**Step 1 Sample Study Plan**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | Total Questions for Week |
| Date: |  |  |  |  |  |  |  |  |
| Week 1 |  |  |  |  |  |  | 40RQ & Review |  |
| Baseline NBME |  |  |  |  |  |  | Make-up day |  |
| Enter Q Completed/Day |  |  |  |  |  |  |  | **Goal: 510** |
| Date: |  |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  | 40RQ & Review | 40RQ & Review |  |
|  | Rest |  |  |  | Practice Test #2 | Finish Test Review | Make-up day |  |
|  |  |  |  |  | Test Review |  |  |  |
| Enter Q Completed/Day |  |  |  |  |  |  |  | **Goal: 400** |
| Date: |  |  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  | 40RQ & review |  |
|  | Rest |  |  |  |  |  | Make-up day |  |
|  |  |  |  |  |  |  |  |  |
| Enter Q Completed/Day |  |  |  |  |  |  |  | **Goal: 640** |
| Date: |  |  |  |  |  |  |  |  |
| Week 4 |  |  | 40RQ & Review |  |  |  | 40RQ & Review |  |
|  | Rest | Practice Test #3 |  |  |  |  | Make-up day |  |
|  |  | Review Test | Finish Test Review |  |  |  |  |  |
| Enter Q Completed/Day |  |  |  |  |  |  |  | **Goal: 480** |

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|  | **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Friday** | **Saturday** | Total Questions for Week |
| Date: |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | Finish review |  |
| Week 5 | Rest |  |  |  |  | Practice Test #4 | 40RQ & Review |  |
|  |  |  |  |  |  |  | Make-up day |  |
| Enter Q Completed/Day |  |  |  |  |  |  |  | **Goal: 520** |
| Date: |  |  |  |  |  |  |  |  |
| Week 6 | Rest |  | 40RQ & Review |  |  |  | 40RQ & review |  |
|  |  |  | Free 120 |  |  |  | Rest |  |
|  |  |  | Review |  |  |  |  |  |
| Enter Q Completed/Day |  |  |  |  |  |  |  | **Goal: 520** |
| Date: |  |  |  |  |  |  |  |  |
|  | Tapper down | Tapper down |  |  |  |  |  |  |
|  | 2 blocks RQ | 2 blocks RQ | Rest! | TEST DAY |  |  |  |  |

**Key**

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| ?’s | Questions |
| RQ | Random Questions |
| FQ | Focused Questions |

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| **Week 1** |  | **Total # questions for week** |
| 40 FQ & review | 3 hours |  |
| Content review | 4 hours |  |
| 40 RQ & review | 3 hours | 510 |
|  |  |  |
| **Week 2** |  |  |
| 40 FQ & review | 3 hours |  |
| Content review | 4 hours |  |
| 40 RQ & review | 3 hours | 400 |
|  |  |  |
| **Week 3** |  |  |
| 40 FQ & review | 3 hours |  |
| Content review | 2.5 hours |  |
| 40 RQ & review | 3 hours |  |
| 20 RQ & review | 1.5 hours | 640 |
|  |  |  |
| **Week 4** |  |  |
| 40 RQ & review | 3 hours |  |
| Content review | 2.5 hours |  |
| 40 RQ & review | 3 hours |  |
| 40 RQ & review | 1.5 hours | 480 |
|  |  |  |
| **Week 5** |  |  |
| 40 RQ & review | 3 hours |  |
| Content review | 1-2 hours |  |
| 40 RQ & review | 3 hours |  |
| 40 RQ & review | 3 hours | 520 |
|  |  |  |
| **Week 6** |  |  |
| 40 RQ & review | 3 hours |  |
| Content review | 1-2 hours |  |
| 40 RQ & review | 3 hours |  |
| 40 RQ & review | 3 hours | 520 |
|  |  | Total = 3070 |

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

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| **System Focus** | **How many hours/days needed?** | **Order?** |
| Human Development |  |  |
| Blood & Lymphoreticular/Immune Systems |  |  |
| Musculoskeletal, Skin & Subcutaneous Tissue |  |  |
| Cardiovascular System |  |  |
| Respiratory & Renal/Urinary Systems |  |  |
| Neuro & Beh Health |  |  |
| Gastrointestinal System |  |  |
| Reproductive & Endocrine Systems |  |  |
| Multisystem Processes & Disorders |  |  |
| Biostatistics & Epidemiology/Population Health |  |  |
| Social Sciences: Communication & Interpersonal Skill |  |  |