Monday, May 11th - Cardio

- First Aid Physiology, pg. 272-287 (2hrs)
- UWORLD 25Q Set (30min)
- UWORLD: review all questions (1hr)
- BRS Physiology, pg. 64-83 (2hrs)
- Group Study (1hr)
- BRS Physiology, pg. 83-112 (2hrs)
- UWORLD 25Q Set (30min)
- UWORLD: review all questions (1hr)

Tuesday, May 12th - Cardio

- Pathoma ch. 7 (1hr)
- Pathoma ch. 8 (1.5hrs)
- UWORLD 25Q Set (30min)
- UWORLD: review all questions (1hr)
- First Aid Pathology, pg. 288-303 (2hrs)
- UWORLD 25Q Set (30min)
- UWORLD: review all questions (1hr)
- Group Study (1hr)
- UWORLD 25Q Set (30min)
- UWORLD: review all questions (1hr)

Wednesday, May 13th - Renal

- First Aid Physiology, pg. 529-539 (1hr)
- BRS Physiology, pg. 144-179 (2hrs)
- UWORLD 25Q Set (30min)
- UWORLD: review all questions (1hr)
- Pathoma ch. 12 (1.5hrs)
- UWORLD 25Q Set (30min)
- UWORLD: review all questions (1hr)
- Group Study (1hr)
- First Aid Pathology & Pharm, pg. 539-555 (1hr)
- UWORLD 25Q Set (30min)
- UWORLD: review all questions (1hr)
Thursday, May 14th-Pulmonary
- First Aid Physiology, pg. 602-607 (30min)
- BRS Physiology, pg. 113-135 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Pathoma ch. 9 (1.5hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Group Study (1hr)
- First Aid Pathology, pg. 608-619 (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)

Friday, May 15th-GI
- First Aid Pharm, pg. 378-380 (30min)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Pathoma ch. 11 (1hr)
- First Aid Pathology, pg. 357-377 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Group Study (1hr)
- Pathoma ch. 10 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)

Saturday, May 16th-Review
- Review missed UWorld questions (1hr)
- UWorld 46Q Set (1hr)
- UWorld: review all questions (2hrs)
- First Aid Micro, relevant to topics covered so far (1hr)
- DejaReview Micro, relevant to topics covered so far (1hr)
- UWorld 46Q Set (1hr)
- UWorld: review all questions (2hrs)

Sunday, May 17th-Day Off
Monday, May 18th - Neuro
- First Aid Embryo, Anatomy, and Physiology, pg. 448-478 (3hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Pathoma ch. 17 (1.5hrs)
- Group Study (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Pathology and Pharmacology, pg. 487-502 (1.5hrs)

Tuesday, May 19th - Neuro/Psych
- Lippincott’s Neuroanatomy, review problem areas (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Psychology, pg. 504-524 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Group Study (2hrs)
- Review/Catch up anything so far (2hrs)

Wednesday, May 20th - MSK/Derm
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Pathology, pg. 425-436 (1hr)
- First Aid Pharmacology, pg. 444-446 (30min)
- Pathoma ch. 18 (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Pathoma ch. 19 (30min)
- Group Study (1hr)
- First Aid Dermatology, pg. 436-443 (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)

Thursday, May 21st - Hem/Onc
- First Aid Anatomy and Physiology, pg. 382-387 (30min)
- Pathoma ch. 4 (1.5hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Pathology, pg. 388-404 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Pathoma ch. 5 (2hrs)
- Pathoma ch. 6 (2hrs)
**Friday, May 22nd-Immuno**
- First Aid Immuno, pg. 198-220 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Pathoma ch. 1 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Pathoma ch. 2 (3hrs)

**Saturday, May 23rd-NBME**
- NBME whole test simulation (8hrs)

**Sunday, May 24th-Day Off/Review**
- Review NBME questions
Monday, May 25th-Review
- Review missed UWorld questions (1hr)
- UWorld 46Q Set (1hr)
- UWorld: review all questions (2hrs)
- First Aid Micro, relevant to topics covered so far (1hr)
- DejaReview Micro, relevant to topics covered so far (1hr)
- Group Study (2hrs)
- UWorld 46Q Set (1hr)
- UWorld: review all questions (2hrs)

