



# The 99-Day Study Schedule for USMLE® Step 1



There is no elevator to success.  
You have to take stairs.

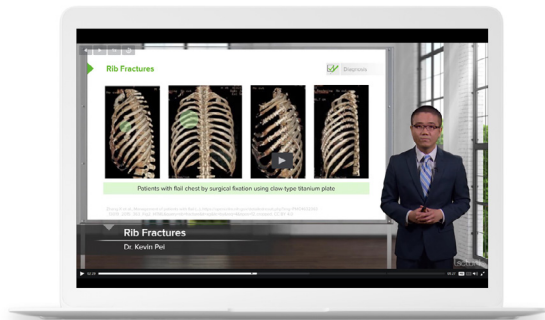
(Zig Ziglar)



## This eBook is Presented by Lecturio

### Supplement your Classes & Prepare for Boards

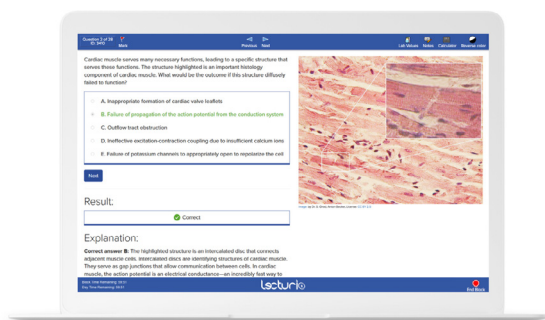
USMLE® Step 1 & 2 CK | COMLEX Level 1 & 2



#### SPACED REPETITION

##### Memorize Key Information Smarter

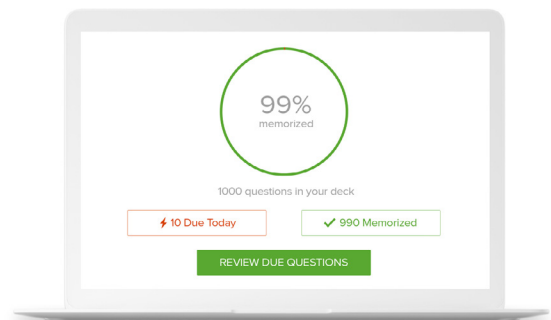
Improve your ability to recall key concepts with the aid of an adaptive algorithm, which tells you exactly when and what you need to repeat.



#### VIDEO LECTURES

##### Learn & Review Concepts Effectively

Concise, easy-to-follow, and high-yield video lectures taught by teaching award-winning educators from top ranking medical schools.



#### QUESTION BANK

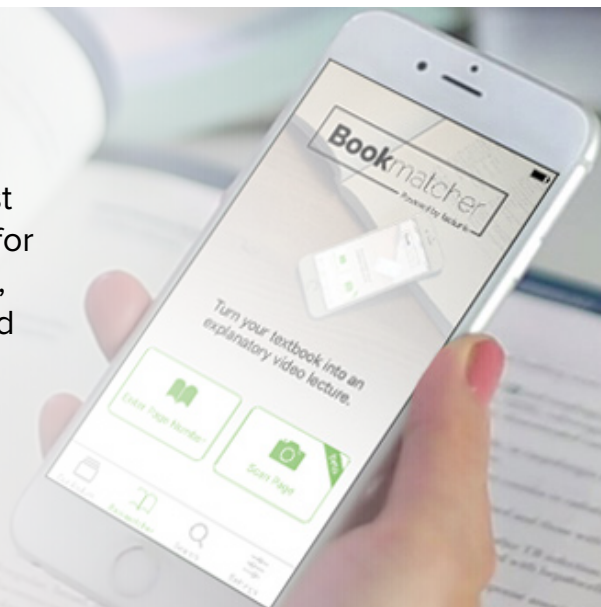
##### Apply Concepts with Confidence

The Question Bank conforms to NBME® standards and contains supporting explanations that help you become familiar with actual test situations.

#### BOOKMATCHER

##### Turn Textbooks into Video Lectures

The Lecturio Bookmatcher offers the fastest way for you to find relevant video lectures for topics in your medical textbooks (First Aid®, Robbins Basic Pathology, Rapid Review, and many more) or any learning material.





## About this Schedule



**Never settle for low scores. Everyone is capable of great scores if preparation is done the right way.**

Despite the upcoming changes to USMLE® scoring, the USMLE® Step 1 is still very important. Your 3-digit score is currently used as a gatekeeper for competitive and sought-after residency programs; when Step 1 switches to Pass/Fail, this marker will fall to Step 2 CK. Starting as **early as March 2021**, you will have to pass Step 1 in order to even take Step 2 CS. Don't let the opportunity to shine on Step 1 slip through your fingertips.

### **You want to do the absolute best now!**

Moreso, don't let any other medical student or anyone for that matter tell you that you cannot dominate the USMLE® Step 1 exam. Every year, students around the world achieve top scores and match into their residency programs of choice. ANY medical student can do well on the USMLE® Step 1 exam; it's all about how you strategically plan and carefully study for the exam.

Traditionally, students spend roughly three months studying in a dedicated fashion for the USMLE® exam. This 99-day intensive study schedule will teach you how to structure your time and your study plan to make the most of your dedicated USMLE® study period and dominate the exam. Simply stated, if you carefully follow this study plan, you will be equipped with everything you need to earn a high score on the USMLE® Step 1 exam.

