

7-WEEK USMLE STEP 1 SAMPLE SCHEDULE

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Day	Event	Subjects	Pathoma tasks	First Aid (2018) Tasks	First Aid pages	Pathoma 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)	Pathology pp. 205-226, Biochemistry pp. 34-41	30	1.5 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	Biochemistry pp. 42-71	30	1.5 hours	40	4	2	3
3		Biochem, Cell Bio, Genetics, Microbiology, 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)	Biochemistry pp. 72-94, Microbiology pp. 124-129	29	1.5 hours	40	4	2	3
4		Microbiology, Pathology - General	2.5 Wound Healing, 3.1 Neoplasia, 3.2 Carcinogenesis Part 1, 3.2 Carcinogenesis Part 2	Microbiology pp. 130-158	29	1.5 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 Disorders Part 1	Microbiology pp. 159-186	28	1.5 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 Demyelinating Disorders	Microbiology pp. 187-204, Immunology pp. 95-106	30	1.5 hours	40	4	2	3
7		Immunology, Nervous System, Endocrine System	17.7 Dementia and Degenerative Disorders, 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, 15.8 Parathyroid Gland	Immunology pp. 107-122, Neurology & Special Senses pp. 474-486	29	1.5 hours	40	4	2	3
8		Nervous System, Endocrine System, Cardiovascular System	15.9 Endocrine Pancreas, 15.10 Adrenal Cortex, 15.11 Adrenal Medulla, 7.1 Vasculitis, 7.2 Hypertension (HTN), 7.3 Arteriosclerosis	Neurology & Special Senses pp. 487-515	29	1.5 hours	40	4	2	3
9	Catch-up day									
10	Practice Test 1									
11		Nervous System, Endocrine 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	Neurology & Special Senses pp. 516-535, Endocrine pp. 320-328	29	1.5 hours	40	4	2	3
12		Endocrine System, Cardiovascular System, Musculoskeletal System	8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System, 18.2 Bone Tumors, 18.3 Joint, 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors	Endocrine pp. 329-350, Cardiovascular pp. 274-280	29	1.5 hours	40	4	2	3
13		Cardiovascular System, Respiratory System	9.1 Nasopharynx, 9.2 Larynx, 9.3 Pulmonary Infections, 9.4 Chronic Obstructive Pulmonary Disease, 9.5 Restrictive Diseases	Cardiovascular pp. 281-309	29	2 hour	40	4	2	3
14		Cardiovascular System, Musculoskeletal System, Respiratory System, Skin, Renal & Urinary System	9.6 Pulmonary Hypertension, 9.7 Respiratory Distress Syndromes, 9.8 Lung Cancer, 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, 12.1 Congenital	Cardiovascular pp. 310-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-454	29	1.5 hours	40	4	2	3

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15		Musculoskeletal System, Miscellaneous, 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 Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Musculoskeletal, Skin, and Connective Tissue pp. 455-472, Public Health Sciences pp. 251-261	29	1.5 hours	40	4	2	3
16		Miscellaneous, 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)	Public Health Sciences pp. 262-268, Approaching the Organ Systems pp. 270-271, Rapid Review pp. 669-688	29	1.5 hours	40	4	2	3
17		Respiratory 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 Macrocytic Anemia (Part 1 of 2)	Respiratory pp. 641-668	28	1.5 hours	40	4	2	3
18		Renal & Urinary System, 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	Renal pp. 562-591	30	1.5 hours	40	4	2	3
19		Renal & Urinary System, Hematology & Oncology	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	Renal pp. 592-592, Hematology & Oncology pp. 396-422	28	1.5 hours	40	4	2	3
20		Hematology & Oncology, Gastrointestinal System	10.1 Oral Cavity, 10.2 Salivary Gland, 10.3 Esophagus, 10.4 Stomach, 10.5 Small Bowel (Part 1 of 2)	Hematology & Oncology pp. 423-431, Gastrointestinal pp. 352-372	30	1.5 hours	40	4	2	3
21		Gastrointestinal System, Reproductive System	10.5 Small Bowel (Part 2 of 2), 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)	Gastrointestinal pp. 373-394, Reproductive pp. 594-600	29	1.5 hours	40	4	2	3
22		Reproductive System, Gastrointestinal System	11.3 Liver: Jaundice (Part 2 of 2), 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva, 13.2 Vagina, 13.3 Cervix	Reproductive pp. 601-629	29	1.5 hours	40	4	2	3
23		Reproductive System, Behavioral/Psychiatry	13.4 Endometrium and Myometrium, 13.5 Ovary, 13.6 Ovarian Tumors, 13.7 Gestational Pathology	Reproductive pp. 630-639, Psychiatry pp. 537-555	29	1.5 hours	40	4	2	3
24	Complete first pass of First Aid	Behavioral/Psychiatry, Pharmacology-General, 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	Psychiatry pp. 556-560, Pharmacology pp. 227-249	28	2 hours	40	4	2	3
25	Catch-up day									
26	Begin study block #2	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 17.8 CNS Tumors	Neurology & Special Senses pp. 474-503	30	1.5 hours	40	4	2	3

