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

(Zig Ziglar)
About this Schedule

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

The USMLE Step 1 exam is more important today than it has ever been in the past. Your USMLE Step 1 score is used as a gatekeeper for competitive and sought after residency programs. Don’t let the opportunity to shine on Step 1 slip through your fingertips. You don’t want to take the USMLE Step 1 exam and then tell yourself that you wish you could have earned a better score. 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 nation achieve top scores and match into their top residency programs of choice. ANY medical student can get an excellent score on the USMLE Step 1 exam, it’s all about how you strategically plan and carefully study for the exam.

Traditionally, students spend roughly 3 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 score high on the USMLE Step 1 exam.

Over the course of the next 99 days you will:

- Actively watch 240 hours of high-yield video lectures
- Test your knowledge with 9,000 recall questions
- Review over 630 pages in the First Aid® for the USMLE Step 1 book
- Complete 2,500 challenging USMLE questions using the Lecturio Qbank
- Study a total of 650 hours (which is only about 6 hours and 40 minutes per day)
- Enjoy a well deserved full 3 days of time off to relax and recharge!

Refer to our Medical School Survival Guide to learn more about proven test-taking strategies, crucial facts about the USMLE exam, 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 residency program of choice. 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 extremely carefully.
How This Schedule was Created

Every medical student has his or her own techniques for studying, learning, 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. However, the USMLE Step 1 exam is an entirely different academic challenge.

Preparing for the USMLE Step 1 exam is extremely different from studying for a traditional medical school exam. The challenge with studying for the USMLE Step 1 is picking which resources to use, how to study those resources effectively, and how to implement test taking strategies unique to the USMLE exam.

For decades students have received words of wisdom for upperclassmen at their medical school 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 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, this schedule will follow closely with First Aid for the USMLE Step 1 to aid in capitalizing the high-yield resources for the exam.

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.
JUST HAVING A QUICK LOOK AT EVERYTHING I NEED TO KNOW FOR MY EXAMS

THIS DOESN'T HAVE TO BE YOU!
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 for the USMLE Step 1 that precisely 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 of being able to successfully solve USMLE 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, plus much more.
Gain Knowledge

Gain knowledge by using the Lecturio Curriculum. It provides you with video lectures given by world-class professors. They will teach you all medical concepts that you need to master the USMLE Step 1 exam. These instructors are aware that your time is scarce, so they teach you concisely and with as much high-yield information as possible.

However, in contrast to First Aid for the USMLE Step 1, you are not simply provided with a few bullet points for a certain disease but also with the relevant aspects of Physiology, Anatomy, and Pharmacology in order for you to thoroughly understand the disease. This equips you to apply your profound knowledge base – not just the information you stuffed into your short-term memory – in order to solve USMLE questions.

To get the most from the Lecturio videos and to use your time as efficiently as possible, follow these proven guidelines:

1. **Do a Qbank block whenever you start a new subject or organ system**
   This will give you a preview of how you will need to apply your gained knowledge to the specific questions for each subject or organ system:
   - **Enter the Lecturio Qbank** (you need to be a subscriber to access the Qbank).
   - Switch off the tutor mode (always work in timed mode! You need to train your brain to function in a similar environment to the actual test day).
   - Select the subject or organ system.
   - Select 40 questions (always do a full block of 40 questions) and then click start.

   **Note:** At this point, please don’t give yourself a headache trying to figure out the correct answer from among the choices offered. For now, you’re just trying to gather a sense of what the potential exam questions will look like. This helps you recognize which details to pay attention to while you’re in the “gain knowledge” phase.

Make sure you are logged in when entering the Lecturio Curriculum.
Find and access the videos as indicated in the schedule
Access the required video lectures or the Lecturio Qbank by either clicking on a specific day in the overview or in the detailed schedule.

<table>
<thead>
<tr>
<th>Day</th>
<th>Subject</th>
<th>Resource</th>
<th>What to study</th>
<th>Time</th>
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</table>
| 12  | Immunology| https://www.lecturio.com/medical-courses/day-12...| ▶ Immunodeficiency and Immune Deficiency Diseases  
▶ Sensitivity and Autoimmune Disease  
▶ Transplantation Immunology  
▶ Tumor Immunology  
▶ Vaccine Immunology  
▶ Immunodiagnosics          | 6 h  |
| 13  | Immunology| First Aid 2018: 95-122  
First Aid 2017: 91-118 |                                                                                                 | 4 h  |
In case you use a paper version of this guide, remember that you can find this schedule in the Lecturio curriculum under “Study Guides and Schedules” in the left navigation panel of the USMLE step 1 curriculum.

