & Restrictive Diseases: Treatment of COPD and Asthma (Part 1 of 2)	Neurology & Special Senses pp. 506-512	7	1 hour	10	2	1	1
35		Respiratory System	Obstructive & Restrictive Diseases: Treatment of COPD and Asthma (Part 2 of 2), Other Pulmonary Topics: Pneumonia, Other Pulmonary Topics: Pleural Disease, Other Pulmonary Topics: Lung Cancer, Other Pulmonary Topics: Sleep Apnea, Other Pulmonary Topics: Cystic Fibrosis	Neurology & Special Senses pp. 513-519	7	1 hour	10	2	1	1
36		Respiratory System, Renal & Urinary System	Other Pulmonary Topics: Tuberculosis, Other Pulmonary Topics: Sarcoidosis, Other Pulmonary Topics: Pulmonary Embolism, Other Pulmonary Topics: Chest X-rays, Skin, Epithelial Cells (Part 1 of 2)	Neurology & Special Senses pp. 520-526	7	1 hour	10	2	1	1
37		Renal & Urinary System	Epithelial Cells (Part 2 of 2), Skin Disorders I, Skin Disorders II, Pigment Disorders, Vascular Lesions, Skin Infections, Blistering Disorders	Neurology & Special Senses pp. 527-533	7	1 hour	10	2	1	1
38		Renal & Urinary System	Hypersensitivity Disorders, Neurocutaneous Disorders, Skin Cancer, Intro to Renal Medicine: Renal Embryology, Intro to Renal Medicine: Renal Anatomy, Intro to Renal Medicine: Renal Physiology I (Part 1 of 2)	Neurology & Special Senses pp. 534-535, Endocrine pp. 320-324	7	1 hour	10	2	1	1
39		Renal & Urinary System	Intro to Renal Medicine: Renal Physiology I (Part 2 of 2), Intro to Renal Medicine: Renal Physiology II, Intro to Renal Medicine: Nephron Physiology (Part 1 of 2)	Endocrine pp. 325-331	7	1 hour	10	2	1	1
40		Renal & Urinary System, Hematology & Oncology	Intro to Renal Medicine: Nephron Physiology (Part 2 of 2), Intro to Renal Medicine: Renal Endocrine Function, Acid-Base: Acid Excretion, Acid-Base: Acid-Base Principles, Acid-Base: Respiratory Disorders, Acid-Base: Metabolic Alkalosis	Endocrine pp. 332-338	7	1 hour	10	2	1	1
41		Hematology & Oncology	Acid-Base: Renal Tubular Acidosis, Acid-Base: Metabolic Acidosis, Acid-Base: Acid Base Problems, Electrolytes: Electrolyte Disorders	Endocrine pp. 339-345	7	1 hour	10	2	1	1
42		Hematology & Oncology	Electrolytes: Sodium and Water Balance, Electrolytes: Sodium Disorders, Diseases of the Nephron: Glomerulonephritis Principles	Endocrine pp. 346-350, Cardiovascular pp. 274-275	7	1 hour	10	2	1	1
43		Hematology & Oncology	Diseases of the Nephron: Nephritic Syndrome, Diseases of the Nephron: Nephrotic Syndrome, Diseases of the Nephron: MPGN, Diseases of the Nephron: Tubulointerstitial Disease, Diseases of the Nephron: Renal Failure	Cardiovascular pp. 276-282	7	1 hour	10	2	1	1
44		Hematology & Oncology	Other Renal Topics: Urinary Tract Infections, Other Renal Topics: Cystic Kidney Disease, Other Renal Topics: Diuretics, Other Renal Topics: Kidney Stones, Other Renal Topics: Renal and Bladder Tumors, Other Renal Topics: Rhabdomyolysis, Hemostasis: Coagulation (Part 1 of 2)	Cardiovascular pp. 283-289	7	1 hour	10	2	1	1
45		Hematology & Oncology	Hemostasis: Coagulation (Part 2 of 2), Hemostasis: Platelet Activation, Hemostasis: Hypercoagulable States, Hemostasis: Coagulopathies, Hemostasis: Platelet Disorders (Part 1 of 2)	Cardiovascular pp. 290-297	7	1 hour	10	2	1	1
46		Hematology & Oncology, Gastrointestinal System	Hemostasis: Platelet Disorders (Part 2 of 2), Hemostasis: Antiplatelet Drugs, Hemostasis: Anticoagulants, Red Blood Cells: Hemolysis Basics, Red Blood Cells: Extrinsic Hemolysis (Part 1 of 2)	Cardiovascular pp. 297-303	7	1 hour	10	2	1	1
47		Gastrointestinal System	Red Blood Cells: Extrinsic Hemolysis (Part 2 of 2), Red Blood Cells: Intrinsic Hemolysis, Red Blood Cells: Microcytic Anemias, Red Blood Cells: Thalassemias	Cardiovascular pp. 304-310	7	1 hour	10	2	1	1
48		Gastrointestinal System	Red Blood Cells: Sickle Cell Anemia, Red Blood Cells: Other Anemias, Red Blood Cells: Blood Groups, White Blood Cells: Acute Leukemia	Cardiovascular pp. 311-317	7	1 hour	10	2	1	1

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours	
49		Gastrointestinal System	White Blood Cells: Chronic Leukemia, White Blood Cells: Hodgkin Lymphoma, White Blood Cells: Non-Hodgkin Lymphoma, White Blood Cells: Plasma Cell Disorders, White Blood Cells: Amyloidosis, White Blood Cells: Myeloproliferative Disorders (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 434-440	7	1 hour	10	2	1	1	
50		Gastrointestinal System	White Blood Cells: Myeloproliferative Disorders (Part 2 of 2), Cancer Drugs: Antimetabolites, Cancer Drugs: Alkylating Agents, Cancer Drugs: Antitumor Antibiotics, Cancer Drugs: Microtubule Inhibitors, Cancer Drugs: DNA Drugs, Cancer Drugs: Other Cancer Drugs, Other: Porphyrins (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 441-447	7	1 hour	10	2	1	1	
51		Gastrointestinal System	Other: Porphyrins (Part 2 of 2), Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy, Anatomy: Gastrointestinal Blood Supply, Anatomy: Gastrointestinal Tract (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 448-454	7	1 hour	10	2	1	1	
