

**6-WEEK USMLE STEP 1 SAMPLE SCHEDULE**

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Day	Event	Subjects	Boards and Beyond tasks	First Aid (2019) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1		Nervous System	Intro to Neuro: Cells of the Nervous System, Intro to Neuro: Nerve Damage, Intro to Neuro: Blood Brain Barrier, Intro to Neuro: Neurotransmitters, Intro to Neuro: Dermatoses and Reflexes, Nervous System Structures: Cerebral Cortex, Nervous System Structures: Spinal Cord, 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, Nervous System Structures: Thalamus, Hypothalamus, Limbic System, Nervous System Structures: Cerebellum	Neurology & Special Senses pp. 478-496	19	3 hours	80	3	3	3
2		Nervous System, Endocrine System	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, 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. 497-515	19	3 hours	80	3	3	3
3		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, Other Neuro Topics: Seizures, Other Neuro Topics: Neuroembryology, Other Neuro Topics: Delirium and Dementia, Other Neuro Topics: Demyelinating Disorders	Neurology & Special Senses pp. 516-534	19	3 hours	80	3	3	3
4		Nervous System, Endocrine System, Cardiovascular System	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, Thyroid: Thyroid Cancer, Adrenals: Adrenal Glands, Adrenals: Congenital Adrenal Hyperplasia, Adrenals: Adrenal Disorders, Pancreas: Endocrine Pancreas	Neurology & Special Senses pp. 535-539, Endocrine pp. 321-334	19	3 hours	80	3	3	3
5		Endocrine System, Cardiovascular System	Pancreas: Diabetes, Pancreas: Insulin, Pancreas: Treatment of Diabetes, Reproductive: Reproductive Hormones, Reproductive: Male Reproductive Hormones, Reproductive: Female Reproductive Hormones, Reproductive: Menstrual Cycle, Other: Pituitary Gland, Other: Parathyroid Glands	Endocrine pp. 335-350, Cardiovascular pp. 278-280	19	3 hours	80	3	3	3
6		Cardiovascular System, Musculoskeletal System	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, Introduction to Cardiac Medicine: Regulation of Blood Pressure, Introduction to Cardiac Medicine: PV Loops, 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, Cardiac Ischemia: STEMI, Cardiac Ischemia: Unstable Angina/NSTEMI, Cardiac Ischemia: Stable Angina, EKGs: EKG Basics, EKGs: High Yield EKGs	Cardiovascular pp. 281-299	19	3 hours	80	3	3	3
7	Catch -up day									
8		Cardiovascular System, Musculoskeletal System	Arrhythmias: Cardiac Action Potentials, Arrhythmias: AV and Bundle Branch Blocks, Arrhythmias: Atrial Fibrillation and Flutter, Arrhythmias: AVNRT, Arrhythmias: WPW, Arrhythmias: Antiarrhythmic Drugs, Cardiac Auscultation: Heart Murmurs, Cardiac Auscultation: Heart Sounds, Heart Failure: Heart Failure Basics, Heart Failure: Systolic and Diastolic Heart Failure, Heart Failure: Restrictive Cardiomyopathy, Heart Failure: Acute Heart Failure, Heart Failure: Chronic Heart Failure, The Developing Heart: Cardiac Embryology, The Developing Heart: Shunts, The Developing Heart: Cyanotic Congenital Heart Disease, The Developing Heart: Coarctation of the Aorta, Hypertension: Hypertension, Hypertension: Secondary Hypertension	Cardiovascular pp. 300-319	19	3 hours	80	3	3	3
9		Cardiovascular System, Musculoskeletal System, Respiratory System	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, Other Cardiovascular Topics: Hypertrophic Cardiomyopathy, Other Cardiovascular Topics: Endocarditis, Anatomy and Orthopedics: Knee, Anatomy and Orthopedics: Shoulder and Elbow, Anatomy and Orthopedics: Brachial Plexus	Musculoskeletal, Skin, and Connective Tissue pp. 438-455	19	3 hours	80	3	3	3