Watch the video lectures and do the quiz questions presented after each lecture. In case you fail to answer the quiz questions correctly immediately after watching a video you most likely did not pay attention or understand the material. At this point, you should watch the video again and see where you have knowledge gaps. Quiz questions are immediate feedback regarding your learning and retention of the material. Take them seriously!

3 Test your confidence in a certain subject or system (and take shortcuts if your confidence level is high)

The subjects and organ systems you’re studying with the aid of this schedule are probably not new to you. You’ve almost certainly learned the material already in your coursework in medical school or maybe even in college. As such, some topics will be easier for you than others. If you feel very confident about your knowledge of a certain subject, proceed as follows:

Take 50 randomly chosen quiz questions first. You might be able to take a study shortcut if you answer most of those questions correctly. What you can do in this event is focus on reading articles instead of watching videos. As you proceed with the reading, pay attention to how familiar you are with the material and identify gaps in your knowledge that you need to fill.

Caution: Only skip videos if you are outrageously confident of your knowledge. Never use this option just to save study time, it will come back to haunt you later.
Make use of the player speed button

The Lecturio video platform has a speed feature that allows you to speed up the videos you’re watching. You can make it incrementally play at up to double (2x) its normal speed. Just make sure that the speed you select isn’t so fast that you have trouble following what the lecturer is saying. When playing at faster speed, it can be helpful to turn on subcaptions so that you can read along as the lecturer speaks.

Though it is good to save time while watching a lecture at a faster rate, there is no point if you do not retain the information. Pick a video playback speed that allows you to adequately gain and retain the knowledge.

See lectures with closed captioning by clicking the CC button in the lower right corner of your video player.
Review

Having a substantive understanding of medical concepts is an important pillar for mastering the USMLE Step 1 exam. However, in the actual exam you will not have time to always arrive at the correct answer using the concepts you have come to understand in your studies. You will also need to memorize certain facts and buzzwords in order to be the most efficient when taking the USMLE exam.

For example, if you were told that a patient is a cave explorer, then you need to think Histoplasmosis. This is simple association. Another example is that you need to know that Hemoglobin A1c is a 3-month average of a patient’s blood sugar levels. The list of high-yield must-know facts goes on and on, but the point here is that to score high on the USMLE exam, you need to learn in-depth knowledge but also memorize facts.

When you are studying along with your copy of First Aid for the USMLE Step 1 it may be confusing how to use the book efficiently. The First Aid book is not written like a traditional textbook with paragraphs. Instead, it is full of bullet points, charts, and pictures. An efficient method for using the First Aid book is to use it as a reference and note taking book.

When you are watching Lecturio videos and want to take notes and write something down, do it within First Aid. If you just went through a Qbank block and want to take some notes or read the highlights about a topic, do it in First Aid. As much as Lecturio is a digital platform for you to learn from, First Aid is your physical paper-and-pencil platform.
Apply Knowledge

After successfully gaining knowledge and filling your head with facts during the review phase, it is now time to practice against the big boss, the USMLE exam questions themselves. For this purpose, Lecturio provides an amazing and expertly designed USMLE-style question bank. The questions are created based on standards set by the National Board of Medical Examiners (NBME), thus the Lecturio Qbank questions are as similar as possible to the real USMLE exam questions.

You want to be able to recognize patterns in the writing of questions stems and even answer choices. This is vital, you want to be practicing with questions that are as close as possible to exam questions on the real test day. In this manner, you are not only studying the material on the test, but you are also learning the test-taking strategy needed for the USMLE exam.

Just as important as the content of the question is the physical and mental environment in which the question is delivered. Thanks to the superior design of the Lecturio Qbank, it is designed to be as close as possible to the software and logistical design as on the real exam day.