### **Over the course of the next 99 days, you will:**

- Actively watch about 270 hours of high-yield video lectures
- Test your knowledge with 9,000+ recall questions
- Review more than 630 pages in the *First Aid® for the USMLE® Step 1* book
- Complete 2,500+ challenging USMLE®-style questions using the [Lecturio Qbank](#)

Refer to our **Medical School Survival Guide** to learn more about proven test-taking strategies, crucial facts about the USMLE® exams, and helpful advice for studying at the highest efficiency and with the greatest recall. The Medical School Survival Guide is your companion: Rely on it to help you survive from the first day of medical school until you match into your top-choice residency program. You need to transition to this study guide once you start your dedicated USMLE® Step 1 preparation – and once you transition, make sure to follow this study plan closely.



## How This Schedule Was Created

Every medical student has his or her own techniques for learning, studying, and test taking. It goes without saying that medical students are excellent at time management and studying effectively, and demonstrate it by performing well on examinations.

Preparing for the USMLE® Step 1 exam is extremely different than studying for a traditional medical school exam. The main challenges of studying for the USMLE® Step 1 are picking which resources to use, knowing how to study effectively with those resources, and implementing test taking strategies unique to the USMLE® exam.

For decades, students have received words of wisdom from upperclassmen at their medical schools regarding how to perform well on USMLE® Step 1. Lecturio has taken this traditional principle of asking advice from upperclassmen and elevated it to the highest level: evidence-based recommendations. Lecturio has worked directly with medical students, residents, and attending physicians across the nation who have done well on the USMLE® Step 1 exam. Through this intensive research process, Lecturio has learned the studying and test taking strategies that consistently lead to great USMLE® Step 1 scores and this information will be shared in this study schedule.

The evidence-based strategy presented in this schedule is based on the the three phases of gaining knowledge, reviewing, and applying knowledge. The tricks and strategies for each of these phases will be described in detail below. Furthermore, with this schedule, you can closely follow along with your First Aid® book.



### **About Lecturio:**

Walk into any Lecturio meeting and the focus is on producing the highest quality educational resources that lead to student success. Lecturio has worked with medical education leaders across the nation to produce an evidence-based comprehensive medical school and USMLE® preparation platform.

# How To Use This Schedule

The 99-day study schedule is built around a repetitive cycle of gaining knowledge, then reviewing and applying that knowledge for each subject or organ system. This study plan closely parallels the order and structure of the First Aid® for the USMLE® Step 1 book. Let's discuss the components of this repetitive learning cycle:

## Gain knowledge



Lecturio provides high-quality video lectures given by world-class professors. These lectures impart in-depth knowledge that helps you understand the relevant medical concepts required to master the USMLE® Step 1 exam.

The video lectures are supported with recall questions that let you gauge your attentiveness and check your comprehension. Feel like looking something up to reinforce your knowledge? Lecturio articles provide textbook-style chapters for this exact purpose.

## Review



After you learn the relevant high-yield concepts for USMLE® Step 1, you then need to review and start memorizing the material. With that in mind, you'll study the relevant pages in First Aid® that correspond to the Lecturio videos you have watched. You'll review these high-yield facts and work hard to memorize as much content as you feasibly can.

## Apply knowledge



At this stage in the learning process, you will draw upon what you have learned about the relevant concepts and what you have memorized with the final goal being that you're able to successfully answer USMLE®-style questions using Lecturio's Qbank.

The Qbank provides you with expertly designed USMLE®-style questions. Best yet, each question has high-yield and detailed explanations for each correct and incorrect answer option.

The Qbank features include the ability to configure by subject and by organ system, filter questions, mark questions, view lab values, repeat previous tests, and enter tutor mode, test mode, timed mode, review mode, and much more.

# How To Use This Schedule

## 1. Develop a routine and simulate test-like situations

We cannot emphasize enough how important it is to adhere to your study routine. Make sure you maintain a disciplined, steady study-flow at all times. Though each day the number of Qbank questions you review will change, try to utilize study methods such as the Pomodoro Technique to block your time and to maximize your efficiency. But don't treat every day like an exam day – there are dedicated recap days and practice test days for that.

## 2. Develop a routine and simulate test-like situations

With this schedule you are not only studying test materials, you are also learning the test-taking strategy required to pass the USMLE® exam. The physical and mental environment in which a question is delivered is just as important as its content.

Lecturio's unique Qbank Walkthrough Tutorials course & eBook will take you through 30 USMLE®-style questions step-by-step, teaching you how to correctly read a question stem and isolate each key component. They will also guide you through the multi-step reasoning required for each question before reviewing that question's specific high-yield information.

[>>Start Course Now<<](#)

[>>Download Free eBook<<](#)

## 3. Test and apply your knowledge

Once it's time to start practicing clinical case questions, start your first Qbank block, which is automatically configured in "tutor mode." As you go through each question, read the answer explanations. You've already looked at the First Aid® references and watched the associated video lectures, but you can do this again when needed to fully understand the concepts presented. When completing your recaps (Days 28, 29, 98, and 99), the Qbank is preconfigured in "test mode" to simulate the USMLE® testing environment. It is also recommended you complete a Self-Assessment before you start the 99-day schedule and at least one full Practice Exam at the end (or add a few days in the middle to achieve this).

