7-WEEK USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	SketchyMicro tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours
1	Begin study block #1	Pathology - General, Biochem, Cell Bio, Genetics	1.1 Growth Adaptations, 1.2 Cellular Injury, 1.3 Cell Death (Part 1 of 2)	1.1 Staph aureus, 1.2 Staph epidermidis/Staoh saprophyticus	Pathology pp. 205-226, Biochemistry pp. 34-41	30	2 hours	40	4	2	3
2		Biochem, Cell Bio, Genetics , Pathology - General	1.3 Cell Death (Part 2 of 2),1.4 Free Radical Injury, 1.5 Amyloid, 2.1 Acute Inflammation Part 1	1.3 Strep. pyogenes (Group A Strep), 1.4 Strep. agalactiae (Group B Strep)	Biochemistry pp. 42-71	30	2 hours	40	4	2	3
3		Biochem, Cell Bio, Genetics , Pathology - 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)	1.5 Strep. pneumoniae/Strep viridans, 1.6 Enterococcus	Biochemistry pp. 72-94, Microbiology pp. 124-129	29	2 hours	40	4	2	3
4		Microbiology, Pathology - General	2.5 Wound Healing (Part 2 of 2), 3.1 Neoplasia, 3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2	2.1 Bacillus anthracis and Bacillus cereus, 2.2 Clostridium tetani	Microbiology pp. 130-158	29	2 hours	40	4	2	3
5		Microbiology, Pathology - General, Immunology	3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics, 2.3 Primary Immunodeficiency, 2.4 Autoimmune Diosrders Part 1	2.3 Clostridium botulinum, 2.4 Clostridium difficile	Microbiology pp. 159-186	28	2 hours	40	4	2	3
6		Microbiology, Immunology, Nervous System	2.4 Autoimmune Disorders Part 2, 17.1 Developmental Anomalies, 17.2 Spinal Cord Lesions, 17.3 Meningitis, 17.4 Cerebrovascular Disease, 17.5 Trauma, 17.6 Demylinating Disorders	2.5 Clostridium perfringens, 2.6 Corynebacterium diphtheriae	Microbiology pp. 187-204, Immunology pp. 95-106	30	2 hours	40	4	2	3
7		Immunology, Nervous System, Cardiovascular System	17.7 Dementia and Degenerative Disorders, 17.8 CNS Tumors, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis	2.7 Listeria monocytogenes, 3.1 Actinomyces	Immunology pp. 107-122, Neurology & Special Senses pp. 474-486	29	2 hours	40	4	2	3
8		Nervous System, Cardiovascular System	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, 8.4 Valvular Disorders	3.2 Nocardia, 4.1 Neisseria species overview	Neurology & Special Senses pp. 487-515	29	2 hours	40	4	2	3
9	Cath-up day										
10	Practice Test 1										
11		Nervous System, Cardiovascular System, Endocrine System	8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac 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, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 1 of 2)	4.2 Neisseria meningitidis, 4.3 Neisseria gonorrhoeae	Neurology & Special Senses pp. 516-535, Endocrine pp. 320-328	29	2 hours	40	4	2	3
12		Nervous System, Cardiovascular System, Endocrine System, Musculoskeletal System	15.10 Adrenal Cortexm 15.11 Adrenal Medulla (Part 2 of 2), 18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors	5.1 Klebsiella, Enterobacter, Serratia, 5.2 Salmonella	Endocrine pp. 329-350, Cardiovascular pp. 274-280	29	2 hours	40	4	2	3
13		Cardiovascular System, Endocrine System, Skin, Respiratory System	19.1 Inflammatory Dermatoses, 19.2 Blistering Dermatoses, 19.3 Epithelial Tumors, 19.4 Disorders of Pigmentation and Melanocytes, 19.5 Infectious Disorders, 9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections	5.3 Shigella, 5.4 Escherichia coli (ETEC, EHEC)	Cardiovascular pp. 281-309	29	2 hours	40	4	2	3
