

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

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

Day	Event	Subjects	Pathoma tasks	First Aid (2021) 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 (Part 1 of 2)	Embryology pp. 504-506; Anatomy & Physiology (Part 1 of 2) pp. 507-518	15	46 minutes	40	4	2	2
2		Nervous System	17.5 Trauma, 17.6 Demyelinating Disorders (Part 2 of 2) ; 17.7 Dementia and Degenerative Disorders; 17.8 CNS Tumors (Part 1 of 2)	Anatomy & Physiology (Part 2 of 2) pp. 519-527; Pathology (Part 1 of 3) pp. 528-533	15	46 minutes	40	4	2	2
3		Nervous System; Endocrine System	17.8 CNS Tumors (Part 2 of 2); 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	Pathology (Part 2 of 3) pp. pp. 534-548	15	44 minutes	40	4	2	2
4		Nervous System; Endocrine System	15.8 Parathyroid Gland; 15.9 Endocrine Pancreas; 15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 1 of 2)	Pathology (Part 3 of 3) pp. 549-550; Otolaryngology pp. 551-552; Ophthalmology pp. 553-563	15	47 minutes	40	4	2	2
5		Nervous System; Endocrine System; Cardiovascular System	15.10 Adrenal Cortex, 15.11 Adrenal Medulla (Part 2 of 2); 7.1 Vasculitis; 7.2 Hypertension (HTN); 7.3 Arteriosclerosis (Part 1 of 2)	Pharmacology pp. 564-573; Embryology pp. 334-334; Anatomy pp. 335-335; Physiology (Part 1 of 2) pp. 336-338	15	45 minutes	40	4	2	2
6		Endocrine System; Cardiovascular System	7.3 Arteriosclerosis (Part 2 of 2); 7.4 Aortic Dissection and Aneurysm; 7.5 Vascular Tumors; 8.1 Ischemic Heart Disease (IHD) (Part 1 of 2)	Physiology (Part 2 of 2) pp. 339-345; Pathology (Part 1 of 2) pp. 346-353	15	46 minutes	40	4	2	2
7		Endocrine System; Cardiovascular System	8.1 Ischemic Heart Disease (IHD) (Part 2 of 2); 8.2 Congestive Heart Failure (CHF); 8.3 Congenital Defects; 8.4 Valvular Disorders (Part 1 of 2)	Pathology (Part 2 of 2) pp. 354-361; Pharmacology pp. 362-365; Embryology (Part 1 of 2) pp. 288-290	15	45 minutes	40	4	2	2
8		Cardiovascular System; Musculoskeletal System	8.4 Valvular Disorders (Part 2 of 2); 8.5 Endocarditis; 8.6 Cardiomyopathy, 8.7 Cardiac Tumors; 18.1 Skeletal System (Part 1 of 2)	Embryology (Part 2 of 2) pp. 291-291; Anatomy pp. 292-292; Physiology pp. 293-305	15	46 minutes	40	4	2	2
9	Catch-up day									
10		Cardiovascular System; Musculoskeletal System	18.1 Skeletal System (Part 2 of 2); 18.2 Bone Tumors; 18.3 Joint (Part 1 of 2)	Pathology (Part 1 of 2) pp. 306-320	15	45 minutes	40	4	2	2
11		Cardiovascular System; Musculoskeletal System; Respiratory System	18.3 Joint (Part 2 of 2); 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors; 9.1 Nasopharynx, 9.2 Larynx; 9.3 Pulmonary Infections	Pathology (Part 2 of 2) pp. 321-323; Pharmacology pp. 324-332; Anatomy & Physiology (Part 1 of 2) pp. 456-458	15	45 minutes	40	4	2	2