## How To Use This Schedule

A substantive understanding of medical concepts is crucial when mastering the USMLE® Step 1 exam. In the actual exam, time is very limited; however, using the concepts you have come to understand during your studies can lead you to the correct answers every time. You will also need to memorize certain facts and buzzwords in order to efficiently manage your time during the USMLE® exam.

For example, if you have been told that a patient is a cave explorer, you need to think histoplasmosis. This is simple association. Another example is knowing that Hemoglobin A1c is the 3-month average of a patient's blood sugar levels.

The list of high-yield must-know facts goes on and on. The point we want to make is that in order to get a high score on the USMLE® exam, you need to not only have an in-depth understanding of the content, but you also need to memorize plain facts.



**TIP!**

Using **evidence-based learning strategies** is easy with Lecturio – in fact, if you're using this study schedule, you're *already* using some of these strategies! **Interleaving**, or learning by alternating the materials being studied, is easy with the following tips.

### Interleaving Tip 1: Review content with the help of explanations

After each question, always opt to review and carefully read the explanations provided. Make sure to read both correct and incorrect answer explanations; there is just as much value in understanding why an answer is wrong as there is in understanding the right answers.

### Interleaving Tip 2: Review with the help of Lecturio's related videos

Supplement your understanding of the material by consulting Lecturio's related videos. Each video reference has been handpicked by board exam experts and explains the relevant concept needed to answer each specific Qbank question.

### Interleaving Tip 3: Take notes and review with the help of First Aid® references

Before answering questions, review the topics in First Aid®. When first studying with your copy of First Aid® for the USMLE® Step 1, knowing how to use the book in the most efficient manner may be confusing. The First Aid® book is not written like a traditional textbook, with paragraphs. Instead, it is full of bullet points, charts, and pictures. The most efficient way to implement First Aid® is to use it as a reference and for note-taking. When you watch Lecturio videos and want to jot down some notes, do it in First Aid®. If you've just worked through a Qbank block and want to add some notes or read the topic highlights, use First Aid®. Lecturio is your digital learning platform; First Aid® is your physical pen-and-paper platform.

# How To Use This Schedule

## You know the material, now make sure you're ready for exam day itself

As you're studying, you'll be generally familiarizing yourself with a testing environment, as the Lecturio Qbank mirrors what you'll experience when you take the exam. However, what is not included in every day of this schedule is the time pressure you will feel on exam day.

Enter the NBME®. The National Board of Medical Examiners plays a role in creating the USMLE® exams, so you've likely heard the name already. You may have even heard of NBME® Subject Exams (for which Lecturio also has [subject exam prep](#)). As part of your USMLE® Step 1 prep, we recommend you take the NBME®'s Comprehensive Basic Science Self-Assessment (CBSSA). This self-assessment examination is highly regarded by medical students as a score forecaster for the actual exam. Most students report that they score very closely to the results received on their CBSSA. The comprehensive self-assessments start at \$60 per exam, and there are a variety of versions available. Additional features, such as performance profiles, are available at an additional cost.

When you take the CBSSA and/or one of Lecturio's Practice Exams or Self-Assessments, make sure to set aside dedicated time and remove all distractions. Do your best to simulate your future testing environment: put away your cell phone, turn off notifications on your computer, and sit at an empty desk with paper and pencil and nothing else. Make your testing environment as close to the real deal as you can. Choose the "standard-paced" option to mimic the timing conditions of the USMLE® (this is automatically configured on Lecturio's self-assessments and practice exams, but you can also use "timer mode" when you create a custom test in the Qbank for yourself).

After you have completed the CBSSA or a Lecturio self-assessment/practice test, take the time to make notes of the questions you got wrong and the correct answers. Unfortunately, the CBSSA does not provide answer explanations; it simply shows the incorrect answer you selected, and the correct answer. It is up to you to figure out why the correct answer is correct. In order to do this, go back to your First Aid® book and read the relevant section. Repeat any of the steps explained in this guide if needed.

**Also: Make sure to consult the [USMLE® website](#) for the most up-to-date information on what you can and should bring with you on test day.**



**TIP!**

Keep in mind upcoming **changes to the USMLE® examinations:**

- All examinees will be required to pass **Step 1 as a prerequisite to take Step 2 CS** (implemented no earlier than March 1, 2021)
- The number of **attempts per Step or Step Component will decrease** from 6 to 4 (implemented no earlier than July 1, 2021)
- **Step 1 will change to pass/fail** (implemented no earlier than January 1, 2022)



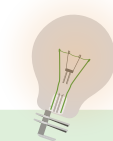
## The Lecturio Qbank at a Glance

Lecturio's Qbank questions are at least as good as Uworld's, some say better. Don't believe us? Try them out! All Lecturio Qbank questions are based on the most recent NBME® standards, meaning all questions are very similar to USMLE® exam question formats. This is crucial – practice questions that have been written as closely as possible to the format and style of the real exam questions will prepare you better than just learning the content. What's more, we can even offer you an examination environment with our exam-simulation interface. If you switch to “test-mode,” you'll be given the same technical settings, just like in the real exam.

Almost every Qbank question is a real-life clinical scenario with up-to-date and informative illustrations. This also helps make everything as true to test day as possible. However, as you study and learn with the Qbank you'll also find detailed explanations to all incorrect and correct answer choices; these accentuate the professional learning environment that is Lecturio.

