

Day One – Initial Assessment and Begin Comprehensive Overview

?? Complete sample test materials from NBME	?? Complete 150 sample questions and note trouble areas.	NBME	Download from website www.usmle.org .	3 hrs
?? Begin reading through First Aid for the USMLE Step 1, 2000	?? Begin reading Section II: Anatomy, Behavioral Sciences, and Biochemistry.	First Aid	Check out the version on the web at www.medschool.com .	4 hrs

Day 2 - Finish Comprehensive Overview

?? Finish reading First Aid for the USMLE Step 1, 2000	?? Finish reading Section II: Microbiology, Pathology (including glossy images), Pharmacology, and Physiology.	First Aid	Section II Behavioral Science to Physiology.	7 hrs
Begin Biochemistry				
?? Basic Metabolism	?? Read Chapters 5 and 6. Complete the sample questions at the end of each Chapter. Review Figure 6.2, bookmark it, and look at it before beginning each biochemical pathway.	Lippincott Biochem.	Understand the role of ATP. Know where the electron transport chain and oxidative phosphorylation occur and how they fit in to the overall metabolic scheme. Review the main classes of cell receptors and signaling systems.	2.5 hr

Day 3 - Biochemistry

?? Structure and Metabolism of Carbohydrates	?? Read Chapters 11, 12, and 13 and complete the sample questions.	Lippincott Biochem.	Review the digestion of sugars and disorders of fructose, galactose, and lactose metabolism. Spend more time on glycogen metabolism, its regulation, and related disorders. Use Figure 13.7 to memorize the glycogen storage diseases.	2 hrs
?? Glycolysis	?? Read Chapter 7 and complete the sample questions.	Lippincott Biochem.	Know the start and end points, hormonal regulation, energy yield, and fates of pyruvate.	1.5 hrs
?? Gluconeogenesis	?? Read Chapter 8	Lippincott	Study it by comparison to	1 hr

	and complete the sample questions. Review Figure 6.2.	Biochem.	glycolysis. Know the reactions unique to Gluconeogenesis and their regulation.	
?? Citric Acid Cycle	?? Read Chapter 9 and complete the sample questions.	Lippincott Biochem.	Focus on its regulation and start and end points.	1 hr
?? Hexose Monophosphate Shunt	?? Read Chapter 10 and complete the sample questions.	Lippincott Biochem.	Skim the reactions and focus on G6PD deficiency.	1 hr
?? Lipid Metabolism	?? Read Chapter 17 and complete the sample questions.	Lippincott Biochem.	Focus on the role of pancreatic lipase and bile salts. Fatty acid metabolism: Know where synthesis occurs, relationship to glucose metabolism, and the role of triacylglycerols for storage of fatty acids. Review the mobilization and oxidation of fatty acids. Finally, carefully review eicosanoids. Focus on Figure 17.20 for eicosanoids.	3 hr

Day 4 - Continue Biochemistry

?? Phospholipids and Glycolipid	?? Skim Chapters 18 and 19.	Lippincott Biochem.	Gain a general sense of what these are. Focus on the related disorders. Do not memorize structures or synthetic/ degradative pathways, Study Figure, 18.10 and 19.4.	1 hr
?? Cholesterol and Steroid Metabolism	?? Read Chapter 20, Sections I-VII.	Lippincott Biochem.	Review cholesterol synthesis (especially the role of HMG CoA reductase) and its regulation. Understand the synthesis and role of bile salts. Finally, review the biology of lipoproteins and their role in atherogenesis. Focus on Figures 20.12, 20.14, and 20.16.	2 hrs
?? Steroid Hormones	?? Read Chapter 20, Section VII.	Lippincott Biochem.	Know the major enzyme deficiencies in steroid synthesis and know where steroid receptors act in the cell. Study Figures 20.19	1 hr

			and 20.20.	
?? Proteins and Enzymes	?? Read Chapters 1, 2, 3, and 4. Complete the sample questions at the end of each Chapter.	Lippincott Biochem.	Become familiar with basic properties of amino acids (I.e., hydrophilic vs. hydrophobic), the levels of protein structure (primary, secondary, and tertiary), hemoglobin, and collagen. For enzymes, focus on appreciating (NOT MEMORIZING) the Michaelis-Menten equation, types of enzyme inhibition, modes of enzyme regulation, and the use of enzymes in clinical diagnosis.	4 hrs