This means that when you look at the interface of the Lecturio Qbank, it looks extremely similar to the software interface that you will be using on exam day. The benefit here is that you have one less factor to distract you on the test day. You will be in your mental zone because you will have prepared with the Lecturio Qbank.

In order to get the most out of the Qbank, it’s extremely advisable to always complete sessions of 40 questions each. There is no value in sitting down to do any more or less than 40 questions at a time. The rationale here is that 40 is the number of questions each real USMLE question block contains.

Again, strictly adhering to your study routine is everything. Work extremely hard to try to maintain a strong and steady study flow at all times. Try your best to sit down and do 40 questions without interruption or distraction. You should try to keep your study setup as close to the real USMLE exam at all time. If you are always doing blocks of 40 questions when you are performing the Qbank, then your brain is ready for 40 blocks at a time. Then when you sit down to take the real USMLE exam, it will be natural and you will feel at ease to do 40 questions at a time.
Do 40 questions in a session as follows:

- Choose tutor mode off and turn timed mode on (you want to get your brain trained to always feel the pressure of the clock. You will feel the pressure on exam day, might as well train and be ready for it).
- Pick subjects and systems.
- Select 40 questions.
- Do 40 questions and answer all within the time frame.
- After the test, choose to review and carefully read the explanations. Make sure to read the right and wrong answer choice explanations. There is just as much value in the wrong answers as there is in the correct answers. Supplement your understanding of the material by consulting Lecturio reference materials such as videos and articles in addition to the material described in the answer choice explanations.

Lecturio provides an expertly designed USMLE-style question bank. The questions are created based on standards set by the National Board of Medical Examiners (NBME), thus the Lecturio Qbank questions are as similar as possible to the real USMLE exam questions.

Before jumping into the Qbank, watch the Qbank Walkthrough Tutorials Course first.

This unique course will walk you through various USMLE questions and teach you how to properly read a question stem, isolate the key components in each question stem, guide you through the multi-step reasoning required for each question, and then review high yield information for each question.
Many days in the learning schedule call for Qbank training, consisting of 2 blocks of 40 questions each. Take a look at the table below; it describes the most optimal manner in which you can structure your day.

**Two-Block Study Schedule Example**

**6 AM**

Wake up.

Do morning routine.

8 AM

**Block One:** Do 40 Qbank questions. Pick subjects at random. Do the questions in “test mode”.

9 AM

Carefully read the answer explanations to the question you answered. Consult your reference book and/or Lecturio videos to refine your knowledge.

12 noon

Eat lunch and/or take a nap.

1 PM

**Block Two:** Do another 40 Qbank questions. Repeat the morning schedule’s study steps.

5 PM

Break for exercise and/or dinner.

7 PM

Review all materials covered during the day.

9 PM

Relax.

10 PM

Go to bed. Get a full **eight hours** of sleep.
On the final day of the 99-day intensive study schedule, you are recommended to take the Comprehensive Basic Science Self-Assessment (CBSSA) examination from the National Board of Medical Examiners (NBME). This self-assessment examination is highly regarded by medical students as a score marker for the actual exam date. Most students report that they score very closely to the score they receive on the CBSSA. Note that you will need to purchase the "extended version" which allows you to see the questions that you answered incorrectly and it gives you the correct answer. This extender version costs an extra $10.

Follow the instructions below to perform the Comprehensive Basic Science Self-Assessment:

1. Set aside five hours of dedicated quiet time to take the CBSSA. Again, think about this. You want to simulate the real test taking environment as much as you can. Put away your cell phone, turn off notifications on your computer. Sit at an empty desk, only have a paper and pencil on your desk and nothing else. Make your testing environment as real as possible.

2. Then sit down and take the blocks. You can take a short 2-5 minute break between each block. Otherwise, you can do 2 or more blocks between taking a break. It is completely up to you. Some medical students will take a break after each block. Others will do multiple blocks in a row prior to taking a break. See what works for you and what allows you to maintain your focus.

3. After you have completed the CBSSA, take the time to make note of the questions you got wrong and the correct answer. Unfortunately the CBSSA does not provide answer explanations, it simply just shows the incorrect answer that you chose and the correct answer. It is up to you to figure how why the correct answer is correct. In order to do this, go back to your First Aid book and read the relevant section that relates to the question.