Our Qbank offers something no one else does – Lecturio links all of its relevant, high-yield video lectures to every concept discussed in every Qbank question. Why is this so great? Because you can apply what experts call “reverse studying;” instead of going through a bulk of material, of which only a percentage will be relevant for the USMLE® exam, you can selectively watch those explanatory videos in which you display obvious knowledge gaps. Awesome, right? And as if this wasn't enough, you'll also find the most up-to-date, hand-picked First Aid® references added to each question whenever you switch “tutor mode” on.

**When you're working through [this schedule](#) though, you don't have to adjust anything – we have it all set up and ready for you!**



**TIP!**

Want to know how to **best** tackle these clinical case questions? Check out our [Qbank Walkthrough course](#), in which Doc Ossareh walks you through 30 individual case questions for Step 1.

# Study Plan Overview

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Bio-chemistry	Bio-chemistry	Bio-chemistry	Bio-chemistry	Bio-chemistry	Bio-chemistry	Bio-chemistry
Week 2	Bio-chemistry	Immunology	Immunology	Immunology	Immunology	Microbiology	Microbiology
Week 3	Microbiology	Microbiology	Microbiology	Microbiology	Microbiology	Microbiology	General Pathology
Week 4	General Pathology	Pharmacology	Pharmacology	Public Health Sciences	Public Health Sciences	Public Health Sciences	Recap
Week 5	Recap	Day Off	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular
Week 6	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular	Endocrine	Endocrine	Endocrine
Week 7	Endocrine	Endocrine	Endocrine	Gastro-intestinal	Gastro-intestinal	Gastro-intestinal	Gastro-intestinal
Week 8	Gastro-intestinal	Gastro-intestinal	Gastro-intestinal	Day Off	Hematology & Oncology	Hematology & Oncology	Hematology & Oncology
Week 9	Hematology & Oncology	Hematology & Oncology	Hematology & Oncology	MCT	MCT	MCT	MCT
Week 10	MCT	MCT	MCT	MCT	Neurology	Neurology	Neurology
Week 11	Neurology	Neurology	Neurology	Neurology	Neurology	Day Off	Psychiatry
Week 12	Psychiatry	Psychiatry	Psychiatry	Psychiatry	Psychiatry	Renal	Renal
Week 13	Renal	Renal	Renal	Reproductive	Reproductive	Reproductive	Reproductive
Week 14	Reproductive	Respiratory	Respiratory	Respiratory	Respiratory	Respiratory	Recap
Week 15	Recap						

Day	Subject	Resource	Topics covered
1	Biochemistry	70 videos 168 quiz questions	<ul style="list-style-type: none"> <li>▶ The Macromolecules of Life</li> <li>▶ Purine and Pyrimidine Metabolism</li> <li>▶ Understanding Genetics</li> </ul>
2	Biochemistry	67 videos 151 quiz questions	<ul style="list-style-type: none"> <li>▶ DNA Repair &amp; Genetic Mutations</li> <li>▶ Gene Regulation</li> <li>▶ Cellular Structure</li> <li>▶ Cell Cycle &amp; Cell Division</li> </ul>
3	Biochemistry	61 videos 198 quiz questions	<ul style="list-style-type: none"> <li>▶ Biotechnology</li> <li>▶ Genomics</li> <li>▶ Analytical Techniques in Biotechnology</li> <li>▶ Immunodiagnostics</li> <li>▶ Introduction to Medical Genetics</li> <li>▶ Single-Gene Disorders</li> </ul>
4	Biochemistry	48 videos 180 quiz questions	<ul style="list-style-type: none"> <li>▶ Chromosomal Disorders</li> <li>▶ Multifactorial Inheritance</li> <li>▶ Population Genetics</li> <li>▶ Vitamins</li> </ul>
5	Biochemistry	68 videos 154 quiz questions	<ul style="list-style-type: none"> <li>▶ Nutrition</li> <li>▶ Energy, Enzymes and Metabolism</li> <li>▶ Carbohydrate Metabolism</li> </ul>
6	Biochemistry	67 videos 200 quiz questions	<ul style="list-style-type: none"> <li>▶ Amino Acid Metabolism</li> <li>▶ Metabolic Control</li> <li>▶ Lipid Metabolism</li> </ul>
7	Biochemistry	65 Qbank questions	<ul style="list-style-type: none"> <li>▶ Molecular and Cellular Biochemistry &amp; Laboratory Techniques</li> <li>▶ Genetics</li> </ul>
8	Biochemistry	70 Qbank questions	<ul style="list-style-type: none"> <li>▶ Nutrition</li> <li>▶ Metabolism</li> </ul>
9	Immunology	24 videos 84 quiz questions	<ul style="list-style-type: none"> <li>▶ Lymphoid Histology</li> <li>▶ Immune System: Overview and Cells</li> <li>▶ Innate Immune System</li> </ul>
10	Immunology	44 videos 131 quiz questions	<ul style="list-style-type: none"> <li>▶ Adaptive Immune System</li> <li>▶ Humoral Immunity and Cell-Mediated Immunity</li> </ul>