Day 5 - Continue Biochemistry

?? Proteins: Digestion of Dietary Proteins and Nitrogen Metabolism.	?? Read Chapter 21. Complete the sample questions.	Lippincott Biochem.	Learn the various pancreatic proteases and how they are regulated. Understand transamination and oxidative deamination without memorizing the reactions. Spend more time on the urea cycle and ammonia metabolism. Focus on Figures 21.4, 21.11, and 21.17.	2 hrs
?? Proteins: Metabolism of Amino Acid Carbon Skeletons	?? Read Chapter 22.	Lippincott Biochem.	Emphasize the relevant disorders. Focus on Figures 22.2 and 22.16.	1 hr
?? Heme, Porphyrins, Serotonin, Histamine, and Catecholamines.	?? Read Chapter 23.	Lippincott Biochem.	Focus on the porphyrias and bilirubin metabolism. Focus on Figures 23.5 and 23.7.	1 hr
?? Glycosaminoglycans and Glycoproteins	?? Skim Chapters 14 and 15.	Lippincott Biochem.	Know what they are and the related disorders. Don't get bogged down in details here. Study Figures 14.12 and 15.4.	1 hr

Day 6 - Finish Biochemistry

?? Integrative Metabolism	?? Read Chapters 24, 25, and 26.	Lippincott Biochem.	Review insulin, glucagon, the well-fed state, starvation, and the metabolic aspects of diabetes. Time spent on these topics will be very worthwhile.	4.5 hrs
?? Nutrition and Vitamins	?? Read Chapters 27 and 28.	Lippincott Biochem.	Know the daily energy requirements and vitamin deficiencies. Focus on absorption of vitamin B12 and pernicious anemia, in addition to vitamin D. Focus on Figures 28.12 and 28.18.	3 hrs
?? Nucleotide Metabolism	?? Read Chapter 29.	Lippincott Biochem.	Understand differences between de novo and salvage purine synthesis. Study purine degradation and the pathophysiology of gout and ADA deficiency. Study Figures 29.7, 29.9, and 29.10.	2 hrs

Day 7 - Review Basic Pharmacology

?? Pharmacokinetics and Pharmacodynamics	?? Read Chapter 1	Lippincott Pham.	Only general pharmacology and certain drug classes will be studied at this time. Most drugs will be studied with relevant organ systems.	1 hr
?? Pharmacokinetics and Pharmacodynamics	?? Read Chapter 2	Lippincott Pham.		1 hr
?? Autonomic Drugs	?? Read Chapters 3-7	Lippincott Pham.	Know the different adrenergic and cholinergic receptors cold. Study Figures 3.3, 3.6, 4.2, 5.2, 6.15, and 7.10 carefully.	5 hrs

Day 8 - Begin Microbiology				
?? Bacteria	?? Read Chapters 1-15	Microbiology Made Ridiculously Simple	Rely heavily on the charts.	8.5 hrs

Day 9 - Continue Microbiology				
?? Antibiotics	?? Read Chapters 28-33	Lippincott Pham.		6 hrs
?? Fungi	?? Read Chapter 20	Microbiology Made Ridiculously Simple		1.5 hrs
?? Antifungals	?? Read Chapter 34	Lippincott Pham.		1 hr

Day 10 - Finish Microbiology				
?? Viruses	?? Review viral replication and categorization, families, and major pathogens	Lippincott Biochem.		4 hrs
?? Antivirals	?? Review antiviral agents, particularly mechanism of action	Lippincott Pham.		1 hr
?? Parasites	?? Review the protozoans & helminths	Microbiology Made Ridiculously Simple		1 hr
?? Antiparasitic agents	?? Review antiprotozoal and antihelminthic agents, particularly multi-drug regimens	Lippincott Pham.		1 hr
?? Clinical Vignettes	?? Microbiology Volume 1	UCV		3 hrs