52		Gastrointestinal System, Reproductive System	Anatomy: Gastrointestinal Tract (Part 2 of 2), Anatomy: Liver, Gallbladder, and Pancreas, Anatomy: Salivary Glands, Anatomy: Hernias, GI Physiology: Bile, GI Physiology: Bilirubin (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 455-461	7	1 hour	10	2	1	1	
53		Reproductive System	GI Physiology: Bilirubin (Part 2 of 2), GI Physiology: Gastrointestinal Secretions, GI Physiology: Gastrointestinal Hormones, GI Physiology: Exocrine Pancreas, Clinical Gastroenterology: Esophageal Disorders (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 462-468	7	1 hour	10	2	1	1	
54		Reproductive System	Clinical Gastroenterology: Esophageal Disorders (Part 2 of 2), Clinical Gastroenterology: Liver Disease, Clinical Gastroenterology: Cirrhosis, Clinical Gastroenterology: Liver Tumors, Clinical Gastroenterology: Wilson's Disease and Hemochromatosis	Musculoskeletal, Skin, and Connective Tissue pp. 469-472, Public Health Sciences pp. 251-253	7	1 hour	10	2	1	1	
55		Reproductive System	Clinical Gastroenterology: Gallstones, Clinical Gastroenterology: Biliary Disorders, Clinical Gastroenterology: Gastric Disorders, Clinical Gastroenterology: Malabsorption (Part 1 of 2)	Public Health Sciences pp. 254-260	7	1 hour	10	2	1	1	
56		Reproductive System	Clinical Gastroenterology: Malabsorption (Part 2 of 2), Clinical Gastroenterology: Acute Pancreatitis, Clinical Gastroenterology: Chronic Pancreatitis & Pancreatic Cancer, Clinical Gastroenterology: Intestinal Disorders, Clinical Gastroenterology: Inflammatory Bowel Disease (Part 1 of 2)	Public Health Sciences pp. 261-267	7	1 hour	10	2	1	1	
57		Reproductive System	Clinical Gastroenterology: Inflammatory Bowel Disease (Part 2 of 2), Clinical Gastroenterology: Colon Cancer, Clinical Gastroenterology: Carcinoid Tumors, Clinical Gastroenterology: Gastrointestinal Pharmacology, Embryology: Embryonic Genes	Public Health Sciences pp. 264-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-672	7	1 hour	10	2	1	1	
58		Reproductive System	Embryology: Embryogenesis, Embryology: Germ Layers, Embryology: Errors in Morphogenesis, Embryology: Teratogens I, Embryology: Teratogens II, Embryology: Pharyngeal Arches, Embryology: Cleft Lip and Palate, Embryology: Pharyngeal Pouches and Clefts, Embryology: Genital Embryology (Part 1 of 2)	Rapid Review pp. 673-679	7	1 hour	10	2	1	1	
59	Catch-up day										
60		Reproductive System, Behavioral/Psychiatry	Embryology: Genital Embryology (Part 2 of 2), Pregnancy: Spermatogenesis and Oogenesis, Pregnancy: Placenta, Pregnancy: Twins, Pregnancy: Pregnancy, Pregnancy: Maternal-Fetal Disorders, Pregnancy: Hypertension in Pregnancy (Part 1 of 2)	Rapid Review pp. 680-686	7	1 hour	10	2	1	1	
61		Behavioral/Psychiatry	Pregnancy: Hypertension in Pregnancy (Part 2 of 2), Pregnancy: Placental Complications, Pregnancy: Gestational Tumors, Pregnancy: TORCH Infections, Vagina, Cervix, Uterus: Vaginal Cancer, Vagina, Cervix, Uterus: Cervical Cancer, Vagina, Cervix, Uterus: Endometrial Disorders, Vagina, Cervix, Uterus: Endometriosis	Rapid Review pp. 687-688, Respiratory pp. 641-645	7	1 hour	10	2	1	1	

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours	
62		Behavioral/Psychiatry	Vagina, Cervix, Uterus: Endometrial Cancer, Ovary: Ovarian Cysts, Ovary: Ovarian Epithelial Tumors, Ovary: Ovarian Stromal Tumors, Ovary: Ovarian Germ Cell Tumors, Breast: Breast Tissue, Breast: Breast Disorders, Breast: Breast Carcinoma (Part 1 of 2)	Respiratory pp. 646-652	7	1 hour	10	2	1	1	
63		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics	Breast: Breast Carcinoma (Part 2 of 2), Male Disorders: Penile Disorders, Male Disorders: Scrotal Disorders, Male Disorders: Testicular Cancer, Male Disorders: Prostate	Respiratory pp. 653-659	7	1 hour	10	2	1	1	
64		Biochem, Cell Bio, Genetics	Other Topics: Disorders of Sexual Development, Other Topics: Hypogonadism, General Topics: Ethics Principles, General Topics: Informed Consent, General Topics: Confidentiality, General Topics: Decision-Making Capacity	Respiratory pp. 660-666	7	1 hour	10	2	1	1	
65		Biochem, Cell Bio, Genetics	General Topics: Public Health, General Topics: Quality and Safety, General Topics: Healthy Patient, General Topics: Geriatrics, General Topics: Pediatrics (Part 1 of 2)	Respiratory pp. 667-668, Renal pp. 562-566	7	1 hour	10	2	1	1	
66		Biochem, Cell Bio, Genetics	General Topics: Pediatrics (Part 2 of 2), Psychology: Conditioning and Transference, Psychology: Ego Defenses, Pathology: Child Abuse and Neglect, Pathology: Childhood Disorders, Pathology: ADHD and Autism, Pathology: Cognitive Disorders	Renal pp. 567-573	7	1 hour	10	2	1	1	
67		Biochem, Cell Bio, Genetics	Pathology: Psychosis, Pathology: Psychotic Disorders, Pathology: Dissociative Disorders, Pathology: Somatic Disorders, Pathology: Personality Disorders, Pathology: Mood Disorders, Pathology: Anxiety Disorders (Part 1 of 2)	Renal pp. 574-580	7	1 hour	10	2	1	1	
