

6-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	Fundamentals of Pathology (2018) tasks	Sketchy/Micro tasks	First Aid (2018) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Nervous System				Pathology pp. 205-211	7		10	2		1
2		Nervous System				Pathology pp. 212-218	7		10	2		1
3		Nervous System				Pathology pp. 219-225	7		10	2		1
4		Nervous System				Pathology pp. 226-226, Biochemistry pp. 34-39	7		10	2		1
5		Nervous System				Biochemistry pp. 40-46	7		10	2		1
6		Nervous System				Biochemistry pp. 47-53	7		10	2		1
7		Nervous System				Biochemistry pp. 54-60	7		10	2		1
8		Nervous System				Biochemistry pp. 61-67	7		10	2		1
9		Nervous System, Endocrine System				Biochemistry pp. 68-74	7		10	2		1
10		Endocrine System				Biochemistry pp. 75-81	7		10	2		1
11		Endocrine System				Biochemistry pp. 82-88	7		10	2		1
12		Endocrine System				Biochemistry pp. 89-94, Microbiology pp. 124-124	7		10	2		1
13		Endocrine System				Microbiology pp. 125-131	7		10	2		1
14		Endocrine System, Cardiovascular System				Microbiology pp. 132-133, Microbiology pp. 134-138	7		10	2		1
15		Cardiovascular System				Microbiology pp. 139-145	7		10	2		1
16		Cardiovascular System				Microbiology pp. 146-152	7		10	2		1
17		Cardiovascular System				Microbiology pp. 153-159	7		10	2		1
18		Cardiovascular System				Microbiology pp. 160-166	7		10	2		1
19		Cardiovascular System				Microbiology pp. 167-173	7		10	2		1
20		Cardiovascular System, Musculoskeletal System				Microbiology pp. 174-180	7		10	2		1
21		Musculoskeletal System				Microbiology pp. 181-187	7		10	2		1
22		Musculoskeletal System				Microbiology pp. 188-194	7		10	2		1
23		Musculoskeletal System				Microbiology pp. 195-201	7		10	2		1
24		Musculoskeletal System				Microbiology pp. 202-204, Immunology pp. 95-98	7		10	2		1
25		Musculoskeletal System, Miscellaneous				Immunology pp. 99-105	7		10	2		1
26		Miscellaneous				Immunology pp. 106-112	7		10	2		1
27		Miscellaneous				Immunology pp. 113-119	7		10	2		1
28		Miscellaneous				Immunology, Neurology & Special Senses pp. 474-477	7		10	2		1
29		Miscellaneous				Neurology & Special Senses pp. 478-484	7		10	2		1
30		Miscellaneous				Neurology & Special Senses pp. 485-491	7		10	2		1
31		Miscellaneous, Respiratory System				Neurology & Special Senses pp. 492-498	7		10	2		1
32		Respiratory System				Neurology & Special Senses pp. 499-505	7		10	2		1
33	Catch-up day											
34		Respiratory System				Neurology & Special Senses pp. 506-512	7		10	2		1
35		Respiratory System				Neurology & Special Senses pp. 513-519	7		10	2		1
36		Respiratory System, Renal & Urinary System				Neurology & Special Senses pp. 520-526	7		10	2		1
37		Renal & Urinary System				Neurology & Special Senses pp. 527-533	7		10	2		1
38		Renal & Urinary System				Neurology & Special Senses pp. 534-535, Endocrine pp. 320-324	7		10	2		1
39		Renal & Urinary System				Endocrine pp. 325-331	7		10	2		1
40		Renal & Urinary System, Hematology & Oncology				Endocrine pp. 332-338	7		10	2		1
41		Hematology & Oncology				Endocrine pp. 339-345	7		10	2		1
42		Hematology & Oncology				Endocrine pp. 346-350, Cardiovascular pp. 274-275	7		10	2		1
43		Hematology & Oncology				Cardiovascular pp. 276-282	7		10	2		1
44		Hematology & Oncology				Cardiovascular pp. 283-289	7		10	2		1
45		Hematology & Oncology				Cardiovascular pp. 290-297	7		10	2		1
46		Hematology & Oncology, Gastrointestinal System				Cardiovascular pp. 297-303	7		10	2		1
47		Gastrointestinal System				Cardiovascular pp. 304-310	7		10	2		1
