

4-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 | Subject | Pathoma tasks | First Aid Tasks | First Aid pages | Pathoma hours | Qbank question | Book and Lectu | QBANK Hours | Notes |
|--------|---------------|--|---|--|-----------------|---------------|----------------|----------------|-------------|---|
| Day 1 | | Immunology | 2.3 Primary Immunodeficiency (Imm) - 17 min; 2.4 Autoimmune Disorders Part 1 (Imm) - 30 min; and Part 2 (Imm) - 45 min | Immunology (Imm) pp. 95-122 | 28 | 1.5 | 80 | 7 | 3 | Omit Misc. First Aid (2018) chapters. Schedule 1640 UWorld questions. |
| Day 2 | | Microbiology, Pathology | 1.1 Growth Adaptations (Path) - 29 min; 1.2 Cellular Injury (Path) - 45 min; 1.3 Cell Death (Path) - 10 min | Basic Bacteriology (Micro) pp. 124-133; Clinical Bacteriology (Micro) pp. 134-150; Mycology (Micro) pp. 151-154 | 31 | 1.5 | 80 | 7 | 3 | |
| Day 3 | | Microbiology, Pathology | 1.3 Cell Death (Path) - 29 min; 1.4 Free Radical Injury (Path) - 22 min; 1.5 Amyloid (Path) - 20 min; 2.1 Acute Inflammation Part 1 (Path) - 16 min | Parasitology (Micro) pp. 155-161; Virology (Micro) pp. 162-170 | 16 | 1.5 | 40 | 5 | 1.5 | |
| Day 4 | | Microbiology, Pathology | 2.1 Acute Inflammation Part 1 (Path) - 20 min; 2.1 Acute Inflammation Part 2 (Path) - 27 min; 2.1 Acute Inflammation Part 3 (Path) - 19 min; 2.2 Chronic Inflammation (Path) - 26 min | Virology (Micro) pp. 171-177; Systems (Micro) pp. 178-186 | 16 | 1.5 | 40 | 5 | 1.5 | |
| Day 5 | Practice Exam | | | | | | | | | |
| Day 6 | | Microbiology, Pathology, Pharmacology | 2.5 Wound Healing (Path) 25 min; 3.1 Neoplasia (Path) 38 min; 3.2 Carcinogenesis Part 1 (Path) 21 min | Antimicrobials (Micro) pp. 187-204; Pharmacology (Pharm) pp. 227-230 | 22 | 1.5 | 80 | 7 | 3 | |
| Day 7 | Catch-up day | | | | | | | | | |
| Day 8 | | Pharmacology, Biochemistry, Pathology | 3.2 Carcinogenesis Part 2 (Path) - 29 min; 3.2 Carcinogenesis Part 3 (Path) - 20 min; 3.3 Tumor Progression (Path) 9 min; 3.4 Clinical Characteristics (Path) - 21 min | Pharmacology (Pharm) pp. 231-249; Molecular (Biochem) pp. 34-45; Cellular (Biochem) pp. 46-51 | 37 | 1.5 | 80 | 7 | 3 | |
| Day 9 | | Biochemistry, Musculoskeletal | 18.1 Skeletal System (Musc) - 25 min; 18.2 Bone Tumors (Musc) 15 min; 18.4 Skeletal Muscle, 18.5 Neuromuscular Junction, 18.6 Soft Tissue Tumors (Musc) - 16 min | Laboratory Techniques (Biochem) pp. 52-55; Genetics (Biochem) pp. 56-64; Nutrition (Biochem) pp. 65-71 | 20 | 1 | 80 | 7 | 3 | |
| Day 10 | | Biochemistry, Skin, Cardiovascular | 19.1 Inflammatory Dermatoses (Skin) - 15 min; 19.2 Blistering Dermatoses (Skin) - 9 min; 19.3 Epithelial Tumors (Skin) - 8 min; 19.4 Disorders of Pigmentation and Melanocytes (Skin) - 12 min; 19.5 Infectious Disorders (Skin) - 4 min; 7.1 Vasculitis (Cardio) - 27 min; 7.2 Hypertension (Cardio) - 7 min; 7.3 Arteriosclerosis (Cardio) - 18 min | Metabolism (Biochem) pp. 72-94 | 23 | 2 | 40 | 5 | 1.5 | |
| Day 11 | | Cardiovascular, Pathology | 7.4 Aortic Dissection and Aneurysm (Cardio) - 13 min; 7.5 Vascular Tumors (Cardio) - 5 min; 8.1 Ischemic Heart Disease (Cardio) - 30 min; 8.2 Congestive Heart Failure (Cardio) - 6 min; 8.3 Congenital Defects (Cardio) - 17 min; 8.4 Valvular Disorders (Cardio) - 25 min | Pathology (Path) pp. 205-226 | 22 | 1.5 | 40 | 5 | 1.5 | |
| Day 12 | | Musculoskeletal, Cardiovascular, Hematology & Oncology | 8.5 Endocarditis (Cardio) - 7 min; 8.6 Cardiomyopathy, 8.7 Cardiac Tumors (Cardio) - 8 min; 4.1 Primary Hemostasis and Related Bleeding Disorders (Heme/Onc) - 43 min; 4.2 Secondary Hemostasis and Related Disorders (Heme/Onc) - 21 min | Anatomy & Physiology (Musc) pp. 434-447; Pathology (Musc) pp. 448-460; Dermatology (Musc) pp. 461-465 | 32 | 1 | 80 | 7 | 3 | |
| Day 13 | | Musculoskeletal, Cardiovascular, Hematology & Oncology | 4.3 Other Disorders of Hemostasis (Heme/Onc) - 13 min; 4.4 Thrombosis (Heme/Onc) - 22 min; 4.5 Embolism (Heme/Onc) - 12 min; 5.1 Anemia (Heme/Onc) - 7 min; 5.2 Microcytic Anemias Part 1 (Heme/Onc) - 28 min; 5.2 Microcytic Anemias Part 2 (Heme/Onc) - 9 min | Dermatology (Musc) pp. 466-469; Pharmacology (Musc) pp. 470-472; Embryology (Cardio) pp. 274-276; Anatomy (Cardio) p. 277; Physiology (Cardio) pp. 278-293 | 23 | 1.5 | 80 | 7 | 3 | |
| Day 14 | Catch-up Day | | | | | | | | | |
| Day 15 | | Cardiovascular, Hematology & Oncology | 5.2 Microcytic Anemias Part 2 (Heme/Onc) - 10 min; 5.2 Microcytic Anemias Part 3 (Heme/Onc) - 19 min; 5.3 Macrocytic Anemia (Heme/Onc) - 22 min; 5.4 Normocytic Anemia (Heme/Onc) - 15 min; 5.5 Normocytic Anemias w/ Extravascular Hemolysis (Heme/Onc) - 26 min | Pathology (Cardio) pp. 294-309; Pharmacology (Cardio) pp. 310-317; Anatomy (Heme/Onc) pp. 396-398; Physiology (Heme/Onc) 399-403 | 31 | 1.5 | 80 | 7 | 3 | |
| Day 16 | | Hematology & Oncology | 5.6 Normocytic Anemias w/ Intravascular Hemolysis, 5.7 Anemia Due to Underproduction (Heme/Onc) - 27 min; 6.1 Leukopenia and Leukocytosis (Heme/Onc) - 21 min; 6.2 Acute Leukemia (Heme/Onc) - 19 min; 6.3 Chronic Leukemia (Heme/Onc) - 11 min | Pathology (Heme/Onc) pp. 404-422; Pharmacology (Heme/Onc) pp. 423-431 | 28 | 1 | 80 | 7 | 3 | |

