

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	