14		Endocrine System, Musculoskeletal System, Respiratory System, Renal & Urinary 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, 9.9 Pleura, 12.1 Congenital	5.5 Yersinia enterocolitica and pestis, 5.6 Campylobacter jejuni	Cardiovascular pp. 310-317, Musculoskeletal, Skin, and Connnective Tissue pp. 434-454	29	2 hours	40	4	2	3

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15		Musculoskeletal System, Renal & Urinary System, Hematology & Oncology	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, 12.8 Renal Neoplasia, 12.9 Lower Urinary Tract Carcinoma, 4.1 Primary Hemostais and Related Bleeding Disorders (Part 1 of 2)	5.7 Vibrio cholerae, 5.8 Helicobacter pylori	Musculoskeletal, Skin, and Connnective Tissue pp. 455-472, Public Health Sciences pp. 251-261	29	2 hours	40	4	2	3
16		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, 4.4 Thrombosis, 4.5 Embolism (Part 1 of 2)	5.9 Pseudomonas, 5.10 Proteus mirabilis	Public Health Sciences pp. 262-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-688	29	2 hours	40	4	2	3
17		Renal & Urinary System, Hematology & Oncology	4.5 Embolism (Part 2 of 2), 5.1 Anemia, 5.2 Microcytic Anemias Part 1, 5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Microcytic Anemia (Part 1 of 2)	6.1 Bordetella pertussis, 6.2 Haemophilus influenzae	Respiratory pp. 641-668	28	2 hours	40	4	2	3
18		Hematology & Oncology	5.3 Macrocytic Anemia (Part 2 of 2), 5.4 Normocytic Anemia, 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	6.3 Legionella pnemophila, 7.1 Bartonella henselae	Renal pp. 562-591	30	2 hours	40	4	2	3
19		Hematology & Oncology, Gastrointestinal System	6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD), 6.5 Lymphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis	7.2 Brucella, 7.3 Francisella turalensis	Renal pp. 592-592, Hematology & Oncology pp. 396-422	28	2 hours	40	4	2	3
20		Gastrointestinal System	10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel	7.4 Pasteurella multocida, 8.1 Mycobacterium tuberculosis	Hematology & Oncology pp. 423-431, Gastrointestinal pp. 352-372	30	2 hours	40	4	2	3
21		Reproductive System, Gastrointestinal System	10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1), 10.8 Colorectal Carcinoma (2), 11.1 Exocrine Pancreas, 11.2 Gallbladder and Biliary Tract, 11.3 Liver: Jaundice (Part 1 of 2)	8.2 Mycobacterium leprae, 9.1 Borrelia Burgodorferi	Gastrointestinal pp. 373--394, Reproductive pp. 594-600	29	2 hours	40	4	2	3
22		Reproductive System, Behavioral/Psychiatry, Reproductive System	11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva, 13.2 Vagina, 13.3 Cervix	9.2 Leptospirosis, 9.3 Treponema pallidum	Reproductive pp. 601-629	29	2 hours	40	4	2	3
23		Behavioral/Psychiatry, Pharmacology - General, Reproductive System	13.4 Endometrium and Myometrium, 13.5 Ovary, 13.6 Ovarian Tumors, 13.7 Gestational Pathology	10.1 Chlamydia, 10.2 Coxiella burnetti	Reproductive pp. 630-639, Psychiatry pp. 537-555	29	2 hours	40	4	2	3
24		Pharmacology - General, Miscellaneous, 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, 16.4 Breast Cancer	10.3 Gardnerella vaginalis, 10.4 Mycoplasma pneumoniae	Psychiatry pp. 556-560, Pharmacology pp. 227-249	28	2 hours	40	4	2	3
25	Cath-up day										

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26	Begin study block #2	Nervous System	17.1 Developmental Amomalies, 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, 17.8 CNS Tumors	10.5 Richettsia species overview, 10.6 Rickettsia prowazekii, 10.7 Rickettsia ricketsii, 1.1 Histoplasmosis	Neurology & Special Senses pp. 474-503	30	2 hours	40	4	2	3
