

6-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma 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	Pathology-General		Pathology pp. 205-211	7		10	2		1
2		Pathology-General		Pathology pp. 212-218	7		10	2		1
3		Pathology-General		Pathology pp. 219-225	7		10	2		1
4		Pathology-General, Biochem, Cell Bio, Genetics		Pathology pp. 226-226, Biochemistry pp. 34-39	7		10	2		1
5		Biochem, Cell Bio, Genetics		Biochemistry pp. 40-46	7		10	2		1
6		Biochem, Cell Bio, Genetics		Biochemistry pp. 47-53	7		10	2		1
7		Biochem, Cell Bio, Genetics		Biochemistry pp. 54-60	7		10	2		1
8		Biochem, Cell Bio, Genetics		Biochemistry pp. 61-67	7		10	2		1
9		Biochem, Cell Bio, Genetics		Biochemistry pp. 68-74	7		10	2		1
10		Biochem, Cell Bio, Genetics		Biochemistry pp. 75-81	7		10	2		1
11		Biochem, Cell Bio, Genetics		Biochemistry pp. 82-88	7		10	2		1
12		Biochem, Cell Bio, Genetics, Microbiology		Biochemistry pp. 89-94, Microbiology pp. 124-124	7		10	2		1
13		Microbiology		Microbiology pp. 125-131	7		10	2		1
14		Microbiology		Microbiology pp. 132-133, Microbiology pp. 134-138	7		10	2		1
15		Microbiology		Microbiology pp. 139-145	7		10	2		1
16		Microbiology		Microbiology pp. 146-152	7		10	2		1
17		Microbiology		Microbiology pp. 153-159	7		10	2		1
18		Microbiology		Microbiology pp. 160-166	7		10	2		1
19		Microbiology		Microbiology pp. 167-173	7		10	2		1
20		Microbiology		Microbiology pp. 174-180	7		10	2		1
21		Microbiology		Microbiology pp. 181-187	7		10	2		1
22		Microbiology		Microbiology pp. 188-194	7		10	2		1
23		Microbiology		Microbiology pp. 195-201	7		10	2		1
24		Microbiology, Immunology		Microbiology pp. 202-204, Immunology pp. 95-98	7		10	2		1
25		Immunology		Immunology pp. 99-105	7		10	2		1
26		Immunology		Immunology pp. 106-112	7		10	2		1
27		Immunology		Immunology pp. 113-119	7		10	2		1
28		Immunology, Nervous System		Immunology, Neurology & Special Senses pp. 474-477	7		10	2		1
29		Nervous System		Neurology & Special Senses pp. 478-484	7		10	2		1
30		Nervous System		Neurology & Special Senses pp. 485-491	7		10	2		1
31		Nervous System		Neurology & Special Senses pp. 492-498	7		10	2		1
32		Nervous System		Neurology & Special Senses pp. 499-505	7		10	2		1
33	Catch-up day									
34		Nervous System		Neurology & Special Senses pp. 506-512	7		10	2		1
35		Nervous System		Neurology & Special Senses pp. 513-519	7		10	2		1

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36		Nervous System		Neurology & Special Senses pp. 520-526	7		10	2		1
37		Nervous System		Neurology & Special Senses pp. 527-533	7		10	2		1
38		Nervous System, Endocrine System		Neurology & Special Senses pp. 534-535, Endocrine pp. 320-324	7		10	2		1
39		Endocrine System		Endocrine pp. 325-331	7		10	2		1
40		Endocrine System		Endocrine pp. 332-338	7		10	2		1
41		Endocrine System		Endocrine pp. 339-345	7		10	2		1
42		Endocrine System, Cardiovascular System		Endocrine pp. 346-350, Cardiovascular pp. 274-275	7		10	2		1
43		Cardiovascular System		Cardiovascular pp. 276-282	7		10	2		1
44		Cardiovascular System		Cardiovascular pp. 283-289	7		10	2		1
45		Cardiovascular System		Cardiovascular pp. 290-297	7		10	2		1
46		Cardiovascular System		Cardiovascular pp. 297-303	7		10	2		1
47		Cardiovascular System		Cardiovascular pp. 304-310	7		10	2		1
48		Cardiovascular System		Cardiovascular pp. 311-317	7		10	2		1
49		Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 434-440	7		10	2		1
50		Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 441-447	7		10	2		1
51		Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 448-454	7		10	2		1
52		Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 455-461	7		10	2		1
53		Musculoskeletal System		Musculoskeletal, Skin, and Connective Tissue pp. 462-468	7		10	2		1
54		Musculoskeletal System, Miscellaneous		Musculoskeletal, Skin, and Connective Tissue pp. 469-472, Public Health Sciences pp. 251-253	7		10	2		1