10		Musculoskeletal System, Respiratory System	Anatomy and Orthopedics: Wrist, Anatomy and Orthopedics: Hand, Anatomy and Orthopedics: Lumbosacral Plexus, Anatomy and Orthopedics: Lumbar Radiculopathy, 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, Pathology: Osteoarthritis	Musculoskeletal, Skin, and Connective Tissue pp. 456-473	18	3 hours	80	3	3	3
11		Musculoskeletal System, Miscellaneous, Respiratory System, Skin	Pathology: Gout, Pathology: Gout Drugs, Pathology: CPPD, Pathology: Seronegative Spondyloarthritis, Pathology: Muscle Disorders, Pathology: Neuromuscular Disorders, Biostatistics: Basic Statistics, Biostatistics: Hypothesis Testing, Biostatistics: Tests of Significance, Biostatistics: Correlations, Epidemiology: Study Designs, Epidemiology: Risk Quantification, Epidemiology: Sensitivity and Specificity, Epidemiology: Positive and Negative Predictive Value, Epidemiology: Diagnostic Tests	Musculoskeletal, Skin, and Connective Tissue pp. 474-476, Public Health Sciences pp. 255-271	20	3 hours	80	3	3	3

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12		Miscellaneous, Renal & Urinary System	Epidemiology: Bias, Epidemiology: Clinical Trials, Epidemiology: Evidence-Based Medicine, 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	Public Health Sciences pp. 272-272, Approaching the Organ Systems pp. 274-275, Rapid Review pp. 673-688		19 3 hours	80	3	3	3
13		Miscellaneous, Respiratory System, Renal & Urinary System, Hematology & Oncology	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, 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	Rapid Review pp. 689-692, Respiratory pp. 645-659		19 3 hours	80	3	3	3
14		Respiratory System, Renal & Urinary System, Hematology & Oncology	Skin, Epithelial Cells, Skin Disorders I, 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, Intro to Renal Medicine: Renal Physiology II	Respiratory pp. 660-672, Renal pp. 566-571		19 3 hours	80	3	3	3
15		Renal & Urinary System, Hematology & Oncology	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, Acid-Base: Renal Tubular Acidosis, Acid-Base: Metabolic Acidosis, Acid-Base: Acid-Base Problems, Electrolytes: Electrolytes Disorders, Electrolytes: Sodium and Water Balance (Part 1 of 2)	Renal pp. 572-590		19 3 hours	80	3	3	3
16		Renal & Urinary System, Hematology & Oncology	Electrolytes: Sodium and Water Balance (Part 2 of 2), Electrolytes: Sodium Disorders, 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 Infections, Other Renal Topics: Cystic Kidney Disease, Other Renal Topics: Diuretics, Other Renal Topics: Kidney Stones, Other Renal Topics: Renal and Bladder Tumors	Renal pp. 591-596, Hematology & Oncology pp. 396-408		19 3 hours	80	3	3	3
17		Hematology & Oncology	Other Renal Topics: Rhabdomyolysis, Hemostasis: Coagulation, Hemostasis: Platelet Activation, Hemostasis: Hypercoagulable States, Hemostasis: Coagulopathies, Hemostasis: Platelet Disorders, Hemostasis: Antiplatelet Drugs, Hemostasis: Anticoagulants, Red Blood Cells: Hemolysis Basics, Red Blood Cells: Extrinsic Hemolysis, Red Blood Cells: Intrinsic Hemolysis, Red Blood Cells: Microcytic Anemias (Part 1 of 2)	Hematology & Oncology pp. 409-426		18 3 hours	80	3	3	3
18		Hematology & Oncology, Gastrointestinal System	Red Blood Cells: Microcytic Anemias (Part 2 of 2), Red Blood Cells: Thalassemias, 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 Lymphoma, White Blood Cells: Non-Hodgkin Lymphoma, White Blood Cells: Plasma Cell Disorders, White Blood Cells: Amyloidosis, White Blood Cells: Myeloproliferative Disorders	Hematology & Oncology pp. 427-436, Gastrointestinal pp. 352-361		20 3 hours	80	3	3	3
