

6-WEEK USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	Sketchy/Micro tasks	First Aid (2021)	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBANK Study Hours
1		Nervous System; Microbiology	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 - Staphylococcus aureus; 1.2 - Staphylococcus epidermidis & saprophyticus; 1.3 - Streptococcus pyogenes (group A strep) (Part 1 of 2)	Embryology pp. 504-506; Anatomy & Physiology (Part 1 of 2) pp. 507-524	21	88 minutes	80	3	2	3
2		Nervous System; Endocrine System; Microbiology	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 (Part 1 of 2)	1.3 - Streptococcus pyogenes (group A strep) (Part 2 of 2); 1.4 - Streptococcus agalactiae (group B strep); 1.5 - Streptococcus pneumoniae & viridans; 1.6 - Enterococcus faecium & faecalis	Anatomy & Physiology (Part 2 of 2) pp. 525-527; Pathology (Part 1 of 2) pp. 528-545	21	87 minutes	80	3	2	3
3		Nervous System; Endocrine System; Microbiology	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; 15.10 Adrenal Cortex; 15.11 Adrenal Medulla (Part 1 of 2)	2.1 - Bacillus anthracis & cereus; 2.2 - Clostridium tetani; 2.3 - Clostridium botulinum	Pathology (Part 2 of 2) pp. 546-550; Otolaryngology pp. 551-552; Ophthalmology pp. 553-563	18	87 minutes	80	3	2	3
4		Nervous System; Endocrine System; Cardiovascular System; Microbiology	15.10 Adrenal Cortex; 15.11 Adrenal Medulla (Part 2 of 2); 7.1 Vasculitis; 7.2 Hypertension (HTN); 7.3 Arteriosclerosis; 7.4 Aortic Dissection and Aneurysm (Part 1 of 2)	2.5 - Clostridioides Difficile; 2.5 - Clostridium perfringens; 2.6 - Corynebacterium diphtheriae	Pharmacology pp. 564-573; Embryology pp. 334-334; Anatomy pp. 335-335; Physiology pp. 336-345	21	85 minutes	80	3	2	3
5		Endocrine System; Cardiovascular System; Microbiology	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)	2.7 - Listeria monocytogenes; 3.1 - Actinomyces israelii; 3.2 - Nocardia asteroides; 4.1 - Neisseria overview; 4.2 - Neisseria meningitidis (Part 1 of 2)	Pathology pp. 346-361; Pharmacology pp. 362-365	17	89 minutes	80	3	2	3
6		Cardiovascular System; Musculoskeletal System; Microbiology	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)	4.2 - Neisseria meningitidis (Part 2 of 2); 4.3 - Neisseria gonorrhoeae; 5.1 - Klebsiella pneumoniae, Enterobacter spp., Serratia marcescens; 5.2 - Salmonella enteritidis & typhi; 5.3 - Shigella spp. (Part 1 of 2)	Embryology pp. 288-291; Anatomy pp. 292-292; Physiology pp. 293-305	18	87 minutes	80	3	2	3
7		Cardiovascular System; Musculoskeletal System; Microbiology	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	5.3 - Shigella spp. (Part 2 of 2); 5.4 - Escherichia coli (ETEC, EHEC); 5.5 - Yersinia enterocolitica & pestis; 5.6 - Campylobacter jejuni (Part 1 of 2)	Pathology pp. 306-323; Pharmacology (Part 1 of 2) pp. 324-327	22	82 minutes				
8		Cardiovascular System; Musculoskeletal System; Respiratory System; Microbiology	9.1 Nasopharynx; 9.2 Larynx; 9.3 Pulmonary Infections; 9.4 Chronic Obstructive Pulmonary	5.6 - Campylobacter jejuni (Part 2 of 2); 5.7 - Vibrio spp.; 5.8 - Helicobacter pylori; 5.9 - Proteus mirabilis; 6.1 - Bordetella pertussis	Pharmacology (Part 2 of 2) pp. 328-332; Anatomy & Physiology pp. 456-468; Pathology (Part 1 of 2) pp. 469-471	19	89 minutes	80	3	2	3
9	Catch-up day										