55		Miscellaneous		Public Health Sciences pp. 254-260	7		10	2		1
56		Miscellaneous		Public Health Sciences pp. 261-267	7		10	2		1
57		Miscellaneous		Public Health Sciences pp. 264-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-672	7		10	2		1
58		Miscellaneous		Rapid Review pp. 673-679	7		10	2		1
59	Catch-up day									
60		Miscellaneous		Rapid Review pp. 680-686	7		10	2		1
61		Miscellaneous, Respiratory System		Rapid Review pp. 687-688, Respiratory pp. 641-645	7		10	2		1
62		Respiratory System		Respiratory pp. 646-652	7		10	2		1
63		Respiratory System		Respiratory pp. 653-659	7		10	2		1
64		Respiratory System		Respiratory pp. 660-666	7		10	2		1
65		Respiratory System, Renal & Urinary System		Respiratory pp. 667-668, Renal pp. 562-566	7		10	2		1
66		Renal & Urinary System		Renal pp. 567-573	7		10	2		1
67		Renal & Urinary System		Renal pp. 574-580	7		10	2		1
68		Renal & Urinary System		Renal pp. 581-587	7		10	2		1
69		Renal & Urinary System, Hematology & Oncology		Renal pp. 588-592, Hematology & Oncology pp. 396-397	7		10	2		1
70		Hematology & Oncology		Hematology & Oncology pp. 398-404	7		10	2		1

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71		Hematology & Oncology		Hematology & Oncology pp. 405-411	7		10	2		1
72		Hematology & Oncology		Hematology & Oncology pp. 412-418	7		10	2		1
73	Catch-up day						10			
74		Hematology & Oncology		Hematology & Oncology pp. 419-425	7		10	2		1
75		Hematology & Oncology, Gastrointestinal System		Hematology & Oncology pp. 426-431, Gastrointestinal pp. 352-352	7		10	2		1
76		Gastrointestinal System		Gastrointestinal pp. 353-359	7		10	2		1
77		Gastrointestinal System		Gastrointestinal pp. 360-366	7		10	2		1
78		Gastrointestinal System		Gastrointestinal pp. 367-373	7		10	2		1
79		Gastrointestinal System		Gastrointestinal pp. 374-380	7		10	2		1
80		Gastrointestinal System		Gastrointestinal pp. 381-387	7		10	2		1
81		Gastrointestinal System		Gastrointestinal pp. 388-394	7		10	2		1
82		Reproductive System		Reproductive pp. 594-600	7		10	2		1
83		Reproductive System		Reproductive pp. 601-607	7		10	2		1
84		Reproductive System		Reproductive pp. 608-614	7		10	2		1
85		Reproductive System		Reproductive pp. 615-621	7		10	2		1
86		Reproductive System		Reproductive pp. 622-628	7		10	2		1
87		Reproductive System		Reproductive pp. 629-635	7		10	2		1
88		Reproductive System, Behavioral/Psychiatry		Reproductive pp. 636-639, Psychiatry pp. 537-539	7		10	2		1
89		Behavioral/Psychiatry		Psychiatry pp. 540-546	7		10	2		1
90		Behavioral/Psychiatry		Psychiatry pp. 547-533	7		10	2		1
91		Behavioral/Psychiatry		Psychiatry pp. 554-560	7		10	2		1
92		Pharmacology-General		Pharmacology pp. 227-233	7		10	2		1
93		Pharmacology-General		Pharmacology pp. 234-240	7		10	2		1
94		Pharmacology-General		Pharmacology pp. 241-247	7		10	2		1
95	Complete first pass of First Aid	Pharmacology-General		Pharmacology pp. 248-249	2		10	2		1
96	Catch-up day									
97	Begin study block #2	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 (Part 1 of 2)	Neurology & Special Senses pp. 474-486	13	42 minutes	40	5	2	2
98		Nervous System	17.5 Trauma, 17.6 Demyelinating Disorders (Part 2 of 2), 17.7 Dementia and Degenerative Disorders	Neurology & Special Senses pp. 487-499	13	42 minutes	40	5	2	2
99		Nervous System, Endocrine System	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 (Part 1 of 2)	Neurology & Special Senses pp. 500-512	13	41 minutes	40	5	2	2
100		Nervous System, Endocrine System	15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia (Part 2 of 2), 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas	Neurology & Special Senses pp. 513-524	12	37 minutes	40	5	2	2

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101		Nervous System, Endocrine System, Cardiovascular System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis (Part 1 of 2)	Neurology & Special Senses pp. 525-535, Endocrine pp. 320-320	12	45 minutes	40	5	2	2