Day	Subject	Resource	Topics covered
11	Immunology	56 videos 161 quiz questions	<ul style="list-style-type: none"> <li>▶ Immunodeficiency and Immune Deficiency Diseases</li> <li>▶ Vaccine Immunology</li> <li>▶ Hypersensitivity and Autoimmune Disease</li> <li>▶ Transplantation Immunology</li> <li>▶ Tumor Immunology</li> </ul>
12	Immunology	98 Qbank questions	<ul style="list-style-type: none"> <li>▶ Lymphoid Structures &amp; Cellular Components</li> <li>▶ Immune Responses</li> <li>▶ Immune Responses &amp; Immunosuppressants</li> </ul>
13	Microbiology	66 videos 202 quiz questions	<ul style="list-style-type: none"> <li>▶ Microbiology: Introduction</li> <li>▶ General Bacteriology</li> <li>▶ Gram-positive Bacteria</li> </ul>
14	Microbiology	43 videos 157 quiz questions	<ul style="list-style-type: none"> <li>▶ Gram-negative Bacteria</li> <li>▶ Atypical Gram-staining Bacteria</li> </ul>
15	Microbiology	54 videos 207 quiz questions	<ul style="list-style-type: none"> <li>▶ Fungi</li> <li>▶ Parasites</li> <li>▶ Prions</li> </ul>
16	Microbiology	57 videos 191 quiz questions	<ul style="list-style-type: none"> <li>▶ Viruses</li> </ul>
17	Microbiology	52 videos 119 quiz questions	<ul style="list-style-type: none"> <li>▶ Antimicrobial Pharmacology</li> </ul>
18	Microbiology	81 Qbank questions	<ul style="list-style-type: none"> <li>▶ Basic &amp; Clinical Bacteriology</li> <li>▶ Clinical Bacteriology</li> </ul>
19	Microbiology	82 Qbank questions	<ul style="list-style-type: none"> <li>▶ Clinical Bacteriology</li> <li>▶ Virology</li> </ul>
20	Microbiology	112 Qbank questions	<ul style="list-style-type: none"> <li>▶ Mycology &amp; Parasitology</li> <li>▶ Systems</li> <li>▶ Antimicrobials</li> </ul>
21	General Pathology	39 videos 151 quiz questions	<ul style="list-style-type: none"> <li>▶ Pathology – General Principles</li> <li>▶ Molecular Mechanisms of Aging</li> </ul>



Day	Subject	Resource	Topics covered
22	General Pathology	48 Qbank questions	▶ Cellular Injury, Inflammation & Neoplasia
23	Pharmacology	43 videos 129 quiz questions	▶ Enzymes and Enzyme Kinetics ▶ Pharmacokinetics and Pharmacodynamics ▶ ANS – Pharmacology
24	Pharmacology	42 Qbank questions	▶ PK/PD, Autonomic Drugs, Toxicities and Side Effects
25	Public Health Sciences	45 videos 86 quiz questions	▶ Epidemiology and Biostatistics: Introduction ▶ Types of Studies ▶ Screening Tests ▶ Measures of Association ▶ Descriptive Epidemiology
26	Public Health Sciences	45 videos 87 quiz questions	▶ Validity and Reliability ▶ Statistical Biases ▶ Statistics: Basics ▶ Data ▶ Research Ethics ▶ Forensic Psychiatry
27	Public Health Sciences	80 Qbank questions	▶ Epidemiology & Biostatistics ▶ Ethics, The Well Patient, Healthcare Delivery & Quality and Safety
28	Recap	120 Qbank questions	▶ Recap of High-Yield General Principles (3 blocks)
29	Recap	160 Qbank questions	▶ Recap of High-Yield General Principles (4 blocks)
30	Day off	Take the day off and relax	▶ This is not a recommendation, it's a prescription! Congratulations, you're already a third of the way through the schedule!
31	Cardiovascular	44 videos 142 quiz questions	▶ Cardiovascular Embryology ▶ Cardiovascular Gross Anatomy ▶ Cardiovascular Histology

Day	Subject	Resource	Topics covered
32	Cardiovascular	58 videos 154 quiz questions	<ul style="list-style-type: none"> <li>▶ Cardiovascular Physiology</li> <li>▶ Heart Sounds</li> </ul>
33	Cardiovascular	53 videos 151 quiz questions	<ul style="list-style-type: none"> <li>▶ Valvular Heart Disease</li> <li>▶ Arrhythmias</li> </ul>
34	Cardiovascular	32 videos 121 quiz questions	<ul style="list-style-type: none"> <li>▶ Congenital Heart Disease (CHD) – Top USMLE® Diseases</li> <li>▶ Hypertension</li> <li>▶ Atherosclerosis</li> <li>▶ Ischemic Heart Disease</li> </ul>
35	Cardiovascular	48 videos 134 quiz questions	<ul style="list-style-type: none"> <li>▶ Cardiomyopathy – Top USMLE® Diseases</li> <li>▶ Congestive Heart Failure</li> <li>▶ Pericardial Disease</li> <li>▶ Cardiovascular Infections</li> </ul>
36	Cardiovascular	36 videos 120 quiz questions	<ul style="list-style-type: none"> <li>▶ Vasculitis</li> <li>▶ Cardiovascular Pharmacology</li> </ul>
37	Cardiovascular	93 Qbank questions	<ul style="list-style-type: none"> <li>▶ Pharmacology</li> <li>▶ Embryology, Anatomy &amp; Physiology</li> </ul>
38	Cardiovascular	122 Qbank questions	<ul style="list-style-type: none"> <li>▶ Pathology</li> <li>▶ Pathology</li> <li>▶ Pathology</li> </ul>
39	Endocrine	42 videos 137 quiz questions	<ul style="list-style-type: none"> <li>▶ Endocrine Anatomy</li> <li>▶ Endocrine Physiology</li> <li>▶ Introduction to the Endocrine System</li> </ul>
40	Endocrine	25 videos 121 quiz questions	<ul style="list-style-type: none"> <li>▶ Pituitary Gland Disorders</li> <li>▶ SIADH</li> <li>▶ (Nephrogenic) Diabetes Insipidus (DI)</li> </ul>
41	Endocrine	38 videos 140 quiz questions	<ul style="list-style-type: none"> <li>▶ Thyroid Gland Disorders</li> <li>▶ Parathyroid Gland Disorders</li> </ul>
42	Endocrine	46 videos 169 quiz questions	<ul style="list-style-type: none"> <li>▶ Pancreatic Disease &amp; Diabetes</li> <li>▶ Adrenal Gland Disorders</li> </ul>