10		Musculoskeletal	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)	6.2 - Haemophilus influenzae; 6.3 - Legionella pneumophila; 6.4 - Pseudomonas aeruginosa	Pathology (Part 2 of 2) pp. 472-486; Dermatology (Part 1 of 2) pp. 487-491	20	89 minutes	80	3	2	3

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11		Musculoskeletal System; Miscellaneous; Respiratory System; Skin; Microbiology	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	7.1 - Bartonella henselae; 7.2 - Brucella spp.; 7.3 - Francisella tularensis; 7.4 - Pasteurella multocida; 8.1 - Mycobacterium tuberculosis (Part 1 of 2)	Dermatology (Part 2 of 2) pp. 492-498; Pharmacology pp. 499-502; Public Health Sciences (Part 1 of 2) pp. 259-267	20	82 minutes	80	3	2	3
12		Miscellaneous; Renal & Urinary System; Microbiology	12.1 Congenital; 12.2 Acute Renal Failure (ARF); 12.3 Nephrotic Syndrome; 12.4 Nephritic Syndrome	8.1 - Mycobacterium tuberculosis (Part 2 of 2); 8.2 - Mycobacterium leprae; 9.1 - Borrelia burgdorferi	Public Health Sciences (Part 2 of 2) pp. 268-281; Approaching the Organ Systems pp. 284-285; Rapid Review (Part 1 of 2) pp. 713-716	20	91 minutes	80	3	2	3
13		Miscellaneous; Renal & Urinary System; Microbiology	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	9.2 - Leptospira interrogans; 9.3 - Treponema pallidum; 10.1 - Chlamydia trachomatis, Chlamydia pneumoniae & Chlamydia psittaci (Part 1 of 2)	Rapid Review (Part 2 of 2) pp. 735-717	19	88 minutes	80	3	2	3
14		Respiratory System; Hematology & Oncology; Microbiology	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)	10.1 - Chlamydia trachomatis, Chlamydia pneumoniae & Chlamydia psittaci (Part 2 of 2); 10.2 - Coxiella burnetii; 10.3 - Gardnerella vaginalis; 10.4 - Mycoplasma pneumoniae	Respiratory (Part 1 of 2) pp. 683-703	21	85 minutes	80	3	2	3
15		Respiratory System; Renal & Urinary System; Hematology & Oncology; Microbiology	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)	10.5 - Rickettsia overview; 10.6 - Rickettsia prowazekii; 10.7 - Rickettsia rickettsii; 1.1 - Histoplasma capsulatum; 1.2 - Blastomyces dermatitidis (Part 1 of 2)	Respiratory (Part 2 of 2) pp. 704-712; Embryology pp. 602-603; Anatomy pp. 604-604; Physiology (Part 1 of 2) pp. 605-612	20	89 minutes	80	3	2	3
16		Renal & Urinary	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)	1.2 - Blastomyces dermatitidis; 1.3 - Coccidioides immitis; 1.4 - Paracoccidioides brasiliensis; 2.1 - Malassezia furfur; 2.2 - Epidermophyton spp., Trichophyton spp., Microsporium spp. (dermatophytes)	Physiology (Part 2 of 2) pp. 613-617; Pathology pp. 618-629; Pharmacology pp. 630-633	21	85 minutes	80	3	2	3
17		Hematology &	5.4 Normocytic Anemia (Part 2 of 2); 5.5 Normocytic Anemias w/ Extravascular Hemolysis; 5.6 Normocytic Anemias w/ Intravascular Hemolysis; 5.7 Anemia Due to Underproduction	2.3 - Sporothrix schenckii; 3.1 - Candida albicans; 3.2 - Aspergillus fumigatus (Part 1 of 2)	Embryology pp. 414-415; Anatomy pp. 416-419; Physiology pp. 420-423; Pathology (Part 1 of 2) pp. 424-433	19	82 minutes	80	3	2	3
18		Hematology &	6.1 Leukopenia and Leukocytosis; 6.2 Acute Leukemia; 6.3 Chronic Leukemia; 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	3.2 - Aspergillus fumigatus; 3.3 - Cryptococcus neoformans; 3.4 - Mucor spp., Rhizopus spp. (mucormycetes); 3.5 - Pneumocystis jirovecii	Pathology (Part 2 of 2) pp. 434-444; Pharmacology (Part 1 of 2) pp. 445-453	20	1.5 hours	80	3	2	3