68		Biochem, Cell Bio, Genetics	Pathology: Anxiety (Part 2 of 2), Pathology: Eating Disorders, Pathology: Sleep Disorders, Substance Abuse: Alcohol and CNS Depressants, Substance Abuse: Opioids, Substance Abuse: Stimulants, Substance Abuse: Other Drugs (Part 1 of 2)	Renal pp. 581-587	7	1 hour	10	2	1	1	
69		Biochem, Cell Bio, Genetics	Substance Abuse: Other Drugs (Part 2 of 2), Pharmacology: Antidepressants, Pharmacology: Lithium, Pharmacology: Antipsychotics, Molecular Biochemistry: DNA Structure, Molecular Biochemistry: Purine Metabolism (Part 1 of 2)	Renal pp. 588-592, Hematology & Oncology pp. 396-397	7	1 hour	10	2	1	1	
70		Biochem, Cell Bio, Genetics	Molecular Biochemistry: Purine Metabolism (Part 2 of 2), Molecular Biochemistry: Pyrimidine Metabolism, Metabolism: Glucose, Metabolism: Glycolysis, Metabolism: Glucogenesis (Part 1 of 2)	Hematology & Oncology pp. 398-404	7	1 hour	10	2	1	1	
71		Biochem, Cell Bio, Genetics	Metabolism: Glucogenesis (Part 2 of 2), Metabolism: Glycogen, Metabolism: HMP Shunt, Metabolism: Fructose and Galactose, Metabolism: Pyruvate Dehydrogenase, Metabolism: TCA Cycle (Part 1 of 2)	Hematology & Oncology pp. 405-411	7	1 hour	10	2	1	1	
72		Biochem, Cell Bio, Genetics, Microbiology	Metabolism: TCA Cycle (Part 2 of 2), Metabolism: Electron Transport Chain, Metabolism: Fatty Acids, Metabolism: Ketone Bodies, Metabolism: Ethanol Metabolism	Hematology & Oncology pp. 412-418	7	1 hour	10	2	1	1	
73	Catch-up day										
74		Microbiology	Metabolism: Exercise and Starvation, Metabolism: Inborn Errors of Metabolism, Amino Acids: Amino Acids, Amino Acids: Phenylalanine and Tyrosine (Part 1 of 2)	Hematology & Oncology pp. 419-425	7	1 hour	10	2	1	1	
75		Microbiology	Amino Acids: Phenylalanine and Tyrosine (Part 2 of 2), Amino Acids: Other Amino Acids, Amino Acids: Ammonia, Vitamins: B Vitamins, Vitamins: B12 and Folate (Part 1 of 2)	Hematology & Oncology pp. 426-431, Gastrointestinal pp. 352-352	7	1 hour	10	2	1	1	
76		Microbiology	Vitamins: B12 and Folate (Part 2 of 2), Vitamins: Other Vitamins, Lipids: Lipid Metabolism, Lipids: Hyperlipidemia, Lipids: Lipid Drugs (Part 1 of 2)	Gastrointestinal pp. 353-359	7	1 hour	10	2	1	1	
77		Microbiology	Lipids: Lipid Drugs (Part 2 of 2), Other Topics: Lysosomal Storage Diseases, Molecular Biology: DNA Replication, Molecular Biology: DNA Mutations	Gastrointestinal pp. 360-366	7	1 hour	10	2	1	1	
78		Microbiology	Molecular Biology: DNA Repair, Molecular Biology: Transcription, Molecular Biology: Translation, Laboratory Techniques: PCR, Laboratory Techniques: Blotting, Laboratory Techniques: Flow Cytometry	Gastrointestinal pp. 367-373	7	1 hour	10	2	1	1	

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
79		Microbiology	Laboratory Techniques: ELISA, Laboratory Techniques: Microarrays and FISH, Cellular Biology: Cell Cycle, Cellular Biology: Cell Structure, Cellular Biology: Cytoskeleton, Cellular Biology: Connective Tissue (Part 1 of 2)	Gastrointestinal pp. 374-380	7	1 hour	10	2	1	1
80		Microbiology	Cellular Biology: Connective Tissue (Part 2 of 2), Genetic Concepts: Genetic Principles, Genetic Concepts: Gene Mapping, Genetic Concepts: Meiosis, Genetic Concepts: Hardy-Weinberg Law, Genetic Concepts: Pedigrees (Part 1 of 2)	Gastrointestinal pp. 381-387	7	1 hour	10	2	1	1
81		Microbiology	Genetic Concepts: Pedigrees (Part 2 of 2), Genetic Concepts: Imprinting, Genetic Disorders: Down Syndrome, Genetic Disorders: Trisomies, Genetic Disorders: Muscular Dystrophy, Genetic Disorders: Trinucleotide Repeat Disorders, Genetic Disorders: Deletion Syndromes, Genetic Disorders: Turner and Klinefelter Syndromes	Gastrointestinal pp. 388-394	7	1 hour	10	2	1	1
82		Microbiology	Basics of Microbiology: Bacteria, Basics of Microbiology: Shapes and Strains, Basics of Microbiology: Bacterial Culture, Basics of Microbiology: Special Growth Requirements, Basics of Microbiology: Virulence (Part 1 of 2)	Reproductive pp. 594-600	7	1 hour	10	2	1	1
83		Microbiology	Basics of Microbiology: Virulence (Part 2 of 2), Basics of Microbiology: Growth and Genetics, Basics of Microbiology: Bacterial Identification, Bacteria: Staphylococci, Bacteria: Streptococci	Reproductive pp. 601-607	7	1 hour	10	2	1	1
84		Microbiology	Bacteria: Other Gram Positives, Bacteria: Gram Negative Rods, Bacteria: Other Gram Negatives	Reproductive pp. 608-614	7	1 hour	10	2	1	1
85		Microbiology, Immunology	Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria, Antibiotics: Penicillins, Antibiotics: Beta Lactams (Part 1 of 2)	Reproductive pp. 615-621	7	1 hour	10	2	1	1
86		Immunology	Antibiotics: Beta Lactams (Part 2 of 2), Antibiotics: Sulfonamides, Antibiotics: Protein Synthesis Inhibitors, Antibiotics: Other Antibiotics, Fungi: Fungal Pneumonias, Fungi: Fungal Skin Infections (Part 1 of 2)	Reproductive pp. 622-628	7	1 hour	10	2	1	1