102	Practice Test 1									
103		Endocrine System, Cardiovascular System	7.1 Vasculitis (Part 2 of 2), 7.2 Hypertension (HTN), 7.3 Arteriosclerosis, 7.4 Aortic Dissection and Aneurysm (Part 1 of 2)	Endocrine pp. 321-333	13	41 minutes	40	5	2	2
104		Endocrine System, Cardiovascular System	7.4 Aortic Dissection and Aneurysm (Part 2 of 2), 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD)	Endocrine pp. 334-346	13	39 minutes	40	5	2	2
105		Endocrine System, Cardiovascular System	8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders (Part 1 of 2)	Endocrine pp. 347-350, Cardiovascular pp. 274-281	12	43 minutes	40	5	2	2
106		Cardiovascular System, Musculoskeletal System	8.4 Valvular Disorders (Part 2 of 2), 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System (Part 1 of 2)	Cardiovascular pp. 282-293	12	41 minutes	40	5	2	2
107		Cardiovascular System, Musculoskeletal System	18.1 Skeletal System (Part 2 of 2), 18.2 Bone Tumors, 18.3 Joint	Cardiovascular pp. 294-306	13	40 minutes	40	5	2	2
108		Cardiovascular System, Musculoskeletal System, Respiratory System	18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections (Part 1 of 2)	Cardiovascular pp. 307-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-435	13	42 minutes	40	5	2	2
109		Musculoskeletal System, Respiratory System	9.3 Pulmonary Infections (Part 2 of 2), 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 436-447	12	41 minutes	40	5	2	2
110		Musculoskeletal System, Respiratory System	9.4 Chronic Obstructive Pulmonary Disease (Part 2 of 2), 9.5 Restrictive Diseases, 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 448-460	13	41 minutes	40	5	2	2
111		Musculoskeletal System, Respiratory System, Skin	9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes (Part 2 of 2), 9.8 Lung Cancer, 9.9 Pleura, 19.1 Inflammatory Dermatoses (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 461-472	12	41 minutes	40	5	2	2
112		Miscellaneous, Skin, Renal & Urinary System	19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infections Disorders, 12.1 Congenital (Part 1 of 2)	Public Health Sciences pp. 251-263	13	41 minutes	40	5	2	2
113		Miscellaneous, Renal & Urinary System	12.1 Congenital (Part 2 of 2), 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome (Part 1 of 2)	Public Health Sciences pp. 264-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-673	12	41 minutes	40	5	2	2
114		Miscellaneous, Renal & Urinary System	12.3 Nephrotic Syndrome (Part 2 of 2), 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure, 12.8 Renal Neoplasia	Rapid Review pp. 674-686	13	41 minutes	40	5	2	2
115		Miscellaneous, Respiratory System, Renal & Urinary System, Hematology & Oncology	12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Rapid Review pp. 687-688, Respiratory pp. 641-650	12	41 minutes	40	5	2	2
116	Catch-up day									
117		Respiratory 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 (Part 1 of 2)	Respiratory pp. 651-663	13	41 minutes	40	5	2	2

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118		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.3 Other Disorders of Hemostasis (Part 2 of 2), 4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia (Part 1 of 2)	Respiratory pp. 664-668, Renal pp. 562-569	13	41 minutes	40	5	2	2
119		Renal & Urinary System, Hematology & Oncology	5.1 Anemia (Part 2 of 2), 5.2 Macrocytic Anemias Part 1, 5.2 Microcytic Anemias Part 2 (Part 1 of 2)	Renal pp. 570-581	12	41 minutes	40	5	2	2
120		Renal & Urinary System, Hematology & Oncology	5.2 Microcytic Anemias Part 2 (Part 2 of 2), 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia (Part 1 of 2)	Renal pp. 582-592, Hematology & Oncology pp. 396-397	13	41 minutes	40	5	2	2