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19		Hematology &	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	1.1 - Picornaviridae overview; 1.2 - Poliovirus (Picornaviridae); 1.3 - Coxsackievirus A & B (Picornaviridae); 1.4 - Rhinovirus (Picornaviridae)	Pharmacology (Part 2 of 2) pp. 454-454; Embryology pp. 368-369; Anatomy pp. 370-380; Physiology pp. 381-385	19	86 minutes	80	3	2	3
20		Gastrointestinal System; Microbiology	10.2 Salivary Gland; 10.3 Esophagus; 10.4 Stomach (Part 1 of 2)	1.5 - Hepatitis A virus (Picornaviridae); 1.6 - Norovirus/Norwalk virus (Caliciviridae); 1.7 - Flaviviridae overview; 1.8 - Hepatitis C virus (Flaviviridae) (Part 1 of 2)	Pathology (Part 1 of 2) pp. 386-406	21	91 minutes	80	3	2	3
21		Gastrointestinal System; Reproductive System; Microbiology	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)	1.8 - Hepatitis C virus (Flaviviridae) (Part 2 of 2); 1.9 - Eastern/Western/Venezuelan equine encephalitis virus, Rubella virus (Togaviridae); 1.10 - Coronavirus (Coronaviridae) (Part 1 of 2)	Pathology (Part 2 of 2) pp. 407-407; Pharmacology pp. 408-411; Embryology pp. 636-647; Anatomy (Part 1 of 2) pp. 648-650	20	86 minutes	80	3	2	3
22		Reproductive System; Microbiology; 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	1.10 - Coronavirus (Coronaviridae) (Part 2 of 2); 1.11 - HIV Part 1: Overview (Retroviridae); 1.12 - HIV Part 2: Life Cycle (Part 1 of 2)	Anatomy (Part 2 of 2) pp. 651-652; Physiology pp. 653-660; Pathology (Part 1 of 2) pp. 661-670	20	85 minutes	80	3	2	3
23	Catch-up day										
24		Reproductive System; Behavioral/Psychiatry; Microbiology	11.3 Liver: Hepatitis; 11.3 Liver: Cirrhosis & Tumors; 13.1 Vulva; 13.2 Vagina (Part 1 of 2)	1.12 - HIV Part 2: Life Cycle (Part 2 of 2); 2.1 - Influenzavirus (Orthomyxoviridae) (Part 1 of 2)	Pathology (Part 2 of 2) pp. 671-678; Pharmacology pp. 679-682; Psychiatry (Part 1 of 2) pp. 575-583	20	88 minutes	80	3	2	3
25		Behavioral/Psychiatry; Biochem, Cell Bio, Genetics; Reproductive System; Microbiology	13.2 Vagina (Part 2 of 2); 13.3 Cervix; 13.4 Endometrium and Myometrium; 13.5 Ovary	2.1 - Influenzavirus (Orthomyxoviridae) (Part 2 of 2); 2.2 - Measles virus, mumps virus, respiratory syncytial virus, parainfluenza virus (Paramyxoviridae); 2.3 - Rabies virus (Rhabdoviridae) (Part 1 of 2)	Psychiatry (Part 2 of 2) pp. 584-600; Molecular (Part 1 of 2) pp. 34-36	20	88 minutes	80	3	2	3
26		Biochem, Cell Bio, Genetics; Reproductive System; Microbiology	13.6 Ovarian Tumors; 13.7 Gestational Pathology	2.3 - Rabies virus (Rhabdoviridae) (Part 2 of 2); 2.4 - Ebolavirus, Marburgvirus (Filoviridae); 2.5 - Hantavirus, California encephalitis virus, Rift Valley fever virus (Bunyaviridae); 2.6 - Lymphocytic choriomeningitis virus (Arenaviridae); 2.7 - Rotavirus, Colorado tick fever virus (Reoviridae)	Molecular (Part 2 of 2) pp. 37-45; Cellular pp. 46-51; Laboratory Techniques pp. 52-55	19	82 minutes	80	3	2	3
27		Biochem, Cell Bio, Genetics; Reproductive System; Microbiology	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)	3.1 - Herpes simplex virus type 1 & 2 (Herpesviridae); 3.2 - Epstein-Barr virus (Herpesviridae)	Genetics pp. 56-64; Nutrition pp. 65-72; Metabolism (Part 1 of 2) pp. 73-76	21	1.5 hours	80	3	2	3

