

6-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	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: Dermatomes and Reflexes, Nervous System Structures: Cerebral Cortex, Nervous System Structures: Spinal Cord	Neurology & Special Senses pp. 478-484	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)	Neurology & Special Senses pp. 485-491	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)	Neurology & Special Senses pp. 492-498	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)	Neurology & Special Senses pp. 499-505	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)	Neurology & Special Senses pp. 506-512	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	Neurology & Special Senses pp. 513-519	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	Neurology & Special Senses pp. 520-526	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	Neurology & Special Senses pp. 527-533	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,	Neurology & Special Senses pp. 534-539, Endocrine pp. 321-322	7	1 hour	10	2	1	1
10		Endocrine System	Thyroid: Thyroid Disorders, Thyroid: Thyroid Cancer, Adrenals: Adrenal Glands, Adrenals: Congenital Adrenal Hyperplasia	Endocrine pp. 322-328	7	1 hour	10	2	1	1
11		Endocrine System	Adrenals: Adrenal Disorders, Pancreas: Endocrine Pancreas, Pancreas: Diabetes (Part 1 of 2)	Endocrine pp. 329-334	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)	Endocrine pp. 336-342	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)	Endocrine pp. 343-349	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	Endocrine pp. 350-350, Cardiovascular pp. 278-283	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	Cardiovascular pp. 284-290	7	1 hour	10	2	1	1
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	Cardiovascular pp. 291-297	7	1 hour	10	2	1	1

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Day	Event	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
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)	Respiratory pp. 656-662	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	Respiratory pp. 663-669	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)	Respiratory pp. 670-672, Renal pp. 566-569	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	Renal pp. 570-576	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)	Renal pp. 577-583	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)	Renal pp. 584-590	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	Renal pp. 591-596, Hematology & Oncology pp. 396-396	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	Hematology & Oncology pp. 397-403	7	1 hour	10	2	1	1
42		Hematology & Oncology	Electrolytes: Sodium and Water Balance, Electrolytes: Sodium Disorders, Diseases of the Nephron: Glomerulonephritis Principles	Hematology & Oncology pp. 404-410	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	Hematology & Oncology pp. 411-417	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)	Hematology & Oncology pp. 418-424	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)	Hematology & Oncology pp. 425-431	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)	Hematology & Oncology pp. 432-436, Gastrointestinal pp. 352-353	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	Gastrointestinal pp. 354-360	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	Gastrointestinal pp. 361-367	7	1 hour	10	2	1	1
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)	Gastrointestinal pp. 368-374	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: Porphyrrias (Part 1 of 2)	Gastrointestinal pp. 375-381	7	1 hour	10	2	1	1

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51		Gastrointestinal System	Other: Porphyrias (Part 2 of 2), Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy, Anatomy: Gastrointestinal Blood Supply, Anatomy: Gastrointestinal Tract (Part 1 of 2)	Gastrointestinal pp. 382-388	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)	Gastrointestinal pp. 389-394, Reproductive pp. 598-598	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)	Reproductive pp. 599-605	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	Reproductive pp. 606-612	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)	Reproductive pp. 613-619	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)	Reproductive pp. 620-626	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	Reproductive pp. 627-633	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)	Reproductive pp. 634-640	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: Maternal-Fetal Disorders, Pregnancy: Hypertension in Pregnancy (Part 1 of 2)	Reproductive pp. 641-643, Psychiatry pp. 541-544	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	Psychiatry pp. 545-551	7	1 hour	10	2	1	1
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)	Psychiatry pp. 552-558	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	Psychiatry pp. 559-564, Biochemistry pp. 34-34	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	Biochemistry pp. 35-41	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)	Biochemistry pp. 42-48	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	Biochemistry pp. 49-55	7	1 hour	10	2	1	1