19		Gastrointestinal System, Hematology & Oncology	Cancer Drugs: Antimetabolites, Cancer Drugs: Alkylating Agents, Cancer Drugs: Antitumor Antibiotics, Cancer Drugs: Microtubule Inhibitors, Cancer Drugs: DNA Drugs, Cancer Drugs: Other Cancer Drugs, Other: Porphyrias, Anatomy: Gastrointestinal Embryology, Anatomy: Gastrointestinal Anatomy, Anatomy: Gastrointestinal Blood Supply, Anatomy: Gastrointestinal Tract, Anatomy: Liver, Gallbladder, and Pancreas, Anatomy: Salivary Glands, Anatomy: Hernias, GI Physiology: Bile	Gastrointestinal pp. 362-379		18 3 hours	80	3	3	3
20		Gastrointestinal System, Reproductive System	GI Physiology: Bilirubin, GI Physiology: Gastrointestinal Secretions, 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, Clinical Gastroenterology: Biliary Disorders, Clinical Gastroenterology: Gastric Disorders (Part 1 of 2)	Gastrointestinal pp. 380-394, Reproductive pp. 598-601		19 3 hours	80	3	3	3
21	Catch-up day									
22		Reproductive System, Gastrointestinal System	Clinical Gastroenterology: Gastric Disorders (Part 2 of 2), Clinical Gastroenterology: Malabsorption, Clinical Gastroenterology: Acute Pancreatitis, Clinical Gastroenterology: Chronic Pancreatitis & Pancreatic Cancer, Clinical Gastroenterology: Intestinal Disorders, 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	Reproductive pp. 602-620		19 3 hours	80	3	3	3
23		Reproductive System, Gastrointestinal System	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, Pregnancy: Spermatogenesis and Oogenesis, Pregnancy: Placenta, Pregnancy: Twins, Pregnancy: Pregnancy, Pregnancy: Maternal-Fetal Disorders, Pregnancy: Hypertension in Pregnancy, Pregnancy: Placental Complications, Pregnancy: Gestational Tumors, Pregnancy: TORCH Infections, Vagina, Cervix, Uterus: Vaginal Cancer, Vagina, Cervix, Uterus: Cervical Cancer, Vagina, Cervix, Uterus: Endometrial Disorders	Reproductive pp. 621-639		19 3 hours	80	3	3	3

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24		Reproductive System, Gastrointestinal System	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: Carcinoma, Male Disorders: Penile Disorders, Male Disorders: Srotal Disorders, Male Disorders: Testicular Cancer, Male Disorders: Prostate, Other Topics: Disorders of Sexual Development, Other Topics: Hypogonadism, General Topics: Ethics Principles	Reproductive pp. 640-643, Psychiatry pp. 541-555	19	3 hours	80	3	3	3
25		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	General Topics: Informed Consent, General Topics: Confidentiality, General Topics: Decision-Making Capacity, 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, Pathology: Cognitive Disorders, Pathology: Psychosis, Pathology: Psychotic Disorders, Pathology: Dissociative Disorders	Psychiatry pp. 556-564, Biochemistry pp. 34-43	19	3 hours	80	3	3	3
26		Biochem, Cell Bio, Genetics, Reproductive System	Pathology: Somatic Disorders, Pathology: Personality Disorders, Mood Disorders, Anxiety Disorders, Pathology: Eating Disorders, Pathology: Sleep Disorders, Substance Abuse: Alcohol and CNS Depressants, Substance Abuse: Opioids, Substance Abuse: Stimulants, Substance Abuse: Other Durgs, Pharmacology: Antidepressants, Pharmacology: Lithium, Pharmacology: Antipsychotics, Molecular Biochemistry: DNA Structure, Molecular Biochemistry: Purine Metabolism	Biochemistry pp. 44-62	19	3 hours	80	3	3	3
27		Biochem, Cell Bio, Genetics, Reproductive System	Molecular Biochemistry: Pyrimidine Metabolism, Metabolism: Glucose, Metabolism: Glycolysis, Metabolism: Glucogenesis, Metabolism: Glycogen, Metabolism: HMP Shunt, Metabolism: Fructose and Galactose, Metabolism: Pyruvate Dehydrogenase, Metabolism: TCA Cycle, Metabolism: Electron Transport Chain, Metabolism: Fatty Acids	Biochemistry pp. 63-81	19	3 hours	80	3	3	3