12		Musculoskeletal System; Respiratory System	9.4 Chronic Obstructive Pulmonary Disease (Part 1 of 2)	Anatomy & Physiology (Part 2 of 2) pp. 459-468; Pathology (Part 1 of 2) pp. 469-472	14	46 minutes	40	4	2	2

13		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)	Pathology (Part 2 of 2) pp. 473-486	14	46 minutes	40	4	2	2
14		Musculoskeletal System; 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 (Part 1 of 2)	Dermatology pp. 487-498; Pharmacology pp. 499-502	16	45 minutes	40	4	2	2
15		Miscellaneous ; Skin; Renal & Urinary System	19.3 Epithelial Tumors (Part 2 of 2); 19.4 Disorders of Pigmentation and Melanocytes; 19.5 Infectious Disorders; 12.1 Congenital; 12.2 Acute Renal Failure (ARF)	Public Health Sciences (Part 1 of 2) pp. 259-273	15	46 minutes	40	4	2	2
16		Miscellaneous ; Renal & Urinary System	12.3 Nephrotic Syndrome; 12.4 Nephritic Syndrome; 12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure (Part 1 of 2)	Public Health Sciences (Part 2 of 2) pp. 274-281; Approaching the Organ Systems pp. 284-285; Rapid Review (Part 1 of 3) pp. 713-717	15	45 minutes	40	4	2	2
17		Miscellaneous ; Renal & Urinary System; Hematology & Oncology	12.5 Urinary Tract Infection, 12.6 Nephrolithiasis, 12.7 Chronic Renal Failure (Part 2 of 2); 12.8 Renal Neoplasia; 12.9 Lower Urinary Tract Carcinoma; 4.1 Primary Hemostasis and Related Bleeding Disorders (Part 1 of 2)	Rapid Review (Part 2 of 3) pp. 718-732	15	46 minutes	40	4	2	2
18		Miscellaneous ; Respiratory System; Hematology & Oncology	4.1 Primary Hemostasis and Related Bleeding Disorders (Part 2 of 2); 4.2 Secondary Hemostasis and Related Disorders	Rapid Review (Part 3 of 3) pp. 733-735; Respiratory (Part 1 of 3) pp. 683-694	15	41 minutes	40	4	2	2
19		Respiratory System; Hematology & Oncology	4.3 Other Disorders of Hemostasis; 4.4 Thrombosis; 4.5 Embolism	Respiratory (Part 2 of 3) pp. 695-709	15	47 minutes	40	4	2	2
20		Respiratory System; Renal & Urinary System; Hematology & Oncology	5.1 Anemia; 5.2 Microcytic Anemias Part 1; 5.2 Microcytic Anemias Part 2 (Part 1 of 2)	Respiratory (Part 3 of 3) pp. 710-712; Embryology pp. 602-603; Anatomy pp. 604-604; Physiology (Part 1 of 2) pp. 605-613	15	48 minutes	40	4	2	2
21		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 (Part 1 of 2)	Physiology (Part 2 of 2) pp. 614-617; Pathology (Part 1 of 2) pp. 618-627	14	46 minutes	40	4	2	2
22		Renal & Urinary System; Hematology & Oncology	5.3 Macrocytic Anemia (Part 2 of 2); 5.4 Normocytic Anemia; 5.5 Normocytic Anemias w/ Extravascular Hemolysis	Pathology (Part 2 of 2) pp. 628-629; Pharmacology pp. 630-633; Embryology pp. 414-415; Anatomy pp. 416-419; Physiology (Part 1 of 2) pp. 420-422	15	42 minutes	40	4	2	2
23	Catch-up day									
24		Hematology & Oncology	5.6 Normocytic Anemias w/ Intravascular Hemolysis; 5.7 Anemia Due to Underproduction; 6.1 Leukopenia and Leukocytosis	Physiology (Part 2 of 2) pp. 423-423; Pathology (Part 1 of 2) pp. 424-437	15	48 minutes	40	4	2	2