Tuesday, May 26th-Endo
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Pharm, pg. 338-340 (30min)
- Pathoma ch. 15 (1.5hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Pathology, pg. 323-337 (1.5hrs)
- Group Study (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Review/Catch up anything so far (1hr)

Wednesday, May 27th-Repro
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Physiology, pg. 573-577 (30min)
- First Aid Pharmacology, pg. 595-598 (30min)
- Pathoma ch. 13 & 16 (2.5hrs)
- Group Study (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Pathoma ch. 14 (30min)
- First Aid Pathology, pg. 578-594 (2hrs)

Thursday, May 28th-Biochem
- First Aid Molecular, Cellular, and Laboratory Techniques, pg. 62-79 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Genetics and Nutrition, pg. 80-95 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Metabolism, pg. 95-115 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
Friday, May 29th - Biostats and Biochem cont.
- First Aid Behavioral Sciences, pg. 48-60 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Lippincott’s Biochem, review problem areas (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Group Study (1hr)
- Lippincott’s Biochem, review problem areas (2hrs)

Saturday, May 30th - NBME
- NBME whole test simulation (8hrs)

Sunday, May 31st - Day Off/Review
- Review NBME questions
Monday, June 1st-Review
• Review missed UWorld questions (1hr)
• UWorld 46Q Set (1hr)
• UWorld: review all questions (2hrs)
• First Aid Micro, relevant to topics covered so far (1hr)
• DejaReview Micro, relevant to topics covered so far (1hr)
• Group Study (2hrs)
• UWorld 46Q Set (1hr)
• UWorld: review all questions (2hrs)

Tuesday, June 2nd-Cardio
• First Aid Embryo & Anatomy, pg. 268-272 (1hr)
• UWorld 25Q Set (30min)
• UWorld: review all questions (1hr)
• First Aid Pharmacology, pg. 303-310 (1hr)
• First Aid Physiology, pg. 272-287 (2hrs)
• UWorld 25Q Set (30min)
• UWorld: review all questions (1hr)
• Group Study (1hr)
• First Aid Pathology, pg. 288-303 (2hrs)
• UWorld 25Q Set (30min)
• UWorld: review all questions (1hr)

Wednesday, June 3rd-Renal
• First Aid Embryo & Anatomy, pg. 526-528 (30min)
• First Aid Physiology, pg. 529-539 (1hr)
• UWorld 25Q Set (30min)
• UWorld: review all questions (1hr)
• First Aid Pathology & Pharm, pg. 539-555 (1.5hrs)
• UWorld 25Q Set (30min)
• UWorld: review all questions (1hr)
• First Aid Micro, relevant to day’s topic (1hr)
• Group Study (1hr)
• UWorld 25Q Set (30min)
• UWorld: review all questions (1hr)
• DejaReview Micro, relevant to day’s topic (1hr)
Thursday, June 4th-Pulmonary
- First Aid Anatomy & Pharm, pg. 600-601 & 620-621 (30min)
- First Aid Physiology, pg. 602-607 (30min)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Pathology, pg. 608-619 (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Micro, relevant to day’s topic (1hr)
- Group Study (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- DejaReview Micro, relevant to day’s topic (1hr)

Friday, June 5th-GI
- First Aid Embryo, Anatomy, Physiology, and Pharm, pg. 342-357 & 378-380 (1.5hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Micro, relevant to day’s topic (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Pathology, pg. 357-377 (2hrs)
- Group Study (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- Review/Catch up on anything so far (1hr)

Saturday, June 6th-NBME
- NBME whole test simulation (8hrs)

Sunday, June 7th-Day Off/Review
- Review NBME questions
Monday, June 8th - Review
- Review missed UWorld questions (1hr)
- UWorld 46Q Set (1hr)
- UWorld: review all questions (2hrs)
- DejaReview Pharmacology, relevant to topics covered so far (1hr)
- Pharmacology flashcards (1hr)
- Group Study (2hrs)
- UWorld 46Q Set (1hr)
- UWorld: review all questions (2hrs)