28		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	Metabolism: Ketone Bodies, Metabolism: Ethanol Metabolism, Metabolism: Exercise and Starvation, Metabolism: Inborn Errors of Metabolism, Amino Acids: Amino Acids, Amino Acids: Phenylalanine and Tyrosine, Amino Acids: Other Amino Acids, Amino Acids: Ammonia, Vitamins: B Vitamins, Vitamins: B12 and Folate, Vitamins: Other Vitamins	Biochemistry pp. 82-94, Microbiology pp. 124-129	19	3 hours	80	3	3	3
29		Microbiology, Immunology	Lipids: Lipid Metabolism, Lipids: Hyperlipidemia, Lipids: Lipid Drugs, Other Topics: Lysosomal Storage Diseases, Molecular Biology: DNA Replication, Molecular Biology: DNA Mutation, Molecular Biology: DNA Repair, Molecular Biology: Transcription, Molecular Biology: Translation, Laboratory Techniques: PCR, Laboratory Techniques: Blotting, Laboratory Techniques: Flow Cytometry, Laboratory Techniques: ELISA	Microbiology pp. 130-148	19	3 hours	80	3	3	3
30		Microbiology, Immunology, Pathology-General	Laboratory Techniques: Microarrays and FISH, Cellular Biology: Cell Cycle, Cellular Biology: Cell Structure, Cellular Biology: Cytoskeleton, Cellular Biology: Connective Tissue, Genetic Concepts: Genetic Principles, Genetic Concepts: Gene Mapping, Genetic Concepts: Meiosis, Genetic Concepts: Hardy-Weinberg Law, Genetic Concepts: Pedigrees, Genetic Concepts: Imprinting, Genetic Concepts: Down Syndrome, Genetic Concepts: Trisomies, Genetic Concepts: Muscular Dystrophy, Genetic Concepts: Trinucleotide Repeat Disorders	Microbiology pp. 149-167	19	3 hours	80	3	3	3
31		Microbiology, Pathology-General	Genetic Concepts: Deletion Syndromes, Turner and Klinefelter Syndromes, 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 (Part 1 of 2)	Microbiology pp. 168-186	19	3 hours	80	3	3	3
32		Microbiology, Pathology-General	Bacteria: Gram Negative Rods (Part 2 of 2), Bacteria: Other Gram Negatives, Bacteria: Spirochetes, Bacteria: Zoonotic Infections, Bacteria: Mycobacteria, Antibiotics: Penicillins, Antibiotics: Beta Lactams, Antibiotics: Sulfonamides, Antibiotics: Protein Synthesis Inhibitors, Antibiotics: Other Antibiotics, Fungi: Fungal Pneumonias, Fungi: Fungal Skin Infections	Microbiology pp. 187-204	18	3 hours	80	3	3	3
33		Immunology, Pathology-General	Fungi: Opportunistic Fungal Infections, Fungi: Antifungal Drugs, Parasites and Helminths: Malaria, Parasites and Helminths: Protozoa, Parasites and Helminths: Helminths, Viruses: Virus Structure, Viruses: DNA Viruses, Viruses: Herpes Viruses, Viruses: RNA Viruses, Viruses: Viral Hepatitis (Part 1 of 2)	Immunology pp. 95-114	20	3 hours	80	3	3	3
34		Immunology, Pathology-General	Viruses: Viral Hepatitis (Part 2 of 2), Viruses: HIV, Viruses: HIV Drugs, Viruses: Antiviral Drugs, Basic Immunology: Innate Immunology, Basic Immunology: T-Cells, Basic Immunology: B-Cells, Basic Immunology: The Complement System, Basic Immunology: Lymph Nodes and Spleen, Clinical Immunology: Hypersensitivity	Immunology pp. 115-122, Pathology pp. 205-215	19	3 hours	80	3	3	3
35		Pathology-General, Pharmacology-General	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, Cellular Adaptations, Cell Injury, Free Radicals	Pathology pp. 216-229, Pharmacology pp. 231-235	19	3 hours	80	3	3	3
36		Pharmacology-General, Pathology-General	Apoptosis Necrosis, Inflammation Principles, Acute and Chronic Inflammation, Granulomatous Inflammation, Wound Healing and Scar, Pathology Calcification, Neoplasia, General Topics: Enzymes, General Topics: Enzyme Inhibitors, General Topics: Dose-Response, General Topics: Drug Elimination, General Topics: Pharmacokinetics	Pharmacology pp. 236-253	18	3 hours	80	3	3	3