48		Gastrointestinal System				Cardiovascular pp. 311-317	7		10	2		1
49		Gastrointestinal System				Musculoskeletal, Skin, and Connective Tissue pp. 434-440	7		10	2		1

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117		Skin, Hematology & Oncology, Cardiovascular System	4.1 Primary Hemostasis and Related Bleeding Disorders (Part 2 of 2), 4.2 Secondary Hemostasis and Related Disorders (Part 1 of 2)	Skin Pathology (Part 2 of 3) pp. 207-210		Respiratory pp. 651-663		13 40 minutes	40	5	2	2
118		Skin, Renal & Urinary System, Hematology & Oncology, Cardiovascular System	4.2 Secondary Hemostasis and Related Disorders (Part 2 of 2), 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis	Skin Pathology (Part 3 of 3) pp. 211-212, Kidney & Urinary Tract Pathology (Part 1 of 4) pp. 125-126		Respiratory pp. 664-668, Renal pp. 562-569		13 39 minutes	40	5	2	2
119		Renal & Urinary System, Hematology & Oncology, Cardiovascular System, Musculoskeletal System	4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1 (Part 1 of 2)	Kidney & Urinary Tract Pathology (Part 2 of 4) pp. 127-130		Renal pp. 570-581		12 41 minutes	40	5	2	2
120		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	5.2 Microcytic Anemias Part 1 (Part 2 of 2), 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3 (Part 1 of 2)	Kidney & Urinary Tract Pathology (Part 3 of 4) pp. 131-134		Renal pp. 582-592, Hematology & Oncology pp. 396-397		13 41 minutes	40	5	2	2
121		Renal & Urinary System, Hematology & Oncology, Musculoskeletal System	5.2 Microcytic Anemias Part 3 (Part 2 of 2), 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia	Kidney & Urinary Tract Pathology (Part 4 of 4) pp. 135-135, Hemostasis & Related Disorders (Part 1 of 3) pp. 31-33		Hematology & Oncology pp. 398-409		12 40 minutes	40	5	2	2
122		Hematology & Oncology, Musculoskeletal System	5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 1 of 2)	Hemostasis & Related Disorders (Part 2 of 3) pp. 34-37		Hematology & Oncology pp. 410-422		13 40 minutes	40	5	2	2
123		Hematology & Oncology, Musculoskeletal System	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 2 of 2), 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia (Part 1 of 2)	Hemostasis & Related Disorders (Part 3 of 3) pp. 38-39, Red Blood Cell Disorders (Part 1 of 4) pp. 41-42		Hematology & Oncology pp. 423-431, Gastrointestinal pp. 352-353		11 40 minutes	40	5	2	2
124		Hematology & Oncology, Musculoskeletal System	6.2 Acute Leukemia (Part 2 of 2), 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	Red Blood Cell Disorders (Part 2 of 4) pp. 43-46		Gastrointestinal pp. 354-367		14 41 minutes	40	5	2	2
125		Hematology & Oncology, Musculoskeletal System, Miscellaneous	6.4 Myeloproliferative Disorders (MPD) (Part 2 of 2), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL)	Red Blood Cell Disorders (Part 3 of 4) pp. 47-50		Gastrointestinal pp. 368-379		12 36 minutes	40	5	2	2
126		Hematology & Oncology, Gastrointestinal System, Miscellaneous	6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus	Red Blood Cell Disorders (Part 4 of 4) pp. 51-52, White Blood Cell Disorders (Part 1 of 4) pp. 53-54		Gastrointestinal pp. 380-391		12 44 minutes	40	5	2	2
127		Hematology & Oncology, Gastrointestinal System, Miscellaneous	10.3 Esophagus (Part 3 of 3), 10.4 Stomach (Part 1 of 2)	White Blood Cell Disorders (Part 2 of 4) pp. 55-58		Gastrointestinal pp. 392-394, Reproductive pp. 594-603		13 40 minutes	40	5	2	2
