

6-WEEK USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	Sketchy/Micro tasks	First Aid (2019) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1		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 (Part 1 of 2)	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. 478-496	19	1.5 hours	80	3	2	3
2		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, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia	1.5 Strep. pneumoniae/Strep viridans, 1.6 Enterococcus, 2.1 Bacillus anthracis and Bacillus cereus, 2.2 Clostridium tetani	Neurology & Special Senses pp. 497-515	19	1.5 hours	80	3	2	3
3		Nervous System, Endocrine System	15.3 Thyroid Gland, 15.4 Hyperthyroidism, 15.5 Hypothyroidism, 15.6 Thyroiditis, 15.7 Thyroid Neoplasia, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla	2.3 Clostridium botulinum, 2.4 Clostridium difficile, 2.5 Clostridium perfringens, 2.6 Corynebacterium diphtheriae	Neurology & Special Senses pp. 516-534	19	1.5 hours	80	3	2	3
4		Nervous System, Endocrine System, Cardiovascular System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis, 7.4 Aortic Dissection and Aneurysm (Part 1 of 2)	2.7 Listeria monocytogenes, 3.1 Actinomyces, 3.2 Nocardia, 4.1 Neisseria species overview	Neurology & Special Senses pp. 535-539, Endocrine pp. 321-334	19	1.5 hours	80	3	2	3
5		Endocrine System, Cardiovascular System	7.4 Aortic Dissection and Aneurysm (Part 2 of 2), 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD), 8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects (Part 1 of 2)	4.2 Neisseria meningitidis, 4.3 Neisseria gonorrhoeae, 5.1 Klebsiella, Enterobacter, Serratia, 5.2 Salmonella	Endocrine pp. 335-350, Cardiovascular pp. 278-280	19	1.5 hours	80	3	2	3
6		Cardiovascular System, Musculoskeletal System	8.3 Congenital Defects (Part 2 of 2), 8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System (Part 1 of 2)	5.3 Shigella, 5.4 Escherichia coli (ETEC, EHEC), 5.5 Yersinia enterocolitica and pestis, 5.6 Campylobacter jejuni	Cardiovascular pp. 281-299	19	1.5 hours	80	3	2	3
7	Catch-up day										
8		Cardiovascular System, Musculoskeletal System	18.1 Skeletal System (Part 2 of 2), 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors	5.7 Vibrio cholerae, 5.8 Helicobacter pylori, 5.9 Pseudomonas, 5.10 Proteus mirabilis	Cardiovascular pp. 300-319	19	1.5 hours	80	3	2	3
9		Cardiovascular System, Musculoskeletal System, Respiratory System	9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease (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. 438-455	19	1.5 hours	80	3	2	3
10		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, 9.8 Lung Cancer (Part 1 of 2)	7.2 Brucella, 7.3 Francisella tularensis, 7.4 Pasteurella multocida, 8.1 Mycobacterium tuberculosis	Musculoskeletal, Skin, and Connective Tissue pp. 456-473	18	1.5 hours	80	3	2	3
11		Musculoskeletal System, Miscellaneous, Respiratory System, Skin	9.8 Lung Cancer (Part 2 of 2), 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	8.2 Mycobacterium leprae, 9.1 Borrelia burgdorferi, 9.2 Leptospirosis, 9.3 Treponema pallidum	Musculoskeletal, Skin, and Connective Tissue pp. 474-476, Public Health Sciences pp. 255-271	20	1.5 hours	80	3	2	3
12		Miscellaneous, Renal & Urinary System	12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome, 12.4 Nephritic Syndrome	10.1 Chlamydia, 10.2 Coxiella burnetii, 10.3 Gardnerella vaginalis, 10.4 Mycoplasma pneumoniae	Public Health Sciences pp. 272-272, Approaching the Organ Systems pp. 274-275, Rapid Review pp. 673-688	19	1.5 hours	80	3	2	3
13		Miscellaneous, Respiratory System, Renal & Urinary System, Hematology & Oncology	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)	10.5 Rickettsia species overview, 10.6 Rickettsia prowazekii, 10.7 Rickettsia rickettsii, 1.1 Histoplasmosis	Rapid Review pp. 689-692, Respiratory pp. 645-659	19	1.5 hours	80	3	2	3
14		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 (Part 1 of 2)	1.2 Blastomycosis, 1.3 Coccidioidomycosis, 1.4 Paracoccidioidomycosis, 2.1 Malassezia furfur	Respiratory pp. 660-672, Renal pp. 566-571	19	1.5 hours	80	3	2	3
15		Renal & Urinary System, Hematology & Oncology	4.4 Thrombosis (Part 2 of 2), 4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1, 5.2 Microcytic Anemias Part 2 (Part 1 of 2)	2.2 Dermatophytes, 2.3 Sporothrix schenckii, 3.1 Candida albicans, 3.2 Aspergillus fumigatus	Renal pp. 572-590	19	1.5 hours	80	3	2	3

