

Step 1 Sample Study Plan

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

| | 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 | | | | | | | | Goal: 520 |
| Date: | | | | | | | | |
| Week 6 | Rest | | 40RQ & Review Free 120 Review | | | | 40RQ & review Rest | |
| Enter Q Completed/Day | | | | | | | | Goal: 520 |
| 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 FQ & review | 3 hours | |
| Content review | 2.5 hours | |
| 40 RQ & review | 3 hours | |
| 40 RQ & review | 1.5 hours | 480 |
| | | |
| Week 5 | | |
| 40 FQ & review | 3 hours | |
| Content review | 1-2 hours | |
| 40 FQ & review | 3 hours | |
| 40 FQ & review | 3 hours | 520 |
| | | |
| Week 6 | | |
| 40 FQ & review | 3 hours | |
| Content review | 1-2 hours | |
| 40 FQ & review | 3 hours | |
| 40 FQ & 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 | | |