27		Nervous System, Endocrine System	15.0 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, 15.8 Parathyroid Gland, 15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla	1.2 Blastomycoses, 1.3 Coccidioidomycosis, 1.4 Paracoccidioidomycosis, 2.1 Malassezia furfur	Neurology & Special Senses pp. 504-533	30	2 hours	40	4	2	3
28		Nervous System, Endocrine System, Cardiovascular System	7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis, 7.4 Aortic Dissection and Aneurysm, 7.5 Vascular Tumors, 8.1 Ischemic Heart Disease (IHD)	2.2 Dermatophytes, 2.3 Sporothrix schenckii, 3.1 Candida albicans, 3.2 Aspergillus fumigatus	Neurology & Special Senses pp. 534-535, Endocrine pp. 320-346	29	2 hours	40	4	2	3
29		Endocrine System, Cardiovascular System, Musculoskeletal System	8.2 Congestive Heart Failure (CHF), 8.3 Congenital Defects, 8.4 Valvular Disorders, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System	3.3 Cryptococcus neoformans, 3.4 Mucormycosis, 3.5 Pneumocystis pneumonia, 1.1 Picornaviridae Overview	Endocrine pp. 342-350, Cardiovascular pp. 274-298	29	2 hours	80	4	2	3
30		Cardiovascular System, Musculoskeletal System, Respiratory System	18.2 Bone Tumors, 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)	1.2 (Pico) Polio Virus, 1.3 (Pico) Coxsackie A, 1.4 (Pico) Rhinovirus, 1.5 (Pico) Hepatitis A	Cardiovascular pp. 299-317, Musculoskeletal, Skin, and Connnective Tissue pp. 434-443	29	2 hours	40	4	2	3
31		Musculoskeletal System, Miscellaneous, Respiratory System	9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases, 9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 9.9 Pleura	1.6 (Norwalk) Calicivirus, 1.7 Flavivirus Group , 1.8 (Flavi) Hepatitis C, 1.9 Togavirus Group	Musculoskeletal, Skin, and Connnective Tissue pp. 444-472	29	2 hours	40	4	2	3
32		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 Infectious Disorders, 12.1 Congenital, 12.2 Acute Renal Failure (ARF), 12.3 Nephrotic Syndrome	1.10 Coronavirus, 1.11 Retrovirus - HIV/AIDs, 2.1 Orthomyxovirus, 2.2 paramyxovirus	Public Health Sciences pp. 251-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-677	29	2 hours	40	4	2	3
33		Miscellaneous, Respiratory System, Renal & Urinary System, Hematology & Oncology	12.4 Nephritic Syndrome, 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, 4.2 Secondary Hemostasis and Related Disorders (Part 1 of 2)	2.3 Rhabdovirus, 2.4 Filovirus, 2.5 Bunyavirus, 2.6 Arenavirus	Rapid Review pp. 678-688, Respiratory pp. 641-658	29	2 hours	40	4	2	3
34		Respiratory System, Renal & Urinary System, Hematology & Oncology	4.2 Secondary Hemostasis and Related Disorders (Part 2 of 2), 4.3 Other Disorders of Hemostasis, 4.4 Thrombosis, 4.5 Embolism, 5.1 Anemia, 5.2 Microcytic Anemias Part 1	2.7 Reovirus (Double Stranded RNA), 3.1 HSV1 and 2, 3.2 Epstein-Barr virus, 3.3 Cytomegalovirus	Respiratory pp. 659-668, Renal pp. 562-580	29	2 hours	40	4	2	3
35		Renal & Urinary Ststem, Hematology & Oncology	5.2 Microcytic Anemias Part 2, 5.2 Microcytic Anemias Part 3, 5.3 Macrocytic Anemia, 5.4 Normocytic Anemia, 5.5 Normocytic Anemias w/ Extravascular Hemolysis	3.4 Varicella Zoster Virus, 3.5 HHV 6 Roseola, 3.6 HHV 8 Kaposi's Sarcoma, 3.7 Polyomavirus	Renal pp. 581-592, Hematology & Oncology pp. 396-412	29	2 hours	40	4	2	3
36	Catch-up day										
37	Practice Test 2										

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38		Hematology & Oncology, Gastrointrestinal System	5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction, 6.1 Leukopenia and Leukocytosis, 6.2 Acute Leukemia, 6.3 Chronic Leukemia, 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	3.8 Papillomavirus, 3.9 Parvovirus, 3.10 Adenovirus, 3.11 Poxvitus	Hematology & Oncology pp. 413-431, Gastrointestinal pp. 352-361	29	2.5 hours	40	4	3	3