Day	Subject	Resource	Topics covered
43	Endocrine	28 videos 77 quiz questions	<ul style="list-style-type: none"> <li>▶ Neoplasms of the Endocrine System</li> <li>▶ Endocrine Pharmacology</li> </ul>
44	Endocrine	105 Qbank questions	<ul style="list-style-type: none"> <li>▶ Embryology, Anatomy &amp; Physiology</li> <li>▶ Pathology</li> <li>▶ Pathology</li> <li>▶ Pharmacology</li> </ul>
45	Gastrointestinal	89 videos 234 quiz questions	<ul style="list-style-type: none"> <li>▶ Gastrointestinal Gross Anatomy</li> </ul>
46	Gastrointestinal	38 videos 116 quiz questions	<ul style="list-style-type: none"> <li>▶ Gastrointestinal Embryology</li> <li>▶ Gastrointestinal Histology</li> </ul>
47	Gastrointestinal	64 videos 167 quiz questions	<ul style="list-style-type: none"> <li>▶ Gastrointestinal Physiology</li> <li>▶ Esophageal Disease</li> <li>▶ Stomach and Duodenum Diseases</li> </ul>
48	Gastrointestinal	85 videos 322 quiz questions	<ul style="list-style-type: none"> <li>▶ Small and Large Intestine Diseases</li> <li>▶ Pediatric GI Pathology</li> <li>▶ Cirrhosis – Liver Diseases</li> </ul>
49	Gastrointestinal	22 videos 85 quiz questions 41 Qbank questions	<ul style="list-style-type: none"> <li>▶ Pancreatic and Biliary Tract Diseases</li> <li>▶ Gastrointestinal Pharmacology</li> <li>▶ Qbank: Embryology, Anatomy &amp; Physiology</li> <li>▶ Qbank: Pharmacology</li> </ul>
50	Gastrointestinal	87 Qbank questions	<ul style="list-style-type: none"> <li>▶ Pathology</li> <li>▶ Pathology</li> </ul>
51	Gastrointestinal	60 Qbank questions	<ul style="list-style-type: none"> <li>▶ Pathology</li> <li>▶ Pathology</li> </ul>
52	Day off	Take the day off and relax	<ul style="list-style-type: none"> <li>▶ This is not a recommendation, it's a prescription! Congratulations, you're already halfway through the schedule!</li> </ul>
53	Hematology & Oncology	33 videos 112 quiz questions	<ul style="list-style-type: none"> <li>▶ Hematology &amp; Oncology – Anatomy</li> <li>▶ Hematology &amp; Oncology – Physiology</li> </ul>

Day	Subject	Resource	Topics covered
54	Hematology & Oncology	29 videos 100 quiz questions	<ul style="list-style-type: none"> <li>▶ Hemodynamics</li> <li>▶ Introduction to Red Blood Cell Disorders</li> </ul>
55	Hematology & Oncology	69 videos 152 quiz questions	<ul style="list-style-type: none"> <li>▶ Microcytic Anemia – Red Blood Cell Pathology (RBC)</li> <li>▶ Macrocytic Anemia – Red Blood Cell Pathology (RBC)</li> <li>▶ Normocytic Anemia – Red Blood Cell Pathology (RBC)</li> <li>▶ Hemolytic Anemia – Red Blood Cell Pathology (RBC)</li> </ul>
56	Hematology & Oncology	35 videos 118 quiz questions	<ul style="list-style-type: none"> <li>▶ Lymphadenopathy – White Blood Cell Pathology (WBC)</li> <li>▶ Quantitative White Blood Cell Disorders – White Blood Cell Pathology (WBC)</li> <li>▶ Leukemia – White Blood Cell Pathology (WBC)</li> <li>▶ Pharmacology of Blood Coagulation</li> </ul>
57	Hematology & Oncology	94 Qbank questions	<ul style="list-style-type: none"> <li>▶ Embryology, Anatomy &amp; Physiology</li> <li>▶ Pharmacology</li> <li>▶ Pathology</li> </ul>
58	Hematology & Oncology	63 Qbank questions	<ul style="list-style-type: none"> <li>▶ Pathology</li> <li>▶ Pathology</li> </ul>
59	MCT	45 videos 162 quiz questions	<ul style="list-style-type: none"> <li>▶ Musculoskeletal, Skin and Connective Tissue – Histology</li> </ul>
60	MCT	22 videos 86 quiz questions	<ul style="list-style-type: none"> <li>▶ Musculoskeletal, Skin and Connective Tissue – Embryology</li> <li>▶ Musculoskeletal, Skin and Connective Tissue – Physiology</li> </ul>
61	MCT	51 videos 158 quiz questions	<ul style="list-style-type: none"> <li>▶ Upper Limb Anatomy</li> </ul>
62	MCT	67 videos 144 quiz questions	<ul style="list-style-type: none"> <li>▶ Lower Limb Anatomy</li> </ul>
63	MCT	42 videos 157 quiz questions	<ul style="list-style-type: none"> <li>▶ Bone Disease</li> <li>▶ Metabolic Bone Disorders</li> <li>▶ Introduction and Non-Autoimmune Arthritis</li> <li>▶ Connective Tissue Diseases</li> <li>▶ Seronegative Spondylarthropathies</li> <li>▶ Muscle and soft tissue: Pathology</li> </ul>