You will get a three-digit score and a subject score report at the end of the CBSSA. Pay attention to the subjects that you did not perform well on. Also pay attention to the three-digit score as it has a high likelihood of being similar to the score that you will receive on the real exam day. If you are happy with your score, then great. If you’re not, then you need to identify your weak areas by looking at the subject report and go back and review them and perform additional Qbank questions to strengthen yourself and grow your knowledge base.
# Study Plan Overview

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| 1   | Biochemistry  |          | ▶ Introduction to Cell Biology  
▶ The Macromolecules of Life  
▶ Cellular Structure                                           | 5 h    |
| 2   | Biochemistry  |          | ▶ Cell Cycle and Cell Division  
▶ Energy, Enzymes and Metabolism  
▶ Understanding Genetics  
▶ Gene Expression                                                 | 5 h    |
| 3   | Biochemistry  |          | ▶ DNA Repair & Genetic Mutations  
▶ Gene Regulation  
▶ Biotechnology  
▶ Genomics                                                        | 5 h    |
| 4   | Biochemistry  |          | ▶ Amino Acid Metabolism  
▶ Vitamins  
▶ Nutrition                                                       | 7.5 h  |
| 5   | Biochemistry  |          | ▶ Hormones and Signal Transduction  
▶ RNA and the Genetic Code  
▶ Carbohydrate Metabolism                                          | 6.5 h  |
| 6   | Biochemistry  |          | ▶ Analytical Techniques in Biotechnology  
▶ DNA Replication and Repair  
▶ Metabolic Control  
▶ Lipid Metabolism  
▶ Purine and Pyrimidine Metabolism                                 | 5 h    |
| 7   | Biochemistry  |          | ▶ Medical Genetics                                                                   | 6 h    |
| 8   | Biochemistry  | 📖        | First Aid 2018: 33-94  
First Aid 2017: 31-90                                                | 6 h    |
| 9   | Biochemistry  | 🟡        | Subjects: Biochemistry + Medical Genetics  
Systems: All  
2 blocks, 40 questions each                                       | 8 h    |
| 10  | Biochemistry  | 🟡        | Subjects: Biochemistry + Medical Genetics  
Systems: All  
2 blocks, 40 questions each                                       | 8 h    |
| 11  | Immunology    |          | ▶ Immune System: Overview and Cells  
▶ Innate Immune System  
▶ Adaptive Immune System  
▶ Humoral Immunity and Cell-Mediated Immunity                      | 6.5 h  |
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<tr>
<th>Day</th>
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<th>What to study (click on a day to access)</th>
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| 12  | Immunology| 🎮        | ▶ Immunodeficiency and Immune Deficiency Diseases  
▶ Hypersensitivity and Autoimmune Disease  
▶ Transplantation Immunology  
▶ Tumor Immunology  
▶ Vaccine Immunology  
▶ Immunodiagnostics | 6 h  |
| 13  | Immunology| 📖        | First Aid 2018: 95-122  
First Aid 2017: 91-118 | 4 h  |
| 14  | Immunology| 🎮        | Subject: Immunology  
Systems: All  
2 blocks, 40 questions each | 8 h  |
| 15  | Immunology| 🎮        | Subject: Immunology  
Systems: All  
2 blocks, 40 questions each | 8 h  |
| 16  | Microbiology| 🎮        | Microbiology | 8 h  |
| 17  | Microbiology| 📖        | First Aid 2018: 123-159  
First Aid 2017: 119-157  
▶ Microbiology | 8 h  |
| 18  | Microbiology| 📖        | First Aid 2018: 160-186  
First Aid 2017: 158-182  
▶ Microbiology | 8 h  |
| 19  | Microbiology| 🎮        | Antimicrobial Pharmacology | 4 h  |
| 20  | Microbiology| 📖        | First Aid 2018: 187-204  
First Aid 2017: 183-201 | 6 h  |
|     | Microbiology| 🎮        | Subject: Microbiology  
Systems: All  
1 block, 40 questions |        |
| 21  | Microbiology| 🎮        | Subject: Microbiology  
Systems: All  
2 blocks, 40 questions each | 8 h  |
<p>| 22  | Pathology | 🎮        | Pathology – General Principles | 5.5 h |</p>
<table>
<thead>
<tr>
<th>Day</th>
<th>Subject</th>
<th>Resource</th>
<th>What to study (click on a day to access)</th>
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</thead>
<tbody>
<tr>