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27		Nervous System, Endocrine System	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	Neurology & Special Senses pp. 504-533	30	1.5 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)	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 Defects, 8.5 Endocarditis, 8.6 Cardiomyopathy, 8.7 Cardiac Tumors, 18.1 Skeletal System	Endocrine pp. 342-350, Cardiovascular pp. 274-298	29	1.5 hours	40	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)	Cardiovascular pp. 299-317, Musculoskeletal, Skin, and Connective Tissue pp. 434-443	29	2 hours	40	4	2	3
31		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, 9.9 Pleura	Musculoskeletal, Skin, and Connective Tissue pp. 444-472	29	1.5 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	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 Infections, 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)	Rapid Review pp. 678-688, Respiratory pp. 641-658	29	1.5 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,	Respiratory pp. 659-668, Renal pp. 562-580	29	1.5 hours	40	4	2	3
35		Renal & Urinary System, 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,	Renal pp. 581-592, Hematology & Oncology pp. 396-412	29	2 hours	40	4	2	3
36	Catch-up day									
37	Practice Test 2									
38		Hematology & Oncology, Gastrointestinal 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)	Hematology & Oncology pp. 413-431, Gastrointestinal pp. 352-361	29	1.5 hours	40	4	3	3

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39		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, 10.2 Salivary Gland, 10.3 Esophagus	Gastrointestinal pp. 362-390	29	1.5 hours	40	4		2	3
40		Gastrointestinal System, Reproductive System	10.4 Stomach, 10.5 Small Bowel, 10.6 Appendix, 10.7 Inflammatory Bowel Disease, 10.8 Colon (1) (Part 1 of 2)	Gastrointestinal pp. 391-394, Reproductive pp. 594-618	29	1.5 hours	40	4		2	3
41		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 Biliart Tract, 11.3 Liver: Jaundice, 11.3 Liver: Hepatitis, 11.3 Liver: Cirrhosis & Tumors, 13.1 Vulva (Part 1 of 2)	Reproductive pp. 619-639, Psychiatry pp. 537-544	29	1.5 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)	Psychiatry pp. 545-560, Biochemistry pp. 34-45	28	1.5 hours	40	4		2	3
43		Behavioral/Psychiatry, 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,	Biochemistry pp. 46-75	30	1.5 hours	40	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, 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	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 2 (Part 2 of 2), 2.4 Autoimmune Disorders Part 2 (Part 2 of 2), 1.1 Growth Adaptations, 1.2 Cellular Injury (Part 1 of 2)	Microbiology pp. 134-161	28	1.5 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	Microbiology pp. 162-191	30	1.5 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	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	Immunology pp. 111-122, Pathology pp. 205-221	29	1.5 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	Pathology pp. 222-226, Pharmacology pp. 227-249	28	2 hours	40	4		2	3