Day	Subject	Resource	Topics covered
64	MCT	57 videos 145 quiz questions	<ul style="list-style-type: none"> <li>▶ Inflammatory Skin Diseases</li> <li>▶ Other Skin Diseases</li> <li>▶ Infectious Skin Diseases</li> <li>▶ Neoplastic Skin Diseases</li> <li>▶ Inflammation Pharmacology</li> </ul>
65	MCT	67 Qbank questions	<ul style="list-style-type: none"> <li>▶ Embryology, Anatomy &amp; Physiology</li> <li>▶ Pharmacology</li> <li>▶ Pathology</li> </ul>
66	MCT	77 Qbank questions	<ul style="list-style-type: none"> <li>▶ Pathology</li> <li>▶ Dermatology</li> </ul>
67	Neurology	52 videos 160 quiz questions	<ul style="list-style-type: none"> <li>▶ Development of the Nervous System, Head, and Neck</li> <li>▶ Neurology – Histology</li> </ul>
68	Neurology	55 videos 157 quiz questions	<ul style="list-style-type: none"> <li>▶ Neurophysiology</li> <li>▶ Head and Neck Anatomy</li> <li>▶ Mononeuropathy</li> <li>▶ Autonomic Nervous System (ANS)</li> </ul>
69	Neurology	50 videos 148 quiz questions	<ul style="list-style-type: none"> <li>▶ Meninges</li> <li>▶ Limbic System</li> <li>▶ Cerebral Cortex</li> <li>▶ Diencephalon</li> <li>▶ Basal Ganglia</li> <li>▶ Cerebellum</li> <li>▶ Brain Stem</li> <li>▶ Spinal Cord</li> <li>▶ Ventricular System</li> </ul>
70	Neurology	52 videos 166 quiz questions	<ul style="list-style-type: none"> <li>▶ Dural Venous Sinuses</li> <li>▶ Visual Pathways</li> <li>▶ Auditory System and Vestibular System</li> <li>▶ 12 Cranial Nerves and Their Functions</li> <li>▶ Stroke (Cerebrovascular Accident)</li> <li>▶ Trauma</li> <li>▶ Cerebral Aneurysm (Intracranial Aneurysm)</li> <li>▶ Seizures</li> </ul>

Day	Subject	Resource	Topics covered
71	Neurology	44 videos 175 quiz questions	<ul style="list-style-type: none"> <li>▶ Headache</li> <li>▶ Movement Disorders</li> <li>▶ Dementia</li> <li>▶ Increased Intracranial Pressure (ICP)</li> <li>▶ Other Diseases: Hydrocephalus, Neuromuscular Disease, Plexopathy and Mononeuritis</li> <li>▶ Multiple Sclerosis</li> <li>▶ Pediatric Neuropathology</li> <li>▶ Tumors of the CNS</li> <li>▶ Spinal Cord Pathology</li> <li>▶ Vertigo and Dizziness</li> </ul>
72	Neurology	56 videos 142 quiz questions	<ul style="list-style-type: none"> <li>▶ Ophthalmology</li> <li>▶ CNS – Pharmacology</li> </ul>
73	Neurology	59 Qbank questions	<ul style="list-style-type: none"> <li>▶ Embryology, Anatomy &amp; Physiology</li> <li>▶ Otology &amp; Ophthalmology</li> <li>▶ Pharmacology</li> </ul>
74	Neurology	72 Qbank questions	<ul style="list-style-type: none"> <li>▶ Pathology</li> <li>▶ Pathology</li> </ul>
75	Day off	Take the day off and relax	<ul style="list-style-type: none"> <li>▶ This is not a recommendation, it's a prescription! Congratulations, you're already three-fourths through the schedule!</li> </ul>
76	Psychiatry	38 videos 156 quiz questions	<ul style="list-style-type: none"> <li>▶ Learning and Behavior Modification</li> <li>▶ Personality Disorders</li> <li>▶ Child Development and Behavior</li> <li>▶ Dissociative Disorders and Somatoform Disorders</li> </ul>
77	Psychiatry	36 videos 155 quiz questions	<ul style="list-style-type: none"> <li>▶ Introduction to Psychological Disorders</li> <li>▶ Major Psychiatric Disorders</li> </ul>
78	Psychiatry	44 videos 145 quiz questions	<ul style="list-style-type: none"> <li>▶ Suicide</li> <li>▶ Control Disorders</li> <li>▶ Sleep and Sleep Disorders</li> <li>▶ Drug Addiction</li> <li>▶ Toxicology</li> </ul>
79	Psychiatry	26 videos 65 quiz questions	<ul style="list-style-type: none"> <li>▶ Psychiatric Assessment</li> <li>▶ Psychopharmacology</li> </ul>