Day 11 - Begin Immunology and Basic Pathology				
?? Immunology	?? Read Part VII	Levinson	This is an excellent and concise summary of immunology.	4 hrs
?? Basic Pathology: Cellular Injury	?? Read Chapter 1	BRS Pathology	Focus on mechanisms for cellular injury and the type of necrosis.	0.5 hrs
?? Basic Pathology: Inflammation	?? Read Chapter 2	BRS Pathology	Be able to distinguish the mechanisms and histologic characteristics of acute and chronic inflammation.	1 hr
?? Basic Pathology: Hemeostasis	?? Read Chapter 3	BRS Pathology	Know the coagulation cascade, types of embolism, and varieties of shock.	1 hr
?? Basic Pathology: Genetic disorders	?? Read Chapter 4	BRS Pathology		0.5 hrs
?? Basic Pathology: Immune Dysfunction	?? Read Chapter 5, Sections VII-X	BRS Pathology	Focus on the immune deficiency disorders, autoimmunity, and collagen vascular disease.	0.5 hrs
?? Basic Pathology: Neoplasia	?? Read Chapter 6	BRS Pathology	Be able to distinguish between oncogenes and tumor suppresser genes, know the mechanisms of carcinogenesis, and the properties of malignant cells.	1 hr
?? Basic Pathology: Environmental Pathology	?? Read Chapter 7	BRS Pathology	Briefly review this Chapter.	0.5 hrs
?? Basic Pathology: Nutritional Disorders	?? Read Chapter 8	BRS Pathology	Review the vitamin deficiencies briefly as they are covered with the biochemistry section.	0.5 hrs

Day 12 - Begin Cell Biology, Cellular Physiology and Basic Embryology				
?? DNA, RNA, and Proteins	?? Read Chapters 30,31, 32, and 33	Lippincott Biochem.	Know the mechanisms of DNA repair, the different types of RNA and their roles, mechanism of translation, and the molecular biology techniques covered Chapter 33. Focus on Figures 30.2, 30.16, 30.19, 30.22, 31.11, and	4 hrs

			32.9.	
?? Cell Biology: Cell Membranes	?? Read Chapter 1	BRS Cell Biology	Know the properties of cell membranes and membrane proteins.	1 hr
?? Cell Biology: Nucleus	?? Read Chapter 2	BRS Cell Biology	Know what is in a nucleus and how proteins and RNA are imported and exported.	0.5 hrs
?? Cell Biology: Cytoplasm	?? Read Chapter 3	BRS Cell Biology	Know what the various organelles are and understand their functions.	
?? Cell Biology: Extracellular Matrix	?? Read Chapter 4	BRS Cell Biology	Know the different types of collagen, basement membrane composition, and have a sense of the other ECM components.	1 hr
?? Cell Biology: Epithelia and Connective Tissue	?? Read Chapter 5 and 6	BRS Cell Biology	Review the types of epithelium and where they are found. Review the basic structure of connective tissue, focusing on bone.	1.5 hrs

Day 13 - Continue Cell Biology, Cellular Physiology and Basic Embryology

?? Cellular Physiology	?? Read Chapter 1	BRS Physiology	Review the mechanisms of ion transport.	1 hr
?? Embryology: Prefertilization through the Fetal Period	?? Read Chapters 1-4	BRS Embryology	Know the stages from zygote through embryo. Review the three germ cell layers and what structures are derived from them.	3 hrs
?? Embryology: Birth Defects	?? Read Chapters 17- 18	BRS Embryology		1.5 hrs

Day 14 - Begin Cardiovascular/Respiratory Review

?? DIAGNOSTIC TEST	?? Diagnostic test	BSS I	A good review and an opportunity to assess your knowledge.	2 hrs
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?? Cardiovascular Embryology	?? Read Chapter 5	BRS Embryology	Know the congenital cardiac abnormalities and fetal circulation.	2 hrs
?? Respiratory Embryology	?? Read Chapter 11	BRS Embryology	Understand the stages of fetal lung maturity.	1.5 hrs
?? Anatomy of the Thorax	?? Read Chapter 2 and use an atlas for reference.	High Yield		3 hrs