39		Gastrointestinal System, Hematology & Oncology	6.4 Myeloproliferative Disorders (MPD) (Part 2 of 2), 6.5 Lumphadenopathy (LAD), 6.6 Lymphoma, 6.7 Hodgkin Lymphoma (HL), 6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis, 10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus	3.12 Hepatits B, 1.1 Giardia	Gastrointestinal pp. 362-390	29	2 hours	40	4	2	3
40		Gastrointrestinal System, Reproductive System	10.4 Stomach, 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1)	1.2 Entamoeba histolytica	Gastrointestinal pp. 391-394, Reproductive pp. 594-618	29	2 hours	40	4	2	3
41		Reproductive System, Behavioral/Psychiatry, 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, 13.1 Vulva	1.3 Cryposporidium	Reproductive pp. 619-639, Psychiatry pp. 537-544	29	2 hours	40	4	2	3
42		Behavioral/Psychiatry, Biochem, Cell Bio, Genetics, Reproductive System	13.1 Vulva (Part 2 of 2), 13.2 Vagina, 13.3 Cervix, 13.4 Endometrium and Myometrium, 13.5 Ovary, 13.6 Ovarian Tumors (Part 1 of 2)	2.1 Toxoplasmosis, 2.2 Trypanosoma brucei	Psychiatry pp. 545-560, Biochemistry pp. 34-45	28	2 hours	40	4	2	3
43		Biochem, Cell Bio, Genetics, Reproductive System	13.6 Ovarian Tumors (Part 2 of 2), 13.7 Gestational Pathology, 14.1 Penis, 14.2 Testicle, 14.3 Testicular Tumors, 14.4 Prostate	2.3 Naegleria fowleri	Biochemistry pp. 46-75	30	2 hours	80	4	2	3
44		Biochem, Cell Bio, Genetics, Microbiology, Reproductive System, Immunology	16.1 Introduction, 16.2 Inflammatory Conditions, 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)	3.1 Trypanosoma cruzi	Biochemistry pp. 76-94, Microbiology pp. 124-133	29	2 hours	40	4	2	3
45		Microbiology, Immunology, Pathology - General	2.4 Autoimmune Disorders Part 1 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2, 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)	3.2 Babesia	Microbiology pp. 134-161	28	2 hours	40	4	2	3
46		Microbiology, Pathology - General	1.2 Cellular Injury (Part 2 of 2), 1.3 Cell Death, 1.4 Free Radical Injury	3.3 Plasmodium species	Microbiology pp. 162-191	30	2 hours	40	4	2	3
47		Microbiology, Immunology, Pathology - General	1.5 Amyloid, 2.1 Acute Inflammation Part 1, 2.1 Acute Inflammation Part 2, 2.1 Acute Inflammation Part 3	3.4 Leishmaniasis, 4.1 Trichomaniasis	Microbiology pp. 192-204, Immunology pp. 95-110	29	2 hours	40	4	2	3
48		Immunology, Pathology - General	2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia	5.1 Intestinal nematodes, 5.2 Tissue nematodes	Immunology pp. 111-122, Pathology pp. 205-221	29	2 hours	40	4	2	3
49		Pathology - General, Pharmacology - General	3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2, 3.2 Carcinogenesis Part 3, 3.3 Tumor Progression, 3.4 Clinical Characteristics	6.1 Cestodes, 6.2 Trematodes	Pathology pp. 222-226, Pharmacology pp. 227-249	28	2 hours	40	4	2	3

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Ultimately, we recommend using a personalized, flexible, and easily managed daily study plan like what Cram Fighter offers, to ensure you cover all the Step 1 exam material you need to. Access a 7-day FREE trial of the Cram Fighter study schedule planner at www.cramfighter.com. Good luck!

Day	Event	Subjects	Pathoma tasks	SketchyMicro tasks	First Aid (2018) Tasks	First Aid pages	Lecture length	UWorld questions	Book Study Hours	Lecture Study Hours	QBank Study Hours

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