25		Hematology & Oncology	6.2 Acute Leukemia; 6.3 Chronic Leukemia; 6.4 Myeloproliferative Disorders (MPD) (Part 1 of 2)	Pathology (Part 2 of 2) pp. 438-444; Pharmacology (Part 1 of 2) pp. 445-452	15	46 minutes	40	4	2	2

26		Hematology & Oncology; Gastrointestinal System	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 (Part 1 of 2)	Pharmacology (Part 2 of 2) pp. 453-454; Embryology pp. 368-369; Anatomy pp. 370-380	15	46 minutes	40	4	2	2
27		Hematology & Oncology; Gastrointestinal System	6.8 Plasma Cell Disorders (Dyscrasias), 6.9 Langerhans Cell Histiocytosis (Part 2 of 2); 10.1 Oral Cavity; 10.2 Salivary Gland; 10.3 Esophagus (Part 1 of 2)	Physiology pp. 381-385; Pathology (Part 1 of 2) pp. 386-395	15	45 minutes	40	4	2	2
28		Gastrointestinal System	10.3 Esophagus (Part 2 of 2); 10.4 Stomach; 10.5 Small Bowel (Part 1 of 2)	Pathology (Part 2 of 2) pp. 396-407; Pharmacology (Part 1 of 2) pp. 408-410	15	46 minutes	40	4	2	2
29		Gastrointestinal System; Reproductive System	10.5 Small Bowel (Part 2 of 2); 10.6 Appendix, 10.7 Inflammatory Bowel Disease	Pharmacology (Part 2 of 2) pp. 411-411; Embryology pp. 636-647; Anatomy (Part 1 of 2) pp. 648-649	15	41 minutes	40	4	2	2
30		Gastrointestinal System; Reproductive System	10.8 Colon (1); 10.8 Colorectal Carcinoma (2); 11.1 Exocrine Pancreas; 11.2 Gallbladder and Biliary Tract (Part 1 of 2)	Anatomy (Part 2 of 2) pp. 648-649; Physiology pp. 653-660; Pathology (Part 1 of 2) pp. 661-664	15	50 minutes	40	4	2	2
31		Reproductive System; Gastrointestinal System	11.2 Gallbladder and Biliary Tract (Part 2 of 2); 11.3 Liver: Jaundice; 11.3 Liver: Hepatitis; 11.3 Liver: Cirrhosis & Tumors (Part 1 of 2)	Pathology (Part 2 of 2) pp. 665-678	14	45 minutes	40	4	2	2
32		Reproductive System; Behavioral/Psychiatry; Gastrointestinal System	11.3 Liver: Cirrhosis & Tumors (Part 2 of 2); 13.1 Vulva; 13.2 Vagina; 13.3 Cervix (Part 1 of 2)	Pharmacology pp. 679-682; Psychiatry (Part 1 of 2) pp. 575-585	15	46 minutes	40	4	2	2
33		Behavioral/Psychiatry; Reproductive System	13.3 Cervix (Part 2 of 2); 13.4 Endometrium and Myometrium	Psychiatry (Part 2 of 2) pp. 586-600	15	42 minutes	40	4	2	2
34		Biochem, Cell Bio, Genetics; Reproductive System	13.5 Ovary; 13.6 Ovarian Tumors; 13.7 Gestational Pathology (Part 1 of 2)	Molecular pp. 34-45; Cellular (Part 1 of 2) pp. 46-48	15	49 minutes	40	4	2	2
35		Biochem, Cell Bio, Genetics; Reproductive System	13.7 Gestational Pathology (Part 2 of 2); 14.1 Penis; 14.2 Testicle; 14.3 Testicular Tumors (Part 1 of 2)	Cellular (Part 2 of 2) pp. 49-51; Laboratory Techniques pp. 52-55; Genetics (Part 1 of 2) pp. 56-63	15	45 minutes	40	4	2	2