128		Hematology & Oncology, Gastrointestinal System, Miscellaneous	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel	White Blood Cell Disorders (Part 3 of 4) pp. 59-62		Reproductive pp. 604-616		13 38 minutes	40	5	2	2
129		Hematology & Oncology, Gastrointestinal System, Miscellaneous, Respiratory System	10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1)	White Blood Cell Disorders (Part 4 of 4) pp. 63-64, GI Pathology (Part 1 of 5) pp. 99-100		Reproductive pp. 617-628		12 41 minutes	40	5	2	2
130	Catch-up Day											
131		Gastrointestinal System, Respiratory System	10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice (Part 1 of 2)	GI Pathology (Part 2 of 5) pp. 101-104		Reproductive pp. 629-639, Psychiatry pp. 537-538		13 42 minutes	40	5	2	2
132		Gastrointestinal System, Reproductive System, Respiratory System	11.3 Liver: Jaundice (Part 2 of 2), 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva (Part 1 of 2)	GI Pathology (Part 3 of 5) pp. 105-108		Psychiatry pp. 539-550		12 40 minutes	40	5	2	2
133		Gastrointestinal System, Reproductive System, Respiratory System, Renal & Urinary System	13.1 Vulva (Part 2 of 2), 13.2 Vagina, 13.3 Cervix (Part 1 of 2)	GI Pathology (Part 4 of 5) pp. 109-112		Psychiatry pp. 551-560, Biochemistry pp. 34-36		13 41 minutes	40	5	2	2
134		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.3 Cervix (Part 2 of 2), 13.4 Endometrium and Myometrium	GI Pathology (Part 5 of 5) pp. 113-113, Exocrine Pancreas, Gallbladder, & Liver Pathology (Part 1 of 3) pp. 115-117		Biochemistry pp. 37-48		12 38 minutes	40	5	2	2
135		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.5 Ovary, 13.6 Ovarian Tumors	Exocrine Pancreas, Gallbladder, & Liver Pathology (Part 2 of 3) pp. 118-121		Biochemistry pp. 49-61		13 42 minutes	40	5	2	2
136		Gastrointestinal System, Reproductive System, Renal & Urinary System	13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle	Exocrine Pancreas, Gallbladder, & Liver Pathology (Part 3 of 3) pp. 122-123, Female Genital System & Gestational Pathology (Part 1 of 4) pp. 137-138		Biochemistry pp. 62-74		13 40 minutes	40	5	2	2
137		Reproductive System, Renal & Urinary System	14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions	Female Genital System & Gestational Pathology (Part 2 of 4) pp. 139-142		Biochemistry pp. 75-86		12 41 minutes	40	5	2	2
138		Reproductive System, Renal & Urinary System	16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer (Part 1 of 2)	Female Genital System & Gestational Pathology (Part 3 of 4) pp. 143-146		Biochemistry pp. 87-94, Microbiology pp. 124-128		13 40 minutes	40	5	2	2

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139		Reproductive System, Immunology, Hematology & Oncology	16.4 Breast Cancer (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1 (Part 1 of 2)	Female Genital System & Gestational Pathology (Part 4 of 4) pp. 147-150		Microbiology pp. 129-140	12	40 minutes	40	5	2	2
140		Reproductive System, Immunology, Hematology & Oncology	2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	Male Genital System Pathology (Part 1 of 2) pp. 151-154		Microbiology pp. 141-153	13	40 minutes	40	5	2	2
141		Reproductive System, Immunology, Pathology - General, Hematology & Oncology	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations (Part 1 of 2)	Male Genital System Pathology (Part 2 of 2) pp. 155-157, Breast Pathology (Part 1 of 3) pp. 175-175		Microbiology pp. 154-165	12	41 minutes	40	5	2	2
142		Reproductive System, Pathology - General, Hematology & Oncology	1.1 Growth Adaptations (Part 2 of 2), 1.2 Cellular Injury (Part 1 of 2)	Breast Pathology (Part 2 of 3) pp. 176-179		Microbiology pp. 178-190	13	40 minutes	40	5	2	2