121		Hematology & Oncology	5.3 Macrocytic Anemia (Part 2 of 2), 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis (Part 1 of 2)	Hematology & Oncology pp. 398-409	12	41 minutes	40	5	2	2
122		Hematology & Oncology	5.5 Normocytic Anemias w/ Extravascular Hemolysis (Part 2 of 2), 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction, 6.1 Leukopenia and Leukocytosis (Part 1 of 2)	Hematology & Oncology pp. 410-422	13	41 minutes	40	5	2	2
123		Hematology & Oncology, Gastrointestinal System	6.1 Leukopenia and Leukocytosis (Part 2 of 2), 6.2 Acute Leukemia, 6.3 Chronic Leukemia (Part 1 of 2)	Hematology & Oncology pp. 423-431, Gastrointestinal pp. 352-353	11	41 minutes	40	5	2	2
124		Gastrointestinal System, Hematology & Oncology	6.3 Chronic Leukemia (Part 2 of 2), 6.4 Myeloproliferative Disorders (MPD), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL) (Part 1 of 2)	Gastrointestinal pp. 354-367	14	41 minutes	40	5	2	2
125		Gastrointestinal System, Hematology & Oncology	6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL) (Part 2 of 2), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland (Part 1 of 2)	Gastrointestinal pp. 368-379	12	42 minutes	40	5	2	2
126		Gastrointestinal System	10.2 Salivary Gland (Part 2 of 2), 10.3 Esophagus, 10.4 Stomach (Part 1 of 2)	Gastrointestinal pp. 380-391	12	41 minutes	40	5	2	2
127		Gastrointestinal System, Reproductive System	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel (Part 1 of 2)	Gastrointestinal pp. 392-394, Reproductive pp. 594-603	13	41 minutes	40	5	2	2
128		Reproductive System, Gastrointestinal System	10.5 Small Bowel (Part 2 of 2), 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1) (Part 1 of 2)	Reproductive pp. 604-616	13	41 minutes	40	5	2	2
129		Reproductive System, Gastrointestinal System	10.8 Colon (1) (Part 2 of 2), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.1 Gallbladder and Biliary Tract (Part 1 of 2)	Reproductive pp. 617-628	12	41 minutes	40	5	2	2
130	Catch-up Day									
131		Reproductive System, Behavioral/Psychiatry, Gastrointestinal System	11.2 Gallbladder and Biliary Tract (Part 2 of 2), 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors (Part 1 of 2)	Reproductive pp. 629-639, Psychiatry pp. 537-538	13	41 minutes	40	5	2	2
132		Behavioral/Psychiatry, Gastrointestinal System, Reproductive System	11.3 Liver: Cirrhosis & Tumors (Part 2 of 2), 13.1 Vulva, 13.2 Vagina (Part 1 of 2)	Psychiatry pp. 539-550	12	41 minutes	40	5	2	2
133		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.2 Vagina (Part 2 of 2), 13.3 Cervix, 13.4 Endometrium and Myometrium (Part 1 of 2)	Psychiatry pp. 551-560, Biochemistry pp. 34-36	13	41 minutes	40	5	2	2
134		Biochem, Cell Bio, Genetics, Reproductive System	13.4 Endometrium and Myometrium (Part 2 of 2), 13.5 Ovary, 13.6 Ovarian Tumors (Part 1 of 2)	Biochemistry pp. 37-48	12	41 minutes	40	5	2	2

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135		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors (Part 2 of 2), 13.7 Gestational Pathology, 14.1 Penis (Part 1 of 2)	Biochemistry pp. 49-61	13	41 minutes	40	5	2	2
136		Biochem, Cell Bio, Genetics, Reproductive System	14.1 Penis (Part 2 of 2), 14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction (Part 1 of 2)	Biochemistry pp. 62-74	13	41 minutes	40	5	2	2
137		Biochem, Cell Bio, Genetics, Reproductive System	16.1 Introduction (Part 2 of 2), 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocystic Changes, 16.4 Breast Cancer (Part 1 of 2)	Biochemistry pp. 75-86	12	41 minutes	40	5	2	2
138		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 (Part 1 of 2)	Biochemistry pp. 87-94, Microbiology pp. 124-128	13	41 minutes	40	5	2	2
139		Microbiology, Immunology	2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	Microbiology pp. 129-140	12	41 minutes	40	5	2	2
140		Microbiology, Immunology, Pathology-General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations (Part 1 of 2)	Microbiology pp. 141-153	13	41 minutes	40	5	2	2
