

Step 1 Sample Study Plan

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

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

Key

?’s	Questions
RQ	Random Questions
FQ	Focused Questions

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

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.

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		