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67		Biochem,Cell Bio, Genetics	Pathology: Psychosis, Pathology: Psychotic Disorders, Pathology: Dissoassociative Disorders, Pathology: Somatic Disorders, Pathology: Personality Disorders, Pathology: Mood Disorders, Pathology: Anxiety Disorders (Part 1 of 2)	Biochemistry pp. 56-62	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)	Biochemistry pp. 63-69	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)	Biochemistry pp. 70-76	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)	Biochemistry pp. 77-83	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)	Biochemistry pp. 84-90	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	Biochemistry pp. 91-94, Microbiology pp. 124-126	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)	Microbiology pp. 127-133	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)	Microbiology pp. 134-140	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)	Microbiology pp. 141-147	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	Microbiology pp. 148-154	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	Microbiology pp. 155-161	7	1 hour	10	2	1	1	
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)	Microbiology pp. 162-168	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)	Microbiology pp. 169-175	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	Microbiology pp. 176-182	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)	Microbiology pp. 183-189	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	Microbiology pp. 190-196	7	1 hour	10	2	1	1	
84		Microbiology	Bacteria: Other Gram Positives, Bacteria: Gram Negative Rods, Bacteria: Other Gram Negatives	Microbiology pp. 197-203	7	1 hour	10	2	1	1	

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85		Microbiology, Immunology	Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria, Antibiotics: Penicillins, Antibiotics: Beta Lactams (Part 1 of 2)	Microbiology pp. 204-204, Immunology pp. 95-100	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)	Immunology pp. 101-107	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)	Immunology pp. 108-114	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)	Immunology pp. 115-121	7	1 hour	10	2	1	1
89		Immunology, Pathology-General	Viruses: Herpes Viruses (Part 2 of 2), Viruses: RNA Viruses, Viruses: Viral Hepatitis	Immunology pp. 122-122, Pathology pp. 205-210	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)	Pathology pp. 211-217	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)	Pathology pp. 218-224	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)	Pathology pp. 225-229, Pharmacology pp. 231-232	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. 233-239	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. 240-246	7	1.5 hours	10	2	1	1
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, Generap Topics: Enzymes, Generap Topics: Enzyme Inhibitors, Generap Topics: Dose-Response, Generap Topics: Drug Elimination, Generap Topics: Pharmacokinetics	Pharmacology pp. 247-253	7	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. 478-483	10	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. 484-489	10	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. 490-495	10	2 hours	40	5	2	2

6-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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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. 496-501	10	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. 502-513	16	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)	Neurology & Special Senses pp. 514-520	11	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)	Neurology & Special Senses pp. 521-525	9	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)	Neurology & Special Senses pp. 526-531	10	2 hours	40	5	2	2
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	Neurology & Special Senses pp. 532-537	10	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	Neurology & Special Senses pp. 537-539, Endocrine pp. 321-324	10	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	Endocrine pp. 325-330	10	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	Endocrine pp. 331-336	10	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	Endocrine pp. 337-342	10	2 hours	40	5	2	2

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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	Endocrine pp. 343-348	10	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	Endocrine pp. 349-350, Cardiovascular pp. 278-281	10	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	Cardiovascular pp. 282-287	10	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 Tests, Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine	Cardiovascular pp. 288-293	10	2 hours	40	5	2	2
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)	Cardiovascular pp. 294-305	16	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	Cardiovascular pp. 306-311	10	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	Cardiovascular pp. 312-317	10	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	Cardiovascular pp. 318-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	10	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	Musculoskeletal, Skin, and Connective Tissue pp. 442-447	10	2 hours	40	5	2	2

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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	Musculoskeletal, Skin, and Connective Tissue pp. 448-453	10	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	Musculoskeletal, Skin, and Connective Tissue pp. 454-459	10	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	Musculoskeletal, Skin, and Connective Tissue pp. 460-465	10	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	Musculoskeletal, Skin, and Connective Tissue pp. 466-471	10	2 hours	40	5	2	2
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	Musculoskeletal, Skin, and Connective Tissue pp. 472-476, Public Health Sciences pp. 255-255	10	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: Porphyrins, Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy	Public Health Sciences pp. 256-261	10	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	Public Health Sciences pp. 262-267	10	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)	Public Health Sciences pp. 268-272, Approaching the Organ Systems pp. 274-274	10	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	Approaching the Organ Systems pp. 275-275, Respiratory pp. 645-655	16	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	Respiratory pp. 656-661	10	2 hours	40	5	2	2