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16		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, 5.4 Normocytic Anemia (Part 1 of 2)	3.3 Cryptococcus neoformans, 3.4 Mucormycosis, 3.5 Pneumocystis pneumonia, 1.1 Picornaviridae Overview	Renal pp. 591-596, Hematology & Oncology pp. 396-408	19	1.5 hours	80	3	2	3
17		Hematology & Oncology	5.4 Normocytic Anemia (Part 2 of 2), 5.5 Normocytic Anemias w/ Extravascular Hemolysis, 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.6 Anemia Due to Underproduction	1.2 (Pico) Polio Virus, 1.3 (Pico) Coxsackie A, 1.4 (Pico) Rhinovirus, 1.5 (Pico) Hepatitis A	Hematology & Oncology pp. 409-426	18	1.5 hours	80	3	2	3
18		Hematology & Oncology, Gastrointestinal System	6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	1.6 (Norwalk) Calicivirus, 1.7 Flavivirus Group, 1.8 (Flavi) Hepatitis C, 1.9 Togavirus Group	Hematology & Oncology pp. 427-436, Gastrointestinal pp. 352-361	20	1.5 hours	80	3	2	3
19		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	1.10 Coronavirus, 1.11 Retrovirus - HIV/AIDS, 2.1 Orthomyxovirus, 2.2 paramyxovirus	Gastrointestinal pp. 362-379	18	1.5 hours	80	3	2	3
20		Gastrointestinal System, Reproductive System	10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach (Part 1 of 2)	2.3 Rhabdovirus, 2.4 Filovirus, 2.5 Bunyavirus, 2.6 Arenavirus	Gastrointestinal pp. 380-394, Reproductive pp. 598-601	19	1.5 hours	80	3	2	3
21	Catch-up day										
22		Reproductive System, Gastrointestinal System	10.4 Stomach, 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1) (Part 2 of 2)	2.7 Reovirus (Double Stranded RNA), 3.1 HSV1 and 2	Reproductive pp. 602-620	19	1.5 hours	80	3	2	3
23		Reproductive System, 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	3.2 Epstein-Barr virus, 3.3 Cytomegalovirus	Reproductive pp. 621-639	19	1.5 hours	80	3	2	3
24		Reproductive System, Gastrointestinal System	11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva, 13.2 Vagina (Part 1 of 2)	3.4 Varicella Zoster Virus, 3.5 HHV 6 Roseola	Reproductive pp. 640-643, Psychiatry pp. 541-555	19	1.5 hours	80	3	2	3
25		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.2 Vagina (Part 2 of 2), 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary	3.6 HHV 8 Kaposi's Sarcoma, 3.7 Polyomavirus	Psychiatry pp. 556-564, Biochemistry pp. 34-43	19	1.5 hours	80	3	2	3
26		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors, 13.7 Gestational Pathology	3.8 Papillomavirus, 3.9 Parvovirus	Biochemistry pp. 44-62	19	1.5 hours	80	3	2	3
27		Biochem, Cell Bio, Genetics, 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 (Part 1 of 2)	3.10 Adenovirus, 3.11 Poxvirus	Biochemistry pp. 63-81	19	1.5 hours	80	3	2	3
28		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	16.3 Benign Tumors and Fibrocystic Changes (Part 2 of 2), 16.4 Breast Cancer, 2.3 Primary Immunodeficiency, 2.4 Autoimmune Disorders Part 1 (Part 1 of 2)	3.12 Hepatitis B, 1.1 Giardia	Biochemistry pp. 82-94, Microbiology pp. 124-129	19	1.5 hours	80	3	2	3
29		Microbiology, Immunology	2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	1.2 Entamoeba histolytica, 1.3 Cryptosporidium	Microbiology pp. 130-148	19	1.5 hours	80	3	2	3
30		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)	2.1 Toxoplasmosis, 2.2 Trypanosoma brucei	Microbiology pp. 149-167	19	1.5 hours	80	3	2	3
31		Microbiology, Pathology-General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death	2.3 Naegleria fowleri, 3.1 Trypanosoma cruzi	Microbiology pp. 168-186	19	1.5 hours	80	3	2	3
32		Microbiology, Pathology-General	1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1 (Part 1 of 2)	3.2 Babesia, 3.3 Plasmodium species	Microbiology pp. 187-204	18	1.5 hours	80	3	2	3

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33		Immunology, Pathology-General	2.1 Acute Inflammation Part 1 (Part 2 of 2), 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3	3.4 Leishmaniasis, 4.1 Trichomoniasis	Immunology pp. 95-114	20	1.5 hours	80	3	2	3
34		Immunology, Pathology-General	2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)	5.1 Intestinal nematodes, 5.2 Tissue nematodes	Immunology pp. 115-122, Pathology pp. 205-215	19	1.5 hours	80	3	2	3
35		Pathology-General, Pharmacology-General	3.1 Neoplasia (Part 2 of 2), 3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2 (Part 1 of 2)	6.1 Cestodes	Pathology pp. 216-229, Pharmacology pp. 231-235	19	1 hour	80	3	2	3
36		Pharmacology-General, Pathology-General	3.2 Carcinogenesis Part 2 (Part 2 of 2), 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	6.2 Trematodes	Pharmacology pp. 236-253	18	1 hour	80	3	2	3