

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

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Day	Event	Subjects	Pathoma tasks	First Aid (2019) Tasks	First Aid pages	Pathoma 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)	Neurology & Special Senses pp. 478-496	19	1 hour	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	Neurology & Special Senses pp. 497-515	19	1 hour	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	Neurology & Special Senses pp. 516-534	19	1 hour	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)	Neurology & Special Senses pp. 535-539, Endocrine pp. 321-334	19	1 hour	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)	Endocrine pp. 335-350, Cardiovascular pp. 278-280	19	1 hour	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)	Cardiovascular pp. 281-299	19	1 hour	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	Cardiovascular pp. 300-319	20	57 minutes	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)	Musculoskeletal, Skin, and Connective Tissue pp. 438-455	18	1 hour	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)	Musculoskeletal, Skin, and Connective Tissue pp. 456-473	18	1 hour	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	Musculoskeletal, Skin, and Connective Tissue pp. 474-476, Public Health Sciences pp. 255-271	20	56 minutes	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	Public Health Sciences pp. 272-272, Approaching the Organ Systems pp. 274-275, Rapid Review pp. 673-688	19	1 hour	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)	Rapid Review pp. 689-692, Respiratory pp. 645-659	19	1 hour	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)	Respiratory pp. 660-672, Renal pp. 566-571	19	1 hour	80	3	2	3

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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)	Renal pp. 572-590		19 1 hour	80	3	2	3
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)	Renal pp. 591-596, Hematology & Oncology pp. 396-408		19 1 hour	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	Hematology & Oncology pp. 409-426		18 56 minutes	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)	Hematology & Oncology pp. 427-436, Gastrointestinal pp. 352-361		20 1 hour	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	Gastrointestinal pp. 362-379		18 58 minutes	80	3	2	3
20		Gastrointestinal System, Reproductive System	10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach (Part 1 of 2)	Gastrointestinal pp. 380-394, Reproductive pp. 598-601		19 1 hour	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)	Reproductive pp. 602-620		19 1 hour	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	Reproductive pp. 621-639		19 1 hour	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)	Reproductive pp. 640-643, Psychiatry pp. 541-555		19 1 hour	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	Psychiatry pp. 556-564, Biochemistry pp. 34-43		19 1 hour	80	3	2	3
26		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors, 13.7 Gestational Pathology	Biochemistry pp. 44-62		19 57 minutes	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)	Biochemistry pp. 63-81		19 1 hour	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)	Biochemistry pp. 82-94, Microbiology pp. 124-129		19 1 hour	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)	Microbiology pp. 130-148		19 1 hour	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)	Microbiology pp. 149-167		19 1 hour	80	3	2	3

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31		Microbiology, Pathology-General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death	Microbiology pp. 168-186	19	55 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)	Microbiology pp. 187-204	18	1 hour	80	3	2	3
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	Immunology pp. 95-114	20	56 minutes	80	3	2	3
34		Immunology, Pathology-General	2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia (Part 1 of 2)	Immunology pp. 115-122, Pathology pp. 205-215	19	1 hour	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)	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	Pharmacology pp. 236-253	18	1 hour	80	3	2	3