<td>23</td>
<td>Pathology</td>
<td></td>
<td>- Molecular Mechanisms of Aging</td>
<td>4 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- First Aid 2018: 205-226</td>
<td></td>
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<tr>
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<td>- First Aid 2017: 203-221</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>Pathology</td>
<td></td>
<td>- Subject: Pathology</td>
<td>4 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- System: General principles</td>
<td></td>
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<tr>
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<td></td>
<td>- 1 block, 40 questions</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Pathology</td>
<td></td>
<td>- Subject: Pathology</td>
<td>8 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- System: General principles</td>
<td></td>
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<tr>
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<td></td>
<td></td>
<td>- 2 blocks, 40 questions each</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Pathology</td>
<td></td>
<td>- Subject: Pathology</td>
<td>8 h</td>
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<td></td>
<td></td>
<td></td>
<td>- System: General principles</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>- 2 blocks, 40 questions each</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Pharmacology</td>
<td></td>
<td>- Enzymes and Enzyme Kinetics</td>
<td>5 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Pharmacology – General Principles</td>
<td></td>
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<tr>
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<td></td>
<td></td>
<td>- ANS – Pharmacology</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Pharmacology</td>
<td></td>
<td>- First Aid 2018: 227-249</td>
<td>7 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- First Aid 2017: 223-244</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Biostatistics</td>
<td></td>
<td>- Epidemiology and Biostatistics</td>
<td>7 h</td>
</tr>
<tr>
<td>30</td>
<td>Behavioral Biostatistics</td>
<td></td>
<td>- First Aid 2018: 251-268</td>
<td>7 h</td>
</tr>
<tr>
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<td>- First Aid 2017: 245-262</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>General Principles</td>
<td></td>
<td>- Subjects: All subjects</td>
<td>8 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- System: General principles</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>- 2 blocks, 40 questions each</td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>RELAX!</td>
<td></td>
<td>- You take this day off and relax. This is not a</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>recommendation, it’s a prescription!</td>
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<tr>
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</tbody>
</table>
| 33  | Cardiovascular |  | ◀ Cardiovascular Anatomy  
First Aid 2018: 273-277  
First Aid 2017: 267-271 | 6 h |
| 34  | Cardiovascular |  | ◀ Cardiovascular Physiology  
First Aid 2018: 278-293  
First Aid 2017: 272-287 | 7 h |
| 35  | Cardiovascular |  | ▶ Pericardial Disease  
▶ Valvular Heart Disease  
▶ Atherosclerosis  
▶ Hypertension  
▶ Ischemic Heart Disease | 7.5 h |
| 36  | Cardiovascular |  | ◀ Congestive Heart Failure  
▶ Heart Sounds  
▶ Arrhythmias  
First Aid 2018: 294-310  
First Aid 2017: 288-303 | 6 h |
| 37  | Cardiovascular |  | ◀ Cardiovascular Pharmacology  
First Aid 2018: 310-317  
First Aid 2017: 304-310 | 4 h |
| 38  | Cardiovascular |  |  
Subjects: Anatomy + Embryology + Physiology + Pharmacology  
System: Cardiovascular  
1 block, 40 questions  
Subject: Pathology  
System: Cardiovascular  
1 block, 40 questions each | 8 h |
| 39  | Cardiovascular |  | Subject: Pathology  
System: Cardiovascular  
2 blocks, 40 questions each | 8 h |
<table>
<thead>
<tr>
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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>Endocrine</td>
<td>🎯</td>
<td>▶ Endocrine Anatomy&lt;br&gt;▶ Endocrine Physiology</td>
<td>6 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td>📚</td>