141		Microbiology, Pathology-General	1.1 Growth Adaptations (Part 2 of 2), 1.2 Cellular Injury (Part 1 of 2)	Microbiology pp. 154-165	12	41 minutes	40	5	2	2
142		Microbiology, Pathology-General	1.3 Cell Death (Part 2 of 2), 1.4 Free Radical Injury, 1.5 Amyloid (Part 1 of 2)	Microbiology pp. 178-190	13	41 minutes	40	5	2	2
143		Microbiology, Pathology-General	1.5 Amyloid (Part 2 of 2), 2.1 Acute Inflammation Part 1 (Part 1 of 2)	Microbiology pp. 191-203	13	41 minutes	40	5	2	2
144	Catch-up day									
145	Practice test 2									
146		Microbiology, Immunology, Pathology-General	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2	Microbiology pp. 204-204, Immunology pp. 95-105	12	37 minutes	40	5	2	2
147		Immunology, Pathology-General	2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation	Immunology pp. 106-118	13	45 minutes	40	5	2	2
148		Immunology, Pathology-General	2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)	Immunology pp. 119-122, Pathology pp. 205-212	12	41 minutes	40	5	2	2
149		Pathology-General	3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1 (Part 1 of 2)	Pathology pp. 213-225	13	41 minutes	40	5	2	2
150		Pathology-General, Pharmacology-General	3.2 Carcinogenesis Part 1 (Part 2 of 2), 3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3 (Part 1 of 2)	Pathology pp. 226-226, Pharmacology pp. 227-237	12	41 minutes	40	5	2	2
151	Complete second pass of First Aid	Pharmacology-General, Pathology-General	3.2 Carcinogenesis Part 3 (Part 2 of 2), 3.3 Tumor Progression, 3.4 Clinical Characteristics	Pharmacology pp. 238-249	12	40 minutes	40	5	2	2
152	Catch-up day									
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 Degenerative Disorders (Part 1 of 2)	Neurology & Special Senses pp. 474-497	24	1 hour	80	4	2	3
154		Nervous System, Endocrine System	17.7 Dementia and Degenerative Disorders (Part 2 of 2), 17.8 CNS Tumors, 15.1 Anterior Pituitary Gland, 15.2 Posterior Pituitary Gland, 15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas (Part 1 of 2)	Neurology & Special Senses pp. 495-521	24	1 hour	80	4	2	3
155		Nervous System, Endocrine System, Cardiovascular System	15.9 Endocrine Pancreas (Part 2 of 2), 15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis (Part 1 of 2)	Neurology & Special Senses pp. 522-535, Endocrine pp. 320-329	24	1 hour	80	4	2	3

6-MONTH USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	First Aid (2018) Tasks	First Aid pages	Pathoma length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
156		Endocrine System, Cardiovascular System	7.3 Arteriosclerosis (Part 2 of 2), 7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects	Endocrine pp. 330-350	21	1 hour	80	4	2	3
157		Cardiovascular System, Musculoskeletal System	8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System, 18.2 Bone Tumors (Part 1 of 2)	Cardiovascular pp. 274-299	26	1 hour	80	4	2	3
158		Cardiovascular System, Musculoskeletal System, Respiratory System	18.2 Bone Tumors (Part 2 of 2), 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)	Cardiovascular pp. 300-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-439	24	1 hour	80	4	2	3
159		Musculoskeletal System, Respiratory System	9.4 Chronic Obstructive Pulmonary Disease (Part 2 of 2), 9.5 Restrictive Diseases, 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes	Musculoskeletal, Skin, and Connective Tissue pp. 440-460	21	1 hour	80	4	2	3
160		Musculoskeletal System, Respiratory System, Skin	9.8 Lung Cancer, 9.9 Pleura, 19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders, 12.1 Congenital (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 461-472, Respiratory pp. 641-654	26	1 hour	80	4	2	3
161		Respiratory System, Renal & Urinary System	12.1 Congenital (Part 2 of 2), 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome, 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure	Respiratory pp. 655-668, Renal pp. 562-571	24	1 hour	80	4	2	3