143		Reproductive System, Pathology - General, Hematology & Oncology	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death (Part 1 of 2)	Breast Pathology (Part 3 of 3) pp. 180-180, Growth Adaptations, Cellular Injury, & Cell Death (Part 1 of 3) pp. 1-3		Microbiology pp. 191-203	13	40 minutes	40	5	2	2
144	Catch-up Day											
145	Practice Test 2											
146		Pathology-General, Hematology & Oncology, Gastrointestinal System	1.3 Cell Death (Part 2 of 2), 1.4 Free Radical Injury, 1.5 Amyloid (Part 1 of 2)	Growth Adaptations, Cellular Injury, & Cell Death (Part 2 of 3)		Microbiology pp. 204-204, Immunology pp. 95-105	12	40 minutes	40	5	2	2
147		Pathology-General, Gastrointestinal System	1.5 Amyloid (Part 2 of 2), 2.1 Acute Inflammation Part 1 (Part 1 of 2)	Growth Adaptations, Cellular Injury, & Cell Death (Part 3 of 3) pp. 8-9, Inflammation, Inflammatory Disorders, & Wound Healing (Part 1 of 4) pp. 11-12		Immunology pp. 106-118	13	41 minutes	40	5	2	2
148		Pathology-General, Gastrointestinal System	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3 (Part 1 of 2)	Inflammation, Inflammatory Disorders & Wound Healing (Part 2 of 4) pp. 13-16		Immunology pp. 119-122, Pathology pp. 205-212	12	40 minutes	40	5	2	2
149		Pathology-General, Gastrointestinal System	2.1 Acute Inflammation Part 3 (Part 2 of 2), 2.2 Chronic Inflammation	Inflammation, Inflammatory Disorders & Wound Healing (Part 3 of 4) pp. 17-20		Pathology pp. 213-225	13	37 minutes	40	5	2	2
150		Pathology-General, Gastrointestinal System	2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)	Inflammation, Inflammatory Disorders & Wound Healing (Part 4 of 4) pp. 21-22, Principles of Neoplasia (Part 1 of 3) pp. 23-24		Pathology pp. 226-226, Pharmacology pp. 227-237	12	43 minutes	40	5	2	2
151		Pathology-General, Gastrointestinal System	3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1	Principles of Neoplasia (Part 2 of 3) pp. 25-28		Pharmacology pp. 238-249	12	41 minutes	40	5	2	2
152		Pathology-General, Gastrointestinal System	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3 (Part 1 of 2)	Principles of Neoplasia (Part 3 of 3) pp. 29-30			40	minutes	40	5	2	2
153	Begin study block #3	Nervous System	17.1 Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Meningitis, 17.4 Cerebrovascular Disease 17.5 Trauma, 17.6 Demyelinating Disorders, 17.7 Dementia and Degenerative Disorders		1.1 Staph aureus, 1.2 Staph epidermidis/Staph saprophyticus, 1.3 Strep. pyogenes (Group A Strep), 1.4 Strep. agalactiae (Group B Strep)	Neurology & Special Senses pp. 474-497	24	1 hour	80	4	2	3
154		Nervous System, Endocrine System	17.7 Dementia and Degenerative Disorders, 17.8 CNS Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland		1.5 Strep. pneumoniae/Strep viridans, 1.6 Enterococcus, 2.1 Bacillus anthracis and Bacillus cereus, 2.2 Clostridium tetani	Neurology & Special Senses pp. 495-521	24	1 hour	80	4	2	3
155		Nervous System, Endocrine System, Cardiovascular System	15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis, 7.2 Hypertension (HTN)		2.3 Clostridium botulinum, 2.4 Clostridium difficile, 2.5 Clostridium perfringens, 2.6 Corynebacterium diphtheriae	Neurology & Special Senses pp. 522-535, Endocrine pp. 320-329	24	1 hour	80	4	2	3
156		Endocrine System, Cardiovascular System	7.3 Arteriosclerosis, 7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF)		2.7 Listeria monocytogenes, 3.1 Actinomyces, 3.2 Nocardia, 4.1 Neisseria meningitidis overview	Endocrine pp. 330-350	21	1 hour	80	4	2	3