87		Immunology	Fungi: Fungal Skin Infections (Part 2 of 2), Fungi: Opportunistic Fungal Infections, Fungi: Antifungal Drugs, Parasites and Helminths: Malaria, Parasites and Helminths: Protozoa (Part 1 of 2)	Reproductive pp. 629-635	7	1 hour	10	2	1	1
88		Immunology	Parasites and Helminths: Protozoa (Part 2 of 2), Parasites and Helminths: Helminths, Viruses: Virus Structure, Viruses: DNA Viruses, Viruses: Herpes Viruses (Part 1 of 2)	Reproductive pp. 636-639, Psychiatry pp. 537-539	7	1 hour	10	2	1	1
89		Immunology, Pathology-General	Viruses: Herpes Viruses (Part 2 of 2), Viruses: RNA Viruses, Viruses: Viral Hepatitis	Psychiatry pp. 540-546	7	1 hour	10	2	1	1
90		Pathology-General	Viruses: HIV, Viruses: HIV Drugs, Viruses: Antiviral Drugs, Basic Immunology: Innate Immunology (Part 1 of 2)	Psychiatry pp. 547-533	7	1 hour	10	2	1	1
91		Pathology-General	Basic Immunology: Innate Immunology (Part 2 of 2), Basic Immunology: T-Cells, Basic Immunology: B-Cells, Basic Immunology: The Complement System (Part 1 of 2)	Psychiatry pp. 554-560	7	1 hour	10	2	1	1
92		Pathology-General, Pharmacology-General	Basic Immunology: The Complement System (Part 2 of 2), Basic Immunology: Lymph Nodes and Spleen, Clinical Immunology: Hypersensitivity, Clinical Immunology: Transplants, Clinical Immunology: Immune Deficiency Syndromes (Part 1 of 2)	Pharmacology pp. 227-233	7	1 hour	10	2	1	1
93		Pharmacology-General	Clinical Immunology: Immune Deficiency Syndromes (Part 2 of 2), Pharmacology: Glucocorticoids and NSAIDs, Pharmacology: Immunosuppressive Drugs, Autoimmune Disorders: Systemic Lupus Erythematosus, Autoimmune Disorders: Rheumatoid Arthritis (Part 1 of 2)	Pharmacology pp. 234-240	7	1 hour	10	2	1	1
94		Pharmacology-General	Autoimmune Disorders: Rheumatoid Arthritis (Part 2 of 2), Autoimmune Disorders: Scleroderma, Autoimmune Disorders: Sjogren's Syndrome, Autoimmune Disorders: Vasculitis, Cellular Adaptations, Cell Injury, Free Radicals, Apoptosis, Necrosis, Inflammation Principles, Acute and Chronic Inflammation (Part 1 of 2)	Pharmacology pp. 241-247	7	1.5 hours	10	2	1	1

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
95	Complete first pass of First Aid and Boards and Beyond	Pharmacology-General	Acute and Chronic Inflammation (Part 2 of 2), Granulomatous Inflammation, Wound Healing and Scar, Pathologic Calcification, Neoplasia, General Topics: Enzymes, General Topics: Enzyme Inhibitors, General Topics: Dose-Response, General Topics: Drug Elimination, General Topics: Pharmacokinetics	Pharmacology pp. 248-249	2	1.5 hours	10	2	1	1
96	Catch-up day									
97	Begin study block #2	Nervous System	Intro to Neuro: Cells of the Nervous System, Intro to Neuro: Nerve Damage, Intro to Neuro: Blood Brain Barrier, Intro to Neuro: Neurotransmitters, Intro to Neuro: Dermatoses and Reflexes, Nervous System Structures: Cerebral Cortex, Nervous System Structures: Spinal Cord, Nervous System Structures: Spinal Cord Syndromes, Nervous System Structures: Brainstem, Nervous System Structures: Cranial Nerves (Part 1 of 2)	Neurology & Special Senses pp. 474-486	13	2 hours	40	5	2	2
98		Nervous System	Nervous System Structures: Cranial Nerves (Part 2 of 2), Nervous System Structures: Auditory System, Nervous System Structures: Vestibular System, Nervous System Structures: Thalamus, Hypothalamus, Limbic System, Nervous System Structures: Cerebellum, Nervous System Structures: Basal Ganglia, Nervous System Structures: Ventricles and Sinuses, Neurovascular Disorders: Cerebral and Lacunar Strokes, Neurovascular Disorders: Vertebrobasilar Stroke Syndromes, Neurovascular Disorders: CNS Aneurysms, Neurovascular Disorders: Intracranial Bleeding (Part 1 of 2)	Neurology & Special Senses pp. 487-499	13	2 hours	40	5	2	2
99		Nervous System, Endocrine System	Neurovascular Disorders: Intracranial Bleeding (Part 2 of 2), Neurovascular Disorders: Management of TIA/Stroke, Autonomic Nervous System: Autonomic Nervous System, Autonomic Nervous System: ANS: Drugs: Norepinephrine, Autonomic Nervous System: ANS Drugs: Acetylcholine, Autonomic Nervous System: Autonomic Receptors, The Eye: The Pupil	Neurology & Special Senses pp. 500-512	13	2 hours	40	5	2	2
100		Nervous System, Endocrine System	The Eye: The Lens, The Eye: The Retina, The Eye: Eye Movements, The Eye: Visual Fields, The Eye: Gaze Palsies, The Eye: Structural Eye Disorders, The Eye: Glaucoma, Anesthesia: General Anesthesia, Anesthesia: Local Anesthesia, Anesthesia: Neuromuscular Blockers, Other Neuro Topics: Meningitis	Neurology & Special Senses pp. 513-524	12	2 hours	40	5	2	2
101		Endocrine System, Cardiovascular System, Nervous System	Other Neuro Topics: Seizures, Other Neuro Topics: Neuroembryology, Other Neuro Topics: Delirium and Dementia, Other Neuro Topics: Demyelinating Diseases, Other Neuro Topics: Headaches, Other Neuro Topics: Brain Tumors, Other Neuro Topics: Parkinson's, Huntington's, and Movement Disorders, Other: HIV CNS Infections, Thyroid: Thyroid Gland (Part 1 of 2)	Neurology & Special Senses pp. 525-535, Endocrine pp. 320-320	12	2 hours	40	5	2	2
102	Practice Test 1									