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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: Maternal-Fetal Disorders, Pregnancy: Hypertension in Pregnancy, Pregnancy: Placental Complications, Pregnancy: Gestational Tumors	Respiratory pp. 662-667	10	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)	Respiratory pp. 668-672, Renal pp. 566-566	10	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	Renal pp. 567-572	10	2 hours	40	5	2	2
135		Gastrointestinal System, Reproductive System, Renal & Urinary System	General Topics: Public Health, General Topics: Quality and Safety, General Topics: Healthy Patient, General Topics: Geriatrics, General Topics: Pediatrics, Psychology: Conditioning and Transference, Psychology: Ego Defenses, Pathology: Child Abuse and Neglect, Pathology: Childhood Disorders, Pathology: ADHD and Autism	Renal pp. 573-578	10	2 hours	40	5	2	2
136		Gastrointestinal System, Reproductive System, Renal & Urinary System	Pathology: Cognitive Disorders, Pathology: Psychosis, Pathology: Psychotic Disorders, Pathology: Dissociative Disorders, Pathology: Somatic Disorders, Pathology: Personality Disorders, Pathology: Mood Disorders, Pathology: Anxiety Disorders, Pathology: Eating Disorders, Pathology: Sleep Disorders, Substance Abuse: Alcohol and CNS Depressants	Renal pp. 579-584	10	2 hours	40	5	2	2
137		Reproductive System, Renal & Urinary System	Substance Abuse: Opioids, Substance Abuse: Stimulants, Substance Abuse: Other Drugs, Pharmacology: Antidepressants, Pharmacology: Lithium, Pharmacology: Antipsychotics, Molecular Biochemistry: DNA Structure, Molecular Biochemistry: Purine Metabolism, Molecular Biochemistry: Pyrimidine Metabolism	Renal pp. 585-590	10	2 hours	40	5	2	2
138		Reproductive System, Renal & Urinary System	Metabolism: Glucose, Metabolism: Glycolysis, Metabolism: Gluconeogenesis, Metabolism: Glycogen, Metabolism: HMP Shunt, Metabolism: Fructose and Galactose, Metabolism: Pyruvate Dehydrogenase, Metabolism: TCA Cycle	Renal pp. 591-596	10	2 hours	40	5	2	2
139		Reproductive System, Immunology, Hematology & Oncology	Metabolism: Electron Transport Chain, Metabolism: Fatty Acids, Metabolism: Ketone Bodies, Metabolism: Ethanol Metabolism, 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. 396-401	10	2 hours	40	5	2	2
140		Reproductive System, Immunology, Hematology & Oncology	Amino Acids: Phenylalanine and Tyrosine (Part 2 of 2), Amino Acids: Other Amino Acids, Amino Acids: Ammonia, Vitamins: B Vitamins, Vitamins: B12 and Folate, Vitamins: Other Vitamins, Lipids: Lipid Metabolism	Hematology & Oncology pp. 402-407	10	2 hours	40	5	2	2
141		Reproductive System, Immunology, Pathology - General, Hematology & Oncology	Lipids: Hyperlipidemia, Lipids: Lipid Drugs, Other Topics: Lysosomal Storage Diseases, Molecular Biology: DNA Replication, Molecular Biology: DNA Mutations, Molecular Biology: DNA Repair, Molecular Biology: Transcription	Hematology & Oncology pp. 408-413	10	2 hours	40	5	2	2