Tuesday, June 9th - Neuro/Psych
- First Aid Embryo, Anatomy, and Physiology, pg. 448-478 (3hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Ophthalmology, pg. 479-486 (1hr)
- First Aid Pathology and Pharmacology, pg. 487-502 (1.5hrs)
- Group Study (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Psychology, pg. 504-524 (2hrs)

Wednesday, June 10th - MSK/Derm & Immuno
- First Aid Anatomy & Physiology, pg. 416-424 (1hr)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Pathology, pg. 425-436 (1hr)
- First Aid Pharmacology, pg. 444-446 (30min)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
- First Aid Dermatology, pg. 436-443 (1hr)
- Group Study (1hr)
- First Aid Immuno, pg. 198-220 (2hrs)
- UWorld 25Q Set (30min)
- UWorld: review all questions (1hr)
Thursday, June 11th-Endo/Repro
  • First Aid Embryology, Anatomy, and Physiology, pg. 312-322 (1hr)
  • First Aid Pharm, pg. 338-340 (30min)
  • UWorld 25Q Set (30min)
  • UWorld: review all questions (1hr)
  • First Aid Pathology, pg. 323-337 (1.5hrs)
  • First Aid Embryo & Anatomy, pg. 558-572 (1.5hrs)
  • First Aid Physiology, pg. 573-577 (30min)
  • First Aid Pharmacology, pg. 595-598 (30min)
  • UWorld 25Q Set (30min)
  • UWorld: review all questions (1hr)
  • First Aid Pathology, pg. 578-594 (2hrs)

Friday, June 12th-Biochem & Biostats
  • First Aid Molecular, Cellular, and Laboratory Techniques, pg. 62-79 (2hrs)
  • UWorld 25Q Set (30min)
  • UWorld: review all questions (1hr)
  • First Aid Genetics and Nutrition, pg. 80-95 (2hrs)
  • First Aid Metabolism, pg. 95-115 (2hrs)
  • Group Study (1hr)
  • UWorld 25Q Set (30min)
  • UWorld: review all questions (1hr)
  • First Aid Behavioral Sciences, pg. 48-60 (2hrs)

Saturday, June 13th-Review or NBME
  • Review/Catch up on any weak areas
  • Review Micro & Pharm
  -or-
  • NBME whole test simulation (8hrs)

Sunday, June 14th-Day Off

Monday, June 15th-TEST DAY
Step 1 Study Plan
-Notes-

- All First Aid page numbers are from First Aid 2015
- First Aid general topics (Anatomy, Pathology, etc.) are referring to those corresponding sections in the chapter for that day’s topic
- All times designated for Pathoma will be for watching the videos at 1.7x speed while taking notes in textbook
- Daily UWorld 25Q sets will include only the day’s topic
- Saturday Reviews: the UWorld 46Q sets will include all topics covered so far
- If all UWorld questions are used for any given topic, might switch to using Kaplan Qbank for additional practice questions
- All estimated times are rounded up, so if finish early, can use the extra time for a break or for pharm or micro flashcards
- During the time where we are still in class before the intensive study period, each week will focus on a different topic and any extra time (goal: 1-2hrs/day) will be for general review of these areas using any resource (First Aid, Pathoma, flashcards, Kaplan Qbank, etc.)

Step 1 Study Plan
-Review before Intensive Study Period-

**Week of February 23rd-27th:** Cardio

**Week of March 2nd-6th:** Renal

**Week of March 9th-13th:** *Spring Break*

**Week of March 16th-20th:** Pulmonary

**Week of March 23rd-27th:** GI

**Week of March 30th-April 3rd:** Neuro/Psych

**Week of April 6th-10th:** Endo/Repro (*Endo NBME)

**Week of April 13th-17th:** MSK/Derm & Hem/Onc

**Week of April 20th-24th:** Immuno/Micro

**Week of April 27th-May 1st:** Biochem

**Week of May 4th-8th:** Review all (*MAG Summary Exam)