103		Endocrine System, Cardiovascular System, Nervous System	Thyroid: Thyroid Gland (Part 2 of 2), Thyroid: Thyroid Disorders, Thyroid: Thyroid Cancer, Adrenals: Adrenal Glands, Adrenals: Congenital Adrenal Hyperplasia, Adrenals: Adrenal Disorders, Pancreas: Endocrine Pancreas (Part 1 of 2)	Endocrine pp. 321-333	13	2 hours	40	5	2	2
104		Endocrine System, Cardiovascular System, Nervous System	Pancreas: Endocrine Pancreas (Part 2 of 2), Pancreas: Diabetes, Pancreas: Insulin, Pancreas: Treatment of Diabetes, Reproductive: Reproductive Hormones, Reproductive: Male Reproductive Hormones, Reproductive: Female Reproductive Hormones, Reproductive: Menstrual Cycle (Part 1 of 2)	Endocrine pp. 334-346	13	2 hours	40	5	2	2
105		Cardiovascular System, Nervous System	Reproductive: Menstrual Cycle (Part 2 of 2), Other: Pituitary Gland, Other: Parathyroid Glands, Other: MEN Syndromes, Other: Signalling Pathways, Introduction to Cardiac Medicine: Cardiac Anatomy, Introduction to Cardiac Medicine: Cardiac Physiology, Introduction to Cardiac Medicine: CV Response to Exercise, Introduction to Cardiac Medicine: Blood Flow Mechanics (Part 1 of 2)	Endocrine pp. 347-350, Cardiovascular pp. 274-281	12	2 hours	40	5	2	2

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
106		Cardiovascular System, Musculoskeletal System, Nervous System	Introduction to Cardiac Medicine: Blood Flow Mechanics (Part 2 of 2), Introduction to Cardiac Medicine: Regulation of Blood Pressure, Introduction to Cardiac Medicine: LV Lopps, Introduction to Cardiac Medicine: Wiggers' Diagram, Introduction to Cardiac Medicine: Venous Pressure Tracings, Introduction to Cardiac Medicine: Starling Curve, Cardiac Ischemia: Atherosclerosis, Cardiac Ischemia: Cardiac Ischemia	Cardiovascular pp. 282-293		12 2 hours	40	5	2	2
107		Cardiovascular System, Musculoskeletal System, Nervous System, Endocrine System	Cardiac Ischemia: STEMI, Cardiac Ischemia: Unstable Angina/NSTEMI, Cardiac Ischemia: Stable Angina, EKGs: EKG Basics, EKGs: High Yield EKGs, Arrhythmias: Cardiac Action Potentials, Arrhythmias: AV and Bundle Branch Blocks, Atrial Fibrillation and Flutter	Cardiovascular pp. 294-306		13 2 hours	40	5	2	2
108		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	Arrhythmias: AVNRT, Arrhythmias: WPW, Arrhythmias: Antiarrhythmic Drugs, Cardiac Auscultation: Heart Murmurs, Cardiac Auscultation: Heart Sounds, Cardiac Auscultation: Heart Failure Basics, Cardiac Auscultation: Systolic and Diastolic Heart Failure	Cardiovascular pp. 307-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-435		13 2 hours	40	5	2	2
109		Cardiovascular System, Musculoskeletal System, Respiratory System, Endocrine System	Heart Failure: Restrictive Cardiomyopathy, Heart Failure: Acute Heart Failure, Heart Failure: Chronic Heart Failure, The Developing Heart: Cardioac Embryology, The Developing Heart: Shunts, The Developing Heart: Cyanotic Congenital Heart Disease, The Developing Heart: Coarctation of the Aorta, Hypertension: Hypertension	Musculoskeletal, Skin, and Connective Tissue pp. 436-447		12 2 hours	40	5	2	2
110		Musculoskeletal System, Respiratory System, Endocrine System	Hypertension: Secondary Hypertension, Hypertension: Hypertension Drugs, Other Cardiovascular Topics: Valve Disease, Other Cardiovascular Topics: Shock, Other Cardiovascular Topics: Pericardial Disease, Other Cardiovascular Topics: Aortic Dissection, Other Cardiovascular Topics: Cardiac Tumors	Musculoskeletal, Skin, and Connective Tissue pp. 448-460		13 2 hours	40	5	2	2
111		Musculoskeletal System, Respiratory System, Endocrine System	Other Cardiovascular Topics: Hypertrophic Cardiomyopathy, Other Cardiovascular Topics: Endocarditis, Anatomy and Orthopedics: Knee, Anatomy and Orthopedics: Shoulder and Elbow, Anatomy and Orthopedics: Brachial Plexus, Anatomy and Orthopedics: Wrist, Anatomy and Orthopedics: Hand, Anatomy and Orthopedics: Lumbosacral Plexus, Anatomy and Orthopedics: Lumbar Radiculopathy	Musculoskeletal, Skin, and Connective Tissue pp. 461-472		12 2 hours	40	5	2	2
112		Respiratory System, Skin, Endocrine System, Cardiovascular System	Anatomy and Orthopedics: Hip, Cell Biology: Skeletal Muscle, Cell Biology: Cardiac Muscle, Cell Biology: Smooth Muscle, Cell Biology: Bone, Pathology: Bone Disorders, Pathology: Osteoporosis, Pathology: Osteoporosis Drugs, Pathology: Bone Tumors	Public Health Sciences pp. 251-263		13 2 hours	40	5	2	2
113		Respiratory System, Skin, Renal & Urinary System, Cardiovascular System	Pathology: Osteoarthritis, Pathology: Gout, Pathology: Gout Drugs, Pathology: CPPD, Pathology: Seronegative Spondyloarthritis, Pathology: Muscle Disorders, Neuromuscular Disorders, Biostatistics: Basic Statistics, Biostatistics: Hypothesis Testing, Biostatistics: Tests of Significance	Public Health Sciences pp. 264-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-673		12 2 hours	40	5	2	2