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142		Reproductive System, Pathology - General, Hematology & Oncology	Molecular Biology: Translation, Laboratory Techniques: PCR, Laboratory Techniques: Blotting, Laboratory Techniques: Flow Cytometry, Laboratory Techniques: ELISA, Laboratory Techniques: Microarrays and FISH, Cellular Biology: Cell Cycle, Cellular Biology: Cell Structure, Cellular Biology: Cytoskeleton, Cellular Biology: Connective Tissue, Genetic Concepts: Genetic Principles (Part 1 of 2)	Hematology & Oncology pp. 414-419	10	2 hours	40	5	2	2
143		Reproductive System, Pathology - General, Hematology & Oncology	Genetic Concepts: Genetic Principles (Part 2 of 2), Genetic Concepts: Gene Mapping, Genetic Concepts: Meiosis, Genetic Concepts: Hardy-Weinberg Law, Genetic Concepts: Pedigrees, 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	Hematology & Oncology pp. 420-426	11	2 hours	40	5	2	2
144	Catch-up Day									
145	Practice Test 2									
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	Hematology & Oncology pp. 427-436, Gastrointestinal pp. 352-352	10	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	Gastrointestinal pp. 353-358	10	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	Gastrointestinal pp. 359-364	10	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)	Gastrointestinal pp. 365-370	10	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	Gastrointestinal pp. 377-382	10	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)	Gastrointestinal pp. 383-388	10	2 hours	40	5	2	2
152		Pathology-General, Gastrointestinal System	Autoimmune Disorders: Vasculitis (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	Gastrointestinal pp. 383-394	8	2 hours	40	5	2	2
153	Begin study block #3	Nervous System		Neurology & Special Senses pp. 478-500	23		80	4		3
154		Nervous System, Endocrine System		Neurology & Special Senses pp. 501-523	23		80	4		3
155		Nervous System, Endocrine System, Cardiovascular System		Neurology & Special Senses pp. 523-539, Endocrine pp. 321-327	23		80	4		3
156		Endocrine System, Cardiovascular System		Endocrine pp. 328-350	23		80	4		3

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157		Cardiovascular System, Musculoskeletal System		Cardiovascular pp. 278-300	23		80	4		3
158		Cardiovascular System, Musculoskeletal System, Respiratory System		Cardiovascular pp. 301-319, Musculoskeletal, Skin, and Connective Tissue pp. 438-441	23		80	4		3
159		Musculoskeletal System, Respiratory System		Musculoskeletal, Skin, and Connective Tissue pp. 442-464	23		80	4		3
160		Musculoskeletal System, Miscellaneous, Respiratory System, Skin, Renal & Urinary System		Musculoskeletal, Skin, and Connective Tissue pp. 465-476, Public Health Sciences pp. 255-272	29		80	4		3
161		Respiratory System, Renal & Urinary System, Hematology & Oncology		Respiratory pp. 645-661	20		80	4		3
162		Respiratory System, Renal & Urinary System, Hematology & Oncology		Respiratory pp. 662-672, Renal pp. 566-577	23		80	4		3
163		Renal & Urinary System, Hematology & Oncology		Renal pp. 578-596, Hematology & Oncology pp. 396-399	23		80	4		3
164		Hematology & Oncology		Hematology & Oncology pp. 400-422	23		80	4		3
165		Hematology & Oncology, Gastrointestinal System		Hematology & Oncology pp. 423-436, Gastrointestinal pp. 352-360	23		80	4		3
166		Gastrointestinal System, Hematology & Oncology		Gastrointestinal pp. 361-383	23		80	4		3
167		Gastrointestinal System, Reproductive System		Gastrointestinal pp. 384-394, Reproductive pp. 598-609	23		80	4		3
168		Reproductive System, Gastrointestinal System		Reproductive pp. 610-632	23		80	4		3
169		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System		Reproductive pp. 633-643, Psychiatry pp. 541-552	23		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. Good luck!

Day	Event	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	Pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
170		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System		Psychiatry pp. 553-564, Biochemistry pp. 34-44	23		80	4		3
171	Catch-up day									
172		Biochem, Cell Bio, Genetics, Reproductive System		Biochemistry pp. 45-67	23		80	4		3
173		Biochem, Cell Bio, Genetics, Reproductive System		Biochemistry pp. 68-90	23		80	4		3
174		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology		Biochemistry pp. 91-94, Microbiology pp. 124-142	23		80	4		3
175		Microbiology, Immunology, Pathology - General		Microbiology pp. 143-165	23		80	4		3
176		Microbiology, Pathology - General		Microbiology pp. 166-188	23		80	4		3
177		Microbiology, Immunology, Pathology - General		Microbiology pp. 189-204, Immunology pp. 95-101	23		80	4		3
178		Immunology, Pathology - General		Immunology pp. 102-122, Pathology pp. 205-206	23		80	4		3
179		Pathology - General		Pathology pp. 207-229	23		80	4		3
180		Pharmacology - General, Pathology - General		Pharmacology pp. 231-253	23		80	4		3