157		Cardiovascular System, Musculoskeletal System	8.3 Congenital Defects, 8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System		4.2 Neisseria meningitidis, 4.3 Neisseria gonorrhoeae, 5.1 Klebsiella, Enterobacter, Serratia, 5.2 Salmonella	Cardiovascular pp. 274-299	26	1.5 hours	80	4	2	3
158		Cardiovascular System, Musculoskeletal System, Respiratory System	18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections		5.3 Shigella, 5.4 Escherichia coli (ETEC, EHEC), 5.5 Yersinia enterocolitica and pestis, 5.6 Campylobacter jejuni	Cardiovascular pp. 300-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-439	24	1 hour	80	4	2	3
159		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases		5.7 Vibrio cholerae, 5.8 Helicobacter pylori, 5.9 Pseudomonas, 5.10 Proteus mirabilis	Musculoskeletal, Skin, and Connective Tissue pp. 440-460	21	1 hour	80	4	2	3

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160		Musculoskeletal System, Miscellaneous, Respiratory System, Skin, Renal & Urinary System	9.5 Restrictive Diseases (Part 2 of 2), 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura, 19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome (Part 1 of 2)		6.1 Bordetella pertussis, 6.2 Haemophilus influenzae, 6.3 Legionella pneumophila, 7.1 Bartonella henselae	Musculoskeletal, Skin, and Connective Tissue pp. 461-472, Respiratory pp. 641-654	26	2 hours	80	4	2	3
161		Respiratory System, Renal & Urinary System, Hematology & Oncology	12.4 Nephritic Syndrome (Part 2 of 2), 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure, 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)		7.2 Brucella, 7.3 Francisella tularensis, 7.4 Pasteurella multocida, 8.1 Mycobacterium tuberculosis	Respiratory pp. 655-668, Renal pp. 562-571	24	1 hour	80	4	2	3
162		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.1 Primary Hemostasis and Related Bleeding Disorders (Part 2 of 2), 4.2 Secondary Hemostasis and Related Disorders, 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism		8.2 Mycobacterium leprae, 9.1 Borrelia burgdorferi, 9.2 Leptospirosis, 9.3 Treponema pallidum	Renal pp. 572-592	21	1 hour	80	4	2	3
163		Renal & Urinary System, Hematology & Oncology	5.1 Anemia, 5.2 Microcytic Anemias Part 1, 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia		10.1 Chlamydia, 10.2 Coxiella burnetii, 10.3 Gardnerella vaginalis, 10.4 Mycoplasma pneumoniae	Hematology & Oncology pp. 396-421	26	1.5 hours	80	4	2	3
164		Hematology & Oncology	5.3 Macrocytic Anemia (Part 2 of 2), 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Part 1 of 2)		10.5 Rickettsia species overview, 10.6 Rickettsia prowazekii, 10.7 Rickettsia rickettsii, 1.1 Histoplasmosis	Hematology & Oncology pp. 422-431, Gastrointestinal pp. 352-364	23	1 hour	80	4	2	3
165		Hematology & Oncology, Gastrointestinal System	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction, 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD)		1.2 Blastomycosis, 1.3 Coccidioidomycosis, 1.4 Paracoccidioidomycosis, 2.1 Malassezia furfur	Gastrointestinal pp. 365-388	24	1 hour	80	4	2	3
166		Gastrointestinal System, Hematology & Oncology	6.4 Myeloproliferative Disorders (MPD) (Part 2 of 2), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus (Part 1 of 2)		2.2 Dermatophytes, 2.3 Sporothrix schenckii, 3.1 Candida albicans, 3.2 Aspergillus fumigatus	Gastrointestinal pp. 389-394, Reproductive pp. 594-610	23	1 hour	80	4	2	3
