

Step 1 Sample Study Plan with fillable calendar*

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Questions for Week
Date:								
Week 1							20RQ & Review X4 Make-up day	
Baseline NBME								
Enter Q Completed/Day								Goal: 480
Date:								
Week 2	Rest				Practice Test #2 Test Review	20 RQ & Review Twice Finish Test Review	20RQ & Review X4 Make-up day	
Enter Q Completed/Day								Goal: 360
Date:								
Week 3	Rest						20RQ & Review X4 Make-up day	
Enter Q Completed/Day								Goal: 580
Date:								
Week 4	Rest	Practice Test #3 Review Test	20RQ & Review Twice Finish Test Review				20 RQ & Review X4 Make-up day	
Enter Q Completed/Day								Goal: 420

	Sun	Mon	Tues	Wed	Thurs	Friday	Saturday	Total Questions for Week
Date:								
Week 5	Rest					Practice Test #4	Finish review 20RQ & Review X3 Make-up day	
Enter Q Completed/Day								Goal: 520
Date:								
Week 6	Rest		20RQ & Review X3 Free 120 Review				20RQ & Review X3 Rest	
Enter Q Completed/Day								Goal: 600
Date:								
	Tapper down 3-4 blocks of 20 RQ	Tapper down 3-4 blocks of 20 RQ	Rest!	TEST DAY				Goal 120-160 to get to 3100-3180

***If you start doing Uworld Qbank questions before dedicated study, you can reduce by some the suggested number of questions in this schedule. The goal is to complete about 85% of the entire Qbank by test day.**

Key

?’s	Questions
RQ	Random Questions
FQ	Focused Questions

The Six+ weeks proposed plan to get to 85% of the UWorld test bank

Week 1	Most days, 5 days/week except practice test day	Total # questions for week
20 FQ & review	1.5 hours	
20 FQ & review	1.5 hours	
Content review	4 hours	
20 RQ & review	1.5 hours	80QX5days+80Q=
20 RQ & review	1.5 hours	480
Week 2		
20 FQ & review	1.5 hours	
20 FQ & review	1.5 hours	
Content review	4 hours	
20 RQ & review	1.5 hours	3daysX80Q+120Q=
20 RQ & review	1.5 hours	360
Week 3		
20 FQ & review	1.5 hours	
20 FQ & review	1.5 hours	
Content review	2.5 hours	
20 RQ & review	1.5 hours	
20 RQ & review	1.5 hours	100QX5days+80Q=
20 RQ & review	1.5 hours	580
Week 4		
20 RQ & review	1.5 hours	
20 RQ & review	1.5 hours	
Content review	2.5 hours	

20 RQ & review	1.5 hours	
20 RQ & review	1.5 hours	100QX3days+120Q=
20 RQ & review	1.5 hours	420
Week 5		
20 RQ & review	1.5 hours	
20 RQ & review	1.5 hours	
Content review	1-2 hours	
20 RQ & review	1.5 hours	
20 RQ & review	1.5 hours	
20 RQ & review	1.5 hours	120QX4days+60Q=
20 RQ & review	1.5 hours	540
Week 6		
20 RQ & review	1.5 hours	
20 RQ & review	1.5 hours	
20 RQ & review	1.5 hours	
Content review	1-2 hours	
20 RQ & review	1.5 hours	
20 RQ & review	1.5 hours	120QX4days+60Q+60Q=
20 RQ & review	1.5 hours	600
Week 7		
20RQ & review	1-1.5 hours	
20RQ & review	1-1.5 hours	
20RQ & review	1-1.5 hours	60Q or 80Q X2days
20RQ & review	1-1.5 hours	120-160
		Total=3,100-3140

Question to think about:	
<i>What resources will you use?</i>	Limit to about 6. Popular choices include: UWorld, Boards & Beyond, Pathoma, Anki, NBME practice exams and First Aid.
<i>Where will you study?</i>	Diversify your study locations, pick at least 3 different places
<i>How many hours a day do you want to study?</i>	Best between 8-12 hours/day
<i>How often will you take breaks?</i>	On average about 10 minutes on the hour, include two longer breaks over the course of a day of study.
<i>What about days off?</i>	We recommend the equivalent of one day off/week.
<i>How will you take care of yourself?</i>	Build into your schedule daily exercise, enough sleep, healthy eating, and other self-care activities.

Below is the approximate distribution by Systems, Competencies and Discipline
(according to usmle.org)

Content Specification, Systems

System Focus	% on test	How many hours/days needed?	Order?
Human Development	1-3		
Blood & Lymphoreticular/Immune Systems	9-13		
Neuro & Beh Health	10-14		
Musculoskeletal, Skin & Subcutaneous Tissue	8-12		
Cardiovascular System	7-11		
Respiratory & Renal/Urinary Systems	11-15		
Gastrointestinal System	6-10		
Reproductive & Endocrine Systems	12-16		
Multisystem Processes & Disorders	8-12		
Biostatistics & Epidemiology/Population Health	4-6		
Social Sciences: Communication & Interpersonal Skill	6-9		

Competencies Specifications

Competency	% (rough estimates, subject to change)
Medical Knowledge, Applying Foundational Science Concepts	60-70%
Patient Care including History/Physical Exam and Diagnosis	20-25%
Communication and Interpersonal Skills	6-9%
Practice-based Learning & Improvement	4-6%

Discipline Specifications

Discipline	Range, % (rough estimates, subject to change)	How many hours/days to review?	Order? Or in combination with which system/competency above?
Pathology	45-55%		
Physiology	30-40%		
Nutrition	15-20%		
Gross Anatomy & Embryology	10-20%		
Microbiology	10-20%		
Pharmacology	10-20%		
Behavioral Sciences	10-15%		
Biochemistry	5-15%		
Histology & Cell Biology	5-15%		
Immunology	5-15%		
Genetics	5-10%		