<td><strong>First Aid 2018</strong>: 319-330&lt;br&gt;<strong>First Aid 2017</strong>: 311-322</td>
<td></td>
</tr>
<tr>
<td>41</td>
<td>Endocrine</td>
<td>🎯</td>
<td>▶ Introduction to the Endocrine System&lt;br&gt;▶ Pituitary Gland Disorders&lt;br&gt;▶ Thyroid Gland Disorders</td>
<td>8 h</td>
</tr>
<tr>
<td>42</td>
<td>Endocrine</td>
<td>🎯</td>
<td>▶ Adrenal Gland Disorders&lt;br&gt;▶ Pancreatic Disease &amp; Diabetes&lt;br&gt;▶ Parathyroid Gland Disorders&lt;br&gt;▶ Bone Disease</td>
<td>8.5 h</td>
</tr>
<tr>
<td>43</td>
<td>Endocrine</td>
<td>🎯</td>
<td>▶ Endocrine Pharmacology</td>
<td>3.5 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td>📚</td>
<td><strong>First Aid 2018</strong>: 331-350&lt;br&gt;<strong>First Aid 2017</strong>: 323-342</td>
<td></td>
</tr>
<tr>
<td>44</td>
<td>Endocrine</td>
<td>🎯</td>
<td><strong>Subjects</strong>: Anatomy + Embryology + Physiology + Pharmacology&lt;br&gt;<strong>System</strong>: Endocrine&lt;br&gt;1 block, 40 questions</td>
<td>8 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td>🎯</td>
<td><strong>Subject</strong>: Pathology&lt;br&gt;<strong>System</strong>: Endocrine&lt;br&gt;1 block, 40 questions</td>
<td></td>
</tr>
<tr>
<td>45</td>
<td>Endocrine</td>
<td>🎯</td>
<td><strong>Subject</strong>: Pathology&lt;br&gt;<strong>System</strong>: Endocrine&lt;br&gt;2 blocks, 40 questions each</td>
<td>8 h</td>
</tr>
<tr>
<td>46</td>
<td>Gastro-intestinal</td>
<td>🎯</td>
<td>▶ Gastrointestinal Gross Anatomy</td>
<td>8 h</td>
</tr>
<tr>
<td>47</td>
<td>Gastro-intestinal</td>
<td>🎯</td>
<td>▶ Development of the Abdominopelvic Region&lt;br&gt;▶ Gastrointestinal Histology&lt;br&gt;▶ Gastrointestinal Physiology</td>
<td>9 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td>📚</td>
<td><strong>First Aid 2018</strong>: 351-369&lt;br&gt;<strong>First Aid 2017</strong>: 343-359</td>
<td></td>
</tr>
<tr>
<td>Day</td>
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<td>Resource</td>
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<td>Time</td>
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</tbody>
</table>
| 48  | Gastrointestinal    | 🎬       | - Esophageal Disease  
- Stomach and Duodenum Diseases  
- Small and Large Intestine Diseases                                                                 | 6 h  |
| 49  | Gastrointestinal    | 🎬       | - Cirrhosis – Liver Diseases  
- Pancreatic and Biliary Tract Diseases  
- Pediatric GI Pathology  
- Gastrointestinal Pharmacology                                                                 | 7 h  |
| 50  | Gastrointestinal    | 📚       | **First Aid 2018:** 370-394  
**First Aid 2017:** 359-383                                                                                   | 4 h  |
| 51  | Gastrointestinal    | 📖       | **Subjects:** Anatomy + Embryology + Physiology + Pharmacology  
**System:** Gastrointestinal  
1 block, 40 questions                                                                                         | 8 h  |
|     |                     | 🎬       | **Subject:** Pathology  
**System:** Gastrointestinal  
1 block, 40 questions                                                                                         |      |
| 52  | Gastrointestinal    | 📖       | **Subject:** Pathology  
**System:** Gastrointestinal  
2 blocks, 40 questions each                                                                                   | 8 h  |
| 53  |                     | 🌿       | **You take this day off and relax.** This is not a recommendation, it’s a prescription!                 |      |
| 54  | Hematology & Oncology | 🎬   | - Hematology and Oncology – Anatomy  
- Hematology and Oncology – Physiology                                                                         | 5 h  |
|     |                     | 📚       | **First Aid 2018:** 395-403  
**First Aid 2017:** 385-393                                                                                   |      |
| 55  | Hematology & Oncology | 🎬   | - Hematology and Oncology – Pathology (RBC)                                                            | 7 h  |
| 56  | Hematology & Oncology | 🎬   | - Hematology and Oncology – Pathology (WBC)                                                            | 6 h  |