114		Respiratory System, Renal & Urinary System, Cardiovascular System	Biostatistics: Correlations, Epidemiology: Study Designs, Epidemiology: Risk Quantification, Epidemiology: Sensitivity and Specificity, Epidemiology: Positive and Negative Predictive Value, Epidemiology: Diagnostic Testsm Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine	Rapid Review pp. 674-686		13 2 hours	40	5	2	2



**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours	
115		Respiratory System, Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	Intro to Pulmonary Medicine: Pulmonary Embryology, Intro to Pulmonary Medicine: Pulmonary Anatomy, Intro to Pulmonary Medicine: Pulmonary Physiology, Intro to Pulmonary Medicine: Hemoglobin, Intro to Pulmonary Medicine: Pulmonary Circulation, Intro to Pulmonary Medicine: Hypoxia, Intro to Pulmonary Medicine: Ventilation and Perfusion, Intro to Pulmonary Medicine: Carbon Dioxide (Part 1 of 2)	Rapid Review pp. 687-688, Respiratory pp. 641-650	12	2 hours	40	5	2	2	
116	Catch-up day										
117		Skin, Hematology & Oncology, Cardiovascular System	Intro to Pulmonary Medicine: Carbon Dioxide (Part 2 of 2), Intro to Pulmonary Medicine: Pulmonary Physical Exam, Obstructive & Restrictive Diseases: Pulmonary Function Tests, Obstructive & Restrictive Diseases: Obstructive Lung Disease, Obstructive & Restrictive Diseases: Restrictive Lung Disease, Obstructive & Restrictive Diseases: Treatment of COPD and Asthma, Other Pulmonary Topics: Pneumonia, Other Pulmonary Topics: Pleural Disease	Respiratory pp. 651-663	13	2 hours	40	5	2	2	
118		Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	Other Pulmonary Topics: Lung Cancer, Other Pulmonary Topics: Sleep Apnea, Other Pulmonary Topics: Cystic Fibrosis, Other Pulmonary Topics: Tuberculosis, Other Pulmonary Topics: Sarcoidosis, Other Pulmonary Topics: Pulmonary Embolism, Other Pulmonary Topics: Chest X-rays, Skin, Epithelial Cells, Skin Disorders I	Respiratory pp. 664-668, Renal pp. 562-569	13	2 hours	40	5	2	2	
119		Renal & Urinary System, Hematology & Oncology, Cardiovascular System, Musculoskeletal System	Skin Disorders II, Pigment Disorders, Vascular Lesions, Skin Infections, Blistering Disorders, Hypersensitivity Disorders, Neurocutaneous Disorders, Skin Cancer, Intro to Renal Medicine: Renal Embryology, Intro to Renal Medicine: Renal Anatomy, Intro to Renal Medicine: Renal Physiology I	Renal pp. 570-581	12	2 hours	40	5	2	2	
120		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	Intro to Renal Medicine: Renal Physiology II, Intro to Renal Medicine: Nephron Physiology, Intro to Renal Medicine: Renal Endocrine Function, Acid-Base: Acid Excretion, Acid-Base: Acid-Base Principles, Acid-Base: Respiratory Disorders, Acid-Base: Metabolic Alkalosis	Renal pp. 582-592, Hematology & Oncology pp. 396-397	13	2 hours	40	5	2	2	
121		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	Acid-Base: Renal Tubular Acidosis, Acid-Base: Metabolic Acidosis, Acid-Base: Acid Base Problems, Electrolytes: Electrolyte Disorders, Electrolytes: Sodium and Water Balance, Electrolytes: Sodium Disorders	Hematology & Oncology pp. 398-409	12	2 hours	40	5	2	2	
122		Hematology & Oncology, Musculoskeletal System	Diseases of the Nephron: Glomerulonephritis Principles, Diseases of the Nephron: Nephritic Syndrome, Diseases of the Nephron: Nephrotic Syndrome, Diseases of the Nephron: MPGN, Diseases of the Nephron: Tubulointerstitial Disease, Diseases of the Nephron: Renal Failure, Other Renal Topics: Urinary Tract Infection, Other Renal Topics: Cystic Kidney Disease, Other Renal Topics: Diuretics	Hematology & Oncology pp. 410-422	13	2 hours	40	5	2	2	
123		Hematology & Oncology, Musculoskeletal System	Other Renal Topics: Kidney Stones, Other Renal Topics: Renal and Bladder Tumors, Other Renal Topics: Rhabdomyolysis, Hemostasis: Coagulation, Hemostasis: Platelet Activation, Hemostasis: Hypercoagulable States, Hemostasis: Coagulopathies, Hemostasis: Platelet Disorders, Hemostasis: Antiplatelet Drugs	Hematology & Oncology pp. 423-431, Gastrointestinal pp. 352-353	11	2 hours	40	5	2	2	
124		Hematology & Oncology, Musculoskeletal System	Hemostasis: Anticoagulants, Red Blood Cells: Hemolysis Basics, Red Blood Cells: Extrinsic Hemolysis, Red Blood Cells: Intrinsic Hemolysis, Red Blood Cells: Microcytic Anemias, Red Blood Cells: Thalassemias	Gastrointestinal pp. 354-367	14	2 hours	40	5	2	2	

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
125		Hematology & Oncology, Musculoskeletal System, Miscellaneous	Red Blood Cells: Sickle Cell Anemia, Red Blood Cells: Other Anemias, Red Blood Cells: Blood Groups, White Blood Cells: Acute Leukemia, White Blood Cells: Chronic Leukemia, White Blood Cells: Hodgkin Leukemia, White Blood Cells: Non-Hodgkin Lymphoma, White Blood Cells: Plasma Cell Disorders, White Blood Cells: Amyloidosis	Gastrointestinal pp. 368-379	12	2 hours	40	5	2	2