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28		Biochem, Cell Bio, Genetics; Reproductive System; Immunology; Microbiology	16.3 Benign Tumors and Fibrocystic Changes; 16.4 Breast Cancer; 2.3 Primary Immunodeficiency; 2.4 Autoimmune Disorders Part 1 (Part 1 of 2)	3.3 - Cytomegalovirus (Herpesviridae); 3.4 - Varicella-zoster virus (Herpesviridae)	Metabolism (Part 2 of 2) pp. 77-94	18	85 minutes	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)	3.5 - HHV-6, roseola (Herpesviridae); 3.6 - HHV-8, Kaposi's sarcoma (Herpesviridae); 3.7 - JC polyomavirus, BK polyomavirus (Polyomaviridae); 3.8 - Human papillomavirus (Papillomaviridae) (Part 1 of 2)	Basic Bacteriology pp. 124-133; Clinical Bacteriology (Part 1 of 2) pp. 134-145	22	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)	3.8 - Human papillomavirus (Papillomaviridae) (Part 2 of 2); 3.9 - Parvovirus B19 (Parvoviridae); 3.10 - Adenovirus (Adenoviridae); 3.11 - Smallpox virus, Cowpox virus, Molluscum contagiosum virus (Poxviridae)	Clinical Bacteriology (Part 2 of 2) pp. 146-150; Mycology pp. 151-154; Parasitology pp. 155-161; Virology (Part 1 of 2) pp. 162-165	20	87 minutes	80	3	2	3
31		Microbiology; Pathology-General	1.2 Cellular Injury (Part 2 of 2); 1.3 Cell Death	3.12 - Hepatitis B virus (Hepadnaviridae); 1.1 - Giardia lamblia	Virology (Part 2 of 2) pp. 166-177; Systems pp. 178-186	21	79 minutes	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)	1.2 - Entamoeba histolytica; 1.3 - Cryptosporidium spp.; 2.1 - Toxoplasma gondii; 2.2 - Trypanosoma brucei	Antimicrobials pp. 187-204	18	94 minutes	80	3	2	3
33		Immunology; Pathology-General; Microbiology	2.1 Acute Inflammation Part 1 (Part 2 of 2); 2.1 Acute Inflammation Part 2; 2.1 Acute Inflammation Part 3	2.3 - Naegleria fowleri; 3.1 - Trypanosoma cruzi; 3.2 - Babesia; 3.3 - Plasmodium Part 1 (Part 1 of 2)	Immunology (Part 1 of 2) pp. 95-116	22	82 minutes	80	3	2	3
34		Immunology; Pathology-General; Microbiology	2.2 Chronic Inflammation; 2.5 Wound Healing; 3.1 Neoplasia (Part 1 of 2)	3.3 - Plasmodium Part 1 (Part 2 of 2); 3.4 - Plasmodium Part 2: Treatment and PPX; 3.5 - Leishmania braziliensis & donovani; 4.1 - Trichomonas Vaginalis (Part 1 of 2)	Immunology (Part 2 of 2) pp. 117-122; Pathology (Part 1 of 2) pp. 205-218	20	92 minutes	80	3	2	3
35		Pathology-General; Pharmacology-General; Microbiology	3.1 Neoplasia (Part 2 of 2); 3.2 Carcinogenesis Part 1; 3.2 Carcinogenesis Part 2 (Part 1 of 2)	4.1 - Trichomonas Vaginalis (Part 2 of 2); 5.1 - Enterobius vermicularis, Ancylostoma duodenale, Necator americanus, Ascaris lumbricoides, Strongyloides stercoralis, Trichinella spiralis; 5.2 - Dracunculus medinensis, Wuchereria bancrofti, Onchocerca volvulus, Toxocara canis, Loa loa (tissue nematodes) (Part 1 of 2)	Pathology (Part 2 of 2) pp. 219-229; Pharmacology (Part 1 of 2) pp. 231-239	20	86 minutes	80	3	2	3
36		Pharmacology-General; Pathology-General; Microbiology	3.2 Carcinogenesis Part 2 (Part 2 of 2); 3.2 Carcinogenesis Part 3; 3.3 Tumor Progression; 3.4 Clinical Characteristics	5.2 - Dracunculus medinensis, Wuchereria bancrofti, Onchocerca volvulus, Toxocara canis, Loa loa (tissue nematodes) (Part 2 of 2); 6.1 - Cestodes; 6.2 - Trematodes	Pharmacology (Part 2 of 2) pp. 240-258	19	85 minutes	80	3	2	3