**RELAX!**
<table>
<thead>
<tr>
<th>Day</th>
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</tr>
</thead>
</table>
| 57  | Hematology & Oncology   | ![GreenCheckmark] | ♦ Pharmacology of Blood Coagulation  
First Aid 2018: 423-431  
First Aid 2017: 413-422 | 2.5 h |
| 58  | Hematology & Oncology   | ![CircleQuestion] | ♦ Subjects: Anatomy + Embryology + Physiology + Pharmacology  
♦ Systems: General principles + Hematology & Oncology  
1 block, 40 questions | 8 h  |
| 59  | Hematology & Oncology   | ![CircleQuestion] | ♦ Subject: Pathology  
♦ System: Gastrointestinal  
1 block, 40 questions | 8 h  |
| 60  | MCT                      | ![VideoPlayer] | ♦ Musculoskeletal, Skin and Connective Tissue – Embryology  
♦ Musculoskeletal, Skin and Connective Tissue – Histology | 8.5 h |
| 61  | MCT                      | ![VideoPlayer] | ♦ Thorax – Gross Anatomy  
♦ Back – Gross Anatomy  
♦ Lower Limb Anatomy | 9 h  |
| 62  | MCT                      | ![VideoPlayer] | ♦ Upper Limb Anatomy  
♦ Musculoskeletal, Skin, and Connective Tissue – Physiology | 8 h  |
| 63  | MCT                      | ![VideoPlayer] | ♦ Rheumatology  
♦ Infectious Skin Diseases | 7 h  |
| 64  | MCT                      | ![VideoPlayer] | ♦ Inflammatory Skin Diseases  
♦ Neoplastic Skin Diseases  
♦ Other Skin Diseases  
♦ Inflammation Pharmacology | 4.5 h |
| 65  | MCT                      | ![Book] | First Aid 2018: 433-472  
First Aid 2017: 423-457 | 5 h  |
<table>
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<th>Time</th>
</tr>
</thead>
</table>
| 66  | MCT     | Q        | **Subjects:** Anatomy + Embryology + Physiology + Pharmacology  
**Systems:** General principles + MCT  
1 block, 40 questions | 8 h |
| 67  | MCT     | Q        | **Subject:** Pathology  
**System:** Gastrointestinal  
1 block, 40 questions | 8 h |
| 68  | Neurology | Q        | ▶ Brain and Nervous System – Anatomy | 8.5 h |
| 69  | Neurology | Q        | ▶ Head and Neck Anatomy  
▶ Neurology – Histology  
▶ Development of the Nervous System, Head, and Neck | 7 h |
| 70  | Neurology | Q        | ▶ Neurophysiology  
▶ Neuropathology (‘Stroke’ to ‘Seizures’) | 7.5 h |
| 71  | Neurology | Q        | ▶ Neuropathology (from ‘Seizures’ on)  
▶ Aging (‘Anomalies’ to ‘Huntington’) | 8 h |
| 72  | Neurology | Q        | ▶ CNS – Pharmacology  
**First Aid 2018:** 473-502  
**First Aid 2017:** 459-488 | 5 h |
| 73  | Neurology | Q        | **First Aid 2018:** 503-535  
**First Aid 2017:** 489-521 | 4 h |
| 74  | Neurology | Q        | **Subjects:** Anatomy + Embryology + Physiology + Pharmacology + Pathology  
**System:** Neurology  
2 blocks, 40 questions each | 8 h |
| 75  | Neurology | Q        | **Subjects:** Anatomy + Embryology + Physiology + Pharmacology + Pathology  
**System:** Neurology  
2 blocks, 40 questions each | 8 h |
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<tr>
<td>76</td>
<td>RELAX!</td>
<td>🌞</td>
<td>You take this day off and relax. This is not a recommendation, it’s a prescription!</td>
<td></td>
</tr>
<tr>
<td>77</td>
<td>Psychiatry</td>
<td>🎨</td>
<td>Behavioral Sciences, Sleep and Sleep Disorders, Drug Addiction, Toxicology, Psychopharmacology, Suicide, Human Sexuality, Personality Disorders, Child Development and Behavior</td>
<td>10 h</td>
</tr>
<tr>
<td>78</td>
<td>Psychiatry</td>
<td>📖</td>
<td>First Aid 2018: 537-560, First Aid 2017: 523-546</td>
<td>4 h</td>
</tr>
<tr>
<td>79</td>
<td>Psychiatry</td>
<td>🎨</td>
<td>Subjects: Behavioral sciences/Psychiatry, System: General principles, 2 blocks, 40 questions each</td>