126		Hematology & Oncology, Gastrointestinal System, Miscellaneous	White Blood Cells: Myeloproliferative Disorders, Cancer Drugs: Antimetabolites, Cancer Drugs: Alkylating Agents, Cancer Drugs: Antitumor Antibiotics, Cancer Drugs: Microtubule Inhibitors, Cancer Drugs: DNA Drugs, Cancer Drugs: Other Cancer Drugs, Other: Porphyrias, Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy	Gastrointestinal pp. 380-391	12	2 hours	40	5	2	2
127		Hematology & Oncology, Gastrointestinal System, Miscellaneous	Anatomy: Gastrointestinal Blood Supply, Anatomy: Gastrointestinal Tract, Anatomy: Liver, Gallbladder, and Pancreas, Anatomy: Salivary Glands, Anatomy: Hernias, GI Physiology: Bile, GI Physiology: Bilirubin, GI Physiology: Gastrointestinal Secretions	Gastrointestinal pp. 392-394, Reproductive pp. 594-603	13	2 hours	40	5	2	2
128		Hematology & Oncology, Gastrointestinal System, Miscellaneous	GI Physiology: Gastrointestinal Hormones, GI Physiology: Exocrine Pancreas, Clinical Gastroenterology: Esophageal Disorders, Clinical Gastroenterology: Liver Disease, Clinical Gastroenterology: Cirrhosis, Clinical Gastroenterology: Liver Tumors, Clinical Gastroenterology: Wilson's Disease and Hemochromatosis, Clinical Gastroenterology: Gallstones (Part 1 of 2)	Reproductive pp. 604-616	13	2 hours	40	5	2	2
129		Hematology & Oncology, Gastrointestinal System, Miscellaneous, Respiratory System	Clinical Gastroenterology: Gallstones (Part 2 of 2), Clinical Gastroenterology: Biliary Disorders, Clinical Gastroenterology: Gastric Disorders, Clinical Gastroenterology: Malabsorption, Clinical Gastroenterology: Acute Pancreatitis, Clinical Gastroenterology: Chronic Pancreatitis & Pancreatic Cancer, Clinical Gastroenterology: Intestinal Disorders	Reproductive pp. 617-628	12	2 hours	40	5	2	2
130	Catch-up Day									
131		Gastrointestinal System, Respiratory System	Clinical Gastroenterology: Inflammatory Bowel Disease, Clinical Gastroenterology: Colon Cancer, Clinical Gastroenterology: Carcinoid Tumors, Clinical Gastroenterology: Gastrointestinal Pharmacology, Embryology: Embryonic Genes, Embryology: Embryogenesis, Embryology: Germ Layers, Embryology: Errors in Morphogenesis, Embryology: Teratogens I, Embryology: Teratogens II	Reproductive pp. 629-639, Psychiatry pp. 537-538	13	2 hours	40	5	2	2
132		Gastrointestinal System, Reproductive System, Respiratory System	Embryology: Pharyngeal Arches, Embryology: Cleft Lip and Palate, Embryology: Pharyngeal Pouches and Clefts, Embryology: Genital Embryology, Pregnancy: Spermatogenesis and Oogenesis, Pregnancy: Placenta, Pregnancy: Twins, Pregnancy: Pregnancy, Pregnancy: Maternal-Fetal Disorders, Pregnancy: Hypertension in Pregnancy, Pregnancy: Placental Complications, Pregnancy: Gestational Tumors	Psychiatry pp. 539-550	12	2 hours	40	5	2	2
133		Gastrointestinal System, Reproductive System, Respiratory System, Renal & Urinary System	Pregnancy: TORCH Infections, Vagina, Cervix, Uterus: Vaginal Cancer, Vagina, Cervix, Uterus: Cervical Cancer, Vagina, Cervix, Uterus: Endometrial Disorders, Vagina, Cervix, Uterus: Endometriosis, Vagina, Cervix, Uterus: Endometrial Cancer, Ovary: Ovarian Cysts, Ovary: Ovarian Epithelial Tumors, Ovary: Ovarian Stromal Tumors, Ovary: Ovarian Germ Cell Tumors, Breast: Breast Tissue, Breast: Breast Disorders, Breast: Breast Carcinoma, Male Disorders: Penile Disorders (Part 1 of 2)	Psychiatry pp. 551-560, Biochemistry pp. 34-36	13	2 hours	40	5	2	2
134		Gastrointestinal System, Reproductive System, Renal & Urinary System	Male Disorders: Penile Disorders (Part 2 of 2), Male Disorders: Scrotal Disorders, Male Disorders: Testicular Cancer, Male Disorders: Prostate, Other Topics: Disorders of Sexual Development, Other Topics: Hypogonadism, General Topics: Ethics Principles, General Topics: Informed Consent, General Topics: Confidentiality, General Topics: Decision-Making Capacity	Biochemistry pp. 37-48	12	2 hours	40	5	2	2



**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
146		Pathology-General, Hematology & Oncology, Gastrointestinal System	Basics of Microbiology: Bacteria, Basics of Microbiology: Shapes and Strains, Basics of Microbiology: Bacterial Culture, Basics of Microbiology: Special Growth Requirements, Basics of Microbiology: Virulence, Basics of Microbiology: Growth and Genetics, Basics of Microbiology: Bacterial Identification, Bacteria: Staphylococci, Bacteria: Streptococci, Bacteria: Other Gram Positives, Bacteria: Gram Negative Rods, Bacteria: Other Gram Negatives, Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria	Microbiology pp. 204-204, Immunology pp. 95-105	12	2 hours	40	5	2	2
147		Pathology-General, Gastrointestinal System	Antibiotics: Penicillins, Antibiotics: Beta Lactams, Antibiotics: Sulfonamides, Antibiotics: Protein Synthesis Inhibitors, Antibiotics: Other Antibiotics, Fungi: Fungal Pneumonias, Fungi: Fungal Skin Infections, Fungi: Opportunistic Fungal Infections	Immunology pp. 106-118	13	2 hours	40	5	2	2