36		Biochem, Cell Bio, Genetics; Reproductive System	14.3 Testicular Tumors (Part 2 of 2); 14.4 Prostate; 16.1 Introduction; 16.2 Inflammatory Conditions; 16.3 Benign Tumors and Fibrocystic Changes	Genetics (Part 2 of 2) pp. 64-64; Nutrition pp. 65-72; Metabolism (Part 1 of 3) pp. 73-78	15	44 minutes	40	4	2	2
37	Catch-up day									
38		Biochem, Cell Bio, Genetics; Reproductive System; Immunology	16.4 Breast Cancer; 2.3 Primary Immunodeficiency	Metabolism (Part 2 of 3) pp. 79-93	15	46 minutes	40	4	2	2
39		Biochem, Cell Bio, Genetics; Microbiology; Immunology	2.4 Autoimmune Disorders Part 1; 2.4 Autoimmune Disorders Part 2 (Part 1 of 2)	Metabolism (Part 3 of 3) pp. 94-94; Basic Bacteriology pp. 124-133; Clinical Bacteriology (Part 1 of 2) pp. 134-137	15	47 minutes	40	4	2	2

40	Microbiology; Immunology; Pathology - General	2.4 Autoimmune Disorders Part 2 (Part 2 of 2); 1.1 Growth Adaptations (Part 1 of 2)	Clinical Bacteriology (Part 2 of 2) pp. 138-150; Mycology (Part 1 of 2) pp. 151-152	15 45 minutes	40	4	2	2
41	Microbiology; Pathology - General	1.1 Growth Adaptations (Part 2 of 2); 1.2 Cellular Injury (Part 1 of 2)	Mycology (Part 2 of 2) pp. 153-154; Parasitology pp. 155-161; Virology (Part 1 of 2) pp. 162-166	14 46 minutes	40	4	2	2
42	Microbiology; Pathology - General	1.2 Cellular Injury (Part 2 of 2); 1.3 Cell Death (Part 1 of 2)	Virology (Part 2 of 2) pp. 167-177; Systems (Part 1 of 2) pp. 178-181	15 45 minutes	40	4	2	2
43	Microbiology; Pathology - General	1.3 Cell Death (Part 2 of 2); 1.4 Free Radical Injury; 1.5 Amyloid (Part 1 of 2)	Systems (Part 2 of 2) pp. 182-186; Antimicrobials (Part 1 of 2) pp. 187-196	15 46 minutes	40	4	2	2
44	Microbiology; Immunology; Pathology - General	1.5 Amyloid (Part 2 of 2); 2.1 Acute Inflammation Part 1; 2.1 Acute Inflammation Part 2 (Part 1 of 2)	Antimicrobials (Part 2 of 2) pp. 197-204; Immunology (Part 1 of 3) pp. 95-101	15 45 minutes	40	4	2	2
45	Immunology; Pathology - General	2.1 Acute Inflammation Part 2 (Part 2 of 2); 2.1 Acute Inflammation Part 3; 2.2 Chronic Inflammation (Part 1 of 2)	Immunology (Part 2 of 3) pp. 102-116	15 46 minutes	40	4	2	2
46	Immunology; Pathology - General	2.2 Chronic Inflammation (Part 2 of 2); 2.5 Wound Healing	Immunology (Part 3 of 3) pp. 117-122; Pathology (Part 1 of 3) pp. 205-213	15 43 minutes	40	4	2	2
47	Pathology - General	3.1 Neoplasia; 3.2 Carcinogenesis Part 1 (Part 1 of 2)	Pathology (Part 2 of 3) pp. 214-228	15 48 minutes	40	4	2	2
48	Pathology - General; Pharmacology - General	3.2 Carcinogenesis Part 1 (Part 2 of 2); 3.2 Carcinogenesis Part 2; 3.2 Carcinogenesis Part 3 (Part 1 of 2)	Pathology (Part 3 of 3) pp. 229-229; Pharmacology (Part 1 of 2) pp. 231-244	15 45 minutes	40	4	2	2
49	Pathology - General; Pharmacology - General	3.2 Carcinogenesis Part 3 (Part 2 of 2); 3.3 Tumor Progression; 3.4 Clinical Characteristics	Pharmacology (Part 2 of 2) pp. 245-258	14 45 minutes	40	4	2	2