<td>8 h</td>
</tr>
<tr>
<td>80</td>
<td>Renal</td>
<td>🎨</td>
<td>Renal Anatomy, Renal Physiology</td>
<td>8.5 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td>📖</td>
<td>First Aid 2018: 561-577, First Aid 2017: 547-562</td>
<td></td>
</tr>
<tr>
<td>81</td>
<td>Renal</td>
<td>🎨</td>
<td>Renal Pathology (through SIADH)</td>
<td>8 h</td>
</tr>
<tr>
<td>82</td>
<td>Renal</td>
<td>🎨</td>
<td>Fluid and Electrolyte Balance, Diseases of the Nephron</td>
<td>7 h</td>
</tr>
<tr>
<td>83</td>
<td>Renal</td>
<td>🎨</td>
<td>Renal Diagnostics, Nephrolithiasis, Renal Pharmacology</td>
<td>6 h</td>
</tr>
<tr>
<td>Day</td>
<td>Subject</td>
<td>Resource</td>
<td>What to study (click on a day to access)</td>
<td>Time</td>
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</tbody>
</table>
| 84  | Renal        | 🎨       | **Subjects:** Anatomy + Embryology + Physiology + Pharmacology  
**System:** Renal  
2 blocks, 40 questions each | 8 h   |
| 85  | Reproductive | 🎬       | Reproductive Anatomy                                                                                   | 9 h   |
| 86  | Reproductive | 📕       | First Aid 2018: 593-610  
First Aid 2017: 579-594 | 4 h   |
| 87  | Reproductive | 🎬       | Reproductive Anatomy  
Reproductive Physiology  
Reproductive Pharmacology | 3 h   |
| 88  | Reproductive | 🎬       | Reproductive Pathology                                                                                  | 8 h   |
| 89  | Reproductive | 📕       | First Aid 2018: 611-639  
First Aid 2017: 595-623 | 4 h   |
| 90  | Reproductive | 🎨       | **Subjects:** Anatomy + Embryology + Physiology + Pharmacology + Pathology  
**System:** Reproductive  
2 blocks, 40 questions each | 8 h   |
| 91  | Respiratory  | 🎬       | Respiratory Anatomy  
Respiratory Physiology | 6 h   |
| 92  | Respiratory  | 🎬       | Introduction to Pulmonary Pathology  
Pulmonary Diagnostics  
Respiratory Failures  
Obstructive Lung Disease | 8.5 h |
| 93  | Respiratory  | 🎬       | Restrictive Lung Disease  
Occupational Lung Diseases  
Disorders of the Pulmonary Circulation and the Respiratory Regulation  
Lung Cancer  
Pulmonary Critical Care  
Respiratory Pharmacology | 6.5 h |
| 94  | Respiratory  | 📕       | First Aid 2018: 641-668  
First Aid 2017: 625-649 | 4 h   |
<table>
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</thead>
</table>
| 95  | Renal   | Q        | **Subjects:** Anatomy + Embryology + Physiology + Pharmacology + Pathology  
       **System:** Respiratory  
       2 blocks, 40 questions each | 8 h  |
| 96  | Pathology, All Systems | Q | **Subject:** Pathology  
       **Systems:** All  
       2 blocks, 40 questions each | 8 h  |
| 97  | All     | Q        | **Full USMLE Step 1 Simulation:**  
       7 blocks, 40 questions each | 9 h  |
| 98  | All     | Q        | **Full USMLE Step 1 Simulation:**  
       7 blocks, 40 questions each | 9 h  |
| 99  | All     | ✔️       | Do a **Comprehensive Basic Science Self-Assessment (CBSSA)**, purchase the extended version providing feedback for an extra $10. | 6 h  |
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. Remember, for each block it takes a total of 4 hours of your time. 1 hour to do the 40 questions followed by 3 hours to review the explanation for each question in the block.

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 and also 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. Oh, 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 towards 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!