148		Pathology-General, Gastrointestinal System	Fungi: Antifungal Drugs, Parasites and Helminths: Malaria, Parasites and Helminths: Protozoa, Parasites and Helminths: Helminths, Virus: Virus Structure, Virus: DNA Viruses, Virus: Herpes Viruses	Immunology pp. 119-122, Pathology pp. 205-212	12	2 hours	40	5	2	2
149		Pathology-General, Gastrointestinal System	Virus: RNA Viruses, Virus: Viral Hepatitis, Virus: HIV, Virus: HIV Drugs, Virus: Antiviral Drugs, Basic Immunology: Innate Immunology (Part 1 of 2)	Pathology pp. 213-225	13	2 hours	40	5	2	2
150		Pathology-General, Gastrointestinal System	Basic Immunology: Innate Immunology (Part 2 of 2), Basic Immunology: T-Cells, Basic Immunology: B-Cells, Basic Immunology: The Complement System, Basic Immunology: Lymph Nodes and Spleen, Clinical Immunology: Hypersensitivity	Pathology pp. 226-226, Pharmacology pp. 227-237	12	2 hours	40	5	2	2
151		Pathology-General, Gastrointestinal System	Clinical Immunology: Transplants, Clinical Immunology: Immune Deficiency Syndromes, Pharmacology: Glucocorticoids and NSAIDs, Pharmacology: Immunosuppressive Drugs, Autoimmune Disorders: Systemic Lupus Erythematosus, Autoimmune Disorders: Rheumatoid Arthritis, Autoimmune Disorders: Scleroderma, Autoimmune Disorders: Sjogren's Syndrome, Autoimmune Disorders: Vasculitis (Part 1 of 2)	Pharmacology pp. 238-249	12	2 hours	40	5	2	2
152		Pathology-General, Gastrointestinal System	Autoimmune Disorders: Vaculitis (Part 2 of 2), Cellular Adaptations, Cell Injury, Free Radicals, Apoptosis, Necrosis, Inflammation Principles, Acute and Chronic Inflammation, Granulomatous Inflammation, Wound Healing and Scar, Pathologic Calcification, Neoplasia, General Topics: Enzymes, General Topics: Enzyme Inhibitors, General Topics: Dose-Response, General Topics: Drug Elimination, General Topics: Pharmacokinetics			2 hours	40	5	2	2
153	Begin study block #3	Nervous System		Neurology & Special Senses pp. 474-497	24		80	4		3
154		Nervous System, Endocrine System		Neurology & Special Senses pp. 495-521	24		80	4		3
155		Nervous System, Endocrine System, Cardiovascular System		Neurology & Special Senses pp. 522-535, Endocrine pp. 320-329	24		80	4		3
156		Endocrine System, Cardiovascular System		Endocrine pp. 330-350	21		80	4		3
157		Cardiovascular System, Musculoskeletal System		Cardiovascular pp. 274-299	26		80	4		3
158		Cardiovascular System, Musculoskeletal System, Respiratory System		Cardiovascular pp. 300-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-439	24		80	4		3

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
159		Musculoskeletal System, Respiratory System		Musculoskeletal, Skin, and Connective Tissue pp. 440-460	21		80	4		3
160		Musculoskeletal System, Miscellaneous, Respiratory System, Skin, Renal & Urinary System		Musculoskeletal, Skin, and Connective Tissue pp. 461-472, Respiratory pp. 641-654	26		80	4		3
161		Respiratory System, Renal & Urinary System, Hematology & Oncology		Respiratory pp. 655-668, Renal pp. 562-571	24		80	4		3
162		Respiratory System, Renal & Urinary System, Hematology & Oncology		Renal pp. 572-592	21		80	4		3
163		Renal & Urinary System, Hematology & Oncology		Hematology & Oncology pp. 396-421	26		80	4		3
164		Hematology & Oncology		Hematology & Oncology pp. 422-431, Gastrointestinal pp. 352-364	23		80	4		3
165		Hematology & Oncology, Gastrointestinal System		Gastrointestinal pp. 365-388	24		80	4		3
166		Gastrointestinal System, Hematology & Oncology		Gastrointestinal pp. 389-394, Reproductive pp. 594-610	23		80	4		3
167		Gastrointestinal System, Reproductive System		Reproductive pp. 611-635	25		80	4		3
168		Reproductive System, Gastrointestinal System		Reproductive pp. 636-639, Psychiatry pp. 537-556	24		80	4		3
169		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System		Psychiatry pp. 557-560, Biochemistry pp. 34-51	22		80	4		3
170		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System		Biochemistry pp. 52-76	25		80	4		3
171	Catch-up day									
172		Biochem, Cell Bio, Genetics, Reproductive System		Biochemistry pp. 77-94, Basic Microbiology pp. 124-129	24		80	4		3

**6-MONTH 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	Boards and Beyond tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
173		Biochem, Cell Bio, Genetics, Reproductive System		Microbiology pp. 130-150	21		80	4		3
174		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology		Microbiology pp. 151-176	26		80	4		3
175		Microbiology, Immunology, Pathology - General		Microbiology pp. 177-200	24		80	4		3
176		Microbiology, Pathology - General		Microbiology pp. 201-204, Immunology pp. 95-113	23		80	4		3
177		Microbiology, Immunology, Pathology - General		Immunology pp. 114-122, Pathology pp. 205-219	24		80	4		3
178		Immunology, Pathology - General		Pathology pp. 220-226, Pharmacology pp. 227-243	24		80	4		3
179		Pathology - General		Pharmacology pp. 244-249, Public Health Sciences pp. 251-267	23		80	4		3
180		Pharmacology - General, Pathology - General		Public Health Sciences pp. 268-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-688	23		80	4		3