

7-WEEK USMLE STEP 1 SAMPLE SCHEDULE

Thanks for downloading our sample schedule! We don't suggest this is the ultimate schedule, but we offer it a starting point for your plan. Remember, everyone learns differently, and you will need to adjust your plan for your weak areas, if you fall behind, need catch-up days, etc.

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	First Aid (2020) 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. 205-228; Biochemistry pp. 34-38	29	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. 39-67	29	1.5 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)	Biochemistry pp. 68-94	27	1.5 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	Microbiology pp. 124-150	27	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. 151-180	30	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. 181-204; Neurology & Special Senses pp. 490-492	27	1.5 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	Neurology & Special Senses	29	1.5 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	Neurology & Special Senses	28	1.5 hours	40	4	2	3
9	Catch-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)	Neurology & Special Senses	28	1.5 hours	40	4	2	3
12		Nervous System, Cardiovascular System, Endocrine System, Musculoskeletal System	15.10 Adrenal Cortex, 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	Immunology pp. 120-122; Cardiovascular pp. 280-304	28	1.5 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	Cardiovascular pp. 305-324; Endocrine pp. 325-332	28	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	Endocrine pp. 333-354; Musculoskeletal & Physiology pp. 446-451	28	2 hours	40	4	2	3

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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)	Gastrointestinal pp. 370-397	28	1.5 hours	40	4	3	3
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. 398-401; Reproductive pp. 612-637	30	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)	Reproductive pp. 638-658; Psychiatry pp. 553-562	31	1.5 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	Psychiatry pp. 563-576; Biochem pp. 49-78	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)	Biochemistry pp. 49-78	30	1.5 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	Biochemistry pp. 79-94; Microbiology pp. 137-165	29	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 (Part 1 of 2)	Microbiology pp. 137-165	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)	Microbiology pp. 166-195	30	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. 196-204; Immunology pp. 115-122; Pathology pp. 205-226	29	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	Immunology pp. 115-122; Pathology pp. 205-226	30	2 hours	40	4	2	3
48		Immunology, Pathology - General	2.2 Chronic Inflammation, 2.5 Wound Healing, 3.1 Neoplasia	Pathology pp. 227-228; Pharmacology pp. 229-254	28	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			2 hours	40	4	2	3