162		Renal & Urinary System, Hematology & Oncology	12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostasis and Related Bleeding Disorders, 4.2 Secondary Hemostasis and Related Disorders	Renal pp. 572-592	21	1 hour	80	4	2	3
163		Hematology & Oncology	4.3 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1	Hematology & Oncology pp. 396-421	26	1.5 hours	80	4	2	3
164		Hematology & Oncology, Gastrointestinal System	5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia	Hematology & Oncology pp. 422-431, Gastrointestinal pp. 352-364	23	1 hour	80	4	2	3
165		Gastrointestinal System, Hematology & Oncology	5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction, 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia (Part 1 of 2)	Gastrointestinal pp. 365-388	24	1.5 hours	80	4	2	3
166		Gastrointestinal System, Reproductive System, Hematology & Oncology	6.2 Acute Leukemia (Part 2 of 2), 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL)	Gastrointestinal pp. 389-394, Reproductive pp. 594-610	23	1 hour	80	4	2	3
167		Reproductive System, Hematology & Oncology, Gastrointestinal System	6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach (Part 1 of 2)	Reproductive pp. 611-635	25	1.5 hours	80	4	2	3
168		Reproductive System, Gastrointestinal System	10.4 Stomach (Part 2 of 2), 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1) (Part 1 of 2)	Reproductive pp. 636-639, Psychiatry pp. 537-556	24	1 hours	80	4	2	3
169		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Gastrointestinal System	10.8 Colon (1) (Part 2 of 2), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors (Part 1 of 2)	Psychiatry pp. 557-560, Biochemistry pp. 34-51	22	1 hour	80	4	2	3

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170		Biochem, Cell Bio, Genetics, Gastrointestinal System, Reproductive System	11.3 Liver: Cirrhosis & Tumors (Part 2 of 2), 13.1 Vulva, 13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium (Part 1 of 2)	Biochemistry pp. 52-76	25	1 hour	80	4	2	3
171	Catch-up day									
172		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System	13.4 Endometrium and Myometrium (Part 2 of 2), 13.5 Ovary, 13.6 Ovarian Tumors, 13.7 Gestational Pathology	Biochemistry pp. 77-94, Basic Microbiology pp. 124-129	24	1 hour	80	4	2	3
173		Microbiology, Reproductive System	14.1 Penis, 14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate, 16.1 Introduction, 16.2 Inflammatory Conditions, 16.3 Benign Tumors and Fibrocystic Changes	Microbiology pp. 130-150	21	1 hour	80	4	2	3
174		Microbiology, Reproductive System, Immunology	16.4 Breast Cancer, 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1	Microbiology pp. 151-176	26	1 hour	80	4	2	3
175		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 2, 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)	Microbiology pp. 177-200	24	1.5 hours	80	4	2	3
176		Microbiology, Immunology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death	Microbiology pp. 201-204, Immunology pp. 95-113	23	1 hour	80	4	2	3
177		Immunology, Pathology - General	1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1	Immunology pp. 114-122, Pathology pp. 205-219	24	1 hour	80	4	2	3
178		Pathology - General, Pharmacology - General	2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3, 2.2 Chronic Inflammation, 2.5 Wound Healing (Part 1 of 2)	Pathology pp. 220-226, Pharmacology pp. 227-243	24	1.5 hours	80	4	2	3
179		Pharmacology - General, Miscellaneous, Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1	Pharmacology pp. 244-249, Public Health Sciences pp. 251-267	23	1 hour	80	4	2	3
180		Miscellaneous, Pathology - General	3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	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