Day	Subject	Resource	Topics covered
80	Psychiatry	50 Qbank questions	► Pharmacology
81	Psychiatry	83 Qbank questions	► Psychology & Pathology ► Psychology & Pathology
82	Renal	46 videos 150 quiz questions	► Renal Anatomy ► Introduction to Renal Pathology ► Renal Physiology
83	Renal	35 videos 176 quiz questions	► Renal Diagnostics ► Diseases of the Nephron
84	Renal	53 videos 217 quiz questions	► Acid-Base Balance ► Urinalysis ► Glomerulonephritis
85	Renal	34 videos 138 quiz questions	► Nephrolithiasis ► Urinary Tract Infections ► Tubulointerstitial Diseases ► Cystic Diseases (Renal Cystic Pathology) ► Renal Pharmacology
86	Renal	118 Qbank questions	► Embryology, Anatomy & Physiology ► Pathology ► Pathology ► Pharmacology
87	Reproductive	54 videos 182 quiz questions	► Early Development and the Organogenic Period ► Reproductive Embryology ► Reproductive Histology
88	Reproductive	54 videos 116 quiz questions	► Reproductive Gross Anatomy
89	Reproductive	43 videos 132 quiz questions	► Reproductive Physiology ► Human Development ► Reproductive Hormone Disorders ► Pregnancy Complications

Day	Subject	Resource	Topics covered
90	Reproductive	61 videos 179 quiz questions	<ul style="list-style-type: none"> <li>▶ Disorders of Vulva, Vagina and Cervix</li> <li>▶ Ovarian Diseases</li> <li>▶ Uterine and Fallopian Tube Disease</li> <li>▶ Breast Disease</li> <li>▶ Male Reproductive System Diseases</li> <li>▶ Reproductive Pharmacology</li> </ul>
91	Reproductive	107 Qbank questions	<ul style="list-style-type: none"> <li>▶ Embryology, Anatomy &amp; Physiology</li> <li>▶ Pharmacology</li> <li>▶ Pathology</li> <li>▶ Pathology</li> </ul>
92	Respiratory	33 videos 113 quiz questions	<ul style="list-style-type: none"> <li>▶ Respiratory Anatomy</li> </ul>
93	Respiratory	59 videos 150 quiz questions	<ul style="list-style-type: none"> <li>▶ Respiratory Physiology</li> <li>▶ Pulmonary Diagnostics</li> </ul>
94	Respiratory	34 videos 111 quiz questions	<ul style="list-style-type: none"> <li>▶ Introduction to Pulmonary Pathology</li> <li>▶ Disorders of the Pulmonary Circulation and the Respiratory Regulation</li> </ul>
95	Respiratory	50 videos 166 quiz questions	<ul style="list-style-type: none"> <li>▶ Obstructive Lung Disease</li> <li>▶ Restrictive Lung Disease</li> <li>▶ Occupational Lung Diseases</li> <li>▶ Pleural Disease</li> </ul>
96	Respiratory	42 videos 158 quiz questions	<ul style="list-style-type: none"> <li>▶ Infections of the Respiratory Tract</li> <li>▶ Lung Cancer</li> <li>▶ Respiratory Pharmacology</li> </ul>
97	Respiratory	133 Qbank questions	<ul style="list-style-type: none"> <li>▶ Embryology, Anatomy &amp; Physiology</li> <li>▶ Pharmacology</li> <li>▶ Pathology</li> <li>▶ Pathology</li> </ul>
98	Recap	120 Qbank questions	<ul style="list-style-type: none"> <li>▶ Recap of High-Yield Organ Systems (3 Blocks)</li> </ul>
99	Recap	160 Qbank questions	<ul style="list-style-type: none"> <li>▶ Recap of High-Yield Organ Systems (4 Blocks)</li> </ul>



**Worked through the entire schedule?  
That's great, well done!**

**“ Good things are coming.  
Just keep going...!**

Congratulations! Now give yourself another day off to relax and recharge. You deserve it! Three months of intense studying with only three days off was certainly exhausting, but soon you will reap the fruits of your intensive labor. You will take USMLE® Step 1 well prepared and you will have the right mindset to dominate the exam. If you still have time remaining before the exam date and you want to spend it studying, it's recommended that you do Qbank only. Complete as many blocks of 40 questions as you can, hitting all subjects and all systems as before.

Consult the **Medical School Survival Guide** again and make sure you did everything recommended. Make sure you familiarize yourself with the logistics of getting to the test center and the formal requirements of sitting for the USMLE® on test day. Remember to bring your identification and test permit. You will not be allowed to take the exam without these documents. Refer to the [USMLE® website](#) for full details on the required material to bring with you on test day, as well as the rules regarding what you can wear or bring to the testing center.

If you followed all of the advice in this 99-day intensive study schedule, then you should be in great shape on test day. Sure, you might be nervous, but the confidence you have built up in yourself over the course of 99 days of intensive study can go a long way in helping you overcome any amount of jitters. This is a test you can dominate because you're ready for it. This is a test you can score outrageously well on because you made the commitment of time to hone your knowledge and to excel.

**You have what it takes to achieve the USMLE® Step 1 score of your dreams!**

Lecturio Inc.  
511 Avenue of the Americas  
Unit #902  
New York, NY 10011  
USA

[www.lecturio.com](http://www.lecturio.com)