167		Gastrointestinal System, Reproductive System	10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel		3.3 Cryptococcus neoformans, 3.4 Mucormycosis, 3.5 Pneumocystis pneumonia, 1.1 Picornaviridae Overview	Reproductive pp. 611-635	25	1 hour	80	4	2	3
168		Reproductive System, Gastrointestinal System	10.5 Small Bowel (Part 2 of 2), 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas		1.2 (Pico) Polio Virus, 1.3 (Pico) Coxsackie A, 1.4 (Pico) Rhinovirus, 1.5 (Pico) Hepatitis A	Reproductive pp. 636-639, Psychiatry pp. 537-556	24	1 hour	80	4	2	3
169		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva		1.6 (Nonwalk) Calicivirus, 1.7 Flavivirus Group, 1.8 (Flavi) Hepatitis C, 1.9 Togavirus Group	Psychiatry pp. 557-560, Biochemistry pp. 34-51	22	1 hour	80	4	2	3
170		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary		1.10 Coronavirus, 1.11 Retrovirus - HIV/AIDS, 2.1 Orthomyxovirus, 2.2 paramyxovirus	Biochemistry pp. 52-76	25	1 hour	80	4	2	3
171	Catch-up day											
172		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors, 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle		2.3 Rhabdovirus, 2.4 Filovirus, 2.5 Bunyavirus, 2.6 Arenavirus	Biochemistry pp. 77-94, Basic Microbiology pp. 124-129	24	1 hour	80	4	2	3
173		Biochem, Cell Bio, Genetics, Reproductive System	14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocytic Changes, 16.4 Breast Cancer (Part 1 of 2)		2.7 Reovirus (Double Stranded RNA), 3.1 HSV1 and 2, 3.2 Epstein-Barr virus, 3.3 Cytomegalovirus	Microbiology pp. 130-150	21	1.5 hours	80	4	2	3
174		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	16.4 Breast Cancer (Part 2 of 2), 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1, 2.4 Autoimmune Disorders Part 2		3.4 Varicella Zoster Virus, 3.5 HHV 6 Roseola, 3.6 HHV 8 Kaposi's Sarcoma, 3.7 Polyomavirus	Microbiology pp. 151-176	26	1 hour	80	4	2	3
175		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)		3.8 Papillomavirus, 3.9 Parvovirus, 3.10 Adenovirus, 3.11 Poxvirus	Microbiology pp. 177-200	24	1 hour	80	4	2	3
176		Microbiology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury (Part 1 of 2)		3.12 Hepatitis B, 1.1 Giardia, 1.2 Entamoeba histolytica, 1.3 Cryptosporidium	Microbiology pp. 201-204, Immunology pp. 95-113	23	1 hour	80	4	2	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	Pathoma tasks	Fundamentals of Pathology (2018) tasks	SketchyMicro tasks	First Aid (2018) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
177		Microbiology, Immunology, Pathology - General	1.4 Free Radical Injury (Part 2 of 2), 1.5 Amyloid, 2.1 Acute Inflammation Part 1, 2.1 Acute Inflammation Part 2 (Part 1 of 2)		2.1 Toxoplasmosis, 2.2 Trypanosoma brucei, 2.3 Naegleria fowleri, 3.1 Trypanosoma cruzi	Immunology pp. 114-122, Pathology pp. 205-219	24	1 hour	80	4	2	3
178		Immunology, Pathology - General	2.1 Acute Inflammation Part 2 (Part 2 of 2), 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation, 2.5 Wound Healing (Part 1 of 2)		3.2 Babesia, 3.3 Plasmodium species, 3.4 Leishmaniasis, 4.1 Trichomoniasis	Pathology pp. 220-226, Pharmacology pp. 227-243	24	1 hour	80	4	2	3
179		Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1		5.1 Intestinal nematodes, 5.2 Tissue nematodes	Pharmacology pp. 244-249, Public Health Sciences pp. 251-267	23	1 hour	80	4	2	3
180		Pharmacology - General, Pathology - General	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics		6.1 Cestodes, 6.2 Trematodes	Public Health Sciences pp. 268-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-688	23	1 hour	80	4	2	3