Day 15 - Continue Cardiovascular/Respiratory Review

?? Histology of Thoracic Viscera	?? Read Chapters 11 and 15	BRS Cell Biology	Be able to distinguish between arteries and veins. Understand the gas diffusion barrier in the lungs.	1 hr
?? Cardiovascular Physiology	?? Review hemodynamics, cardiac electrophysiology, cardiac cycle, regulation of blood pressure, responses to exercise, volume loss, altitude	BRS Physiology	Understand pre-load, after-load, Frank-Starling curves, and conduction.	1 hr
?? Pharmacology: Cardiovascular	?? Read Chapters 16, 17, 18, 19, and 21	Lippincott Pharm.	Review the drugs used to treat CHF, HTN, arrhythmias, angina, and hyperlipidemia.	5 hrs
?? Respiratory Physiology	?? Reviews lung volumes and capacities, pulmonary circulation, gas exchange and transport, ventilation-perfusion defects, control of respiration	BRS Physiology	Know the pulmonary function volumes. Understand acid-base disorders.	1.5 hrs
?? Pharmacology: Respiratory	?? Read Chapter 22	Lippincott Pharm.		0.5 hrs

Day 16 - Continue Cardiovascular/Respiratory Review				
?? Pathology: Cardiac	?? Read Chapter 10	BRS Pathology	Study this Chapter thoroughly.	1.5 hrs
?? Pathology: Vascular	?? Read Chapter 9	BRS Pathology	Study this Chapter thoroughly.	1 hr
?? Pathology: Respiratory	?? Read Chapters 14	BRS Pathology	Study this Chapter thoroughly.	1.5 hrs
?? Clinical Vignettes	?? Pathophysiology Volume 1: Cases 1-19 Pathophysiology Volume 2: Cases 52-66	UCV	An opportunity for group review. One person reads the case while the other(s) attempt to solve it.	2 hrs
Begin Hematopoietic and Lymphoreticular System Review				
?? Histology: Bone Marrow, Spleen, and Lymph Nodes.	?? Read Chapters 10 and 12	BRS Cell Biology	Become familiar with normal lymph node architecture and understand the structure and function of the spleen. Understand WBC, RBCs, and platelet lineages. Use a histology atlas for additional image review.	3 hrs

Day 17 - Continue Hematopoietic and Lymphoreticular System Review				
?? Pathology: Anemia	?? Read Chapter 11	BRS Pathology	Know the pathophysiology, laboratory value derangements, and clinical manifestations of the different anemias.	2 hrs
?? Pathology: Lymphoproliferative and Neoplastic Disorders of the Hematopoietic and Lymphoid Systems	?? Read Chapter 12	BRS Pathology	Be able to distinguish among the different leukemias and among the types of lymphoma.	2 hrs
?? Pathology: Hemorrhagic Disorders	?? Read Chapters 13	BRS Pathology	Understand how each disorder is diagnosed and treated.	1 hr

?? Pharmacology: Drugs Acting on Platelets and Coagulation	?? Read Chapter 20	Lippincott Pham.		1.5 hrs
?? Pharmacology: Anticancer Drugs	?? Read Chapter 38	Lippincott Pham.		2 hrs

Day 18 - Continue Hematopoietic and Lymphoreticular System Review

?? Clinical Vignettes	?? Pathophysiology Volume 1: Cases 74-102	UCV		3 hrs
?? EXAM	?? Complete Test 1	BSS I		2 hrs
Begin Gastrointestinal Review				
?? DIAGNOSTIC TEST	?? Complete Diagnostic test	BSS III		1.5 hrs
?? Embryology of the Gut and Body Cavities	?? Read Chapters 10 and 16	BRS Embryology	Understand rotation of the gut and the related malformations. Know what structures are derived from the foregut, midgut, and hindgut, in addition to their vascular supplies.	1.5 hrs
?? Anatomy of the Abdomen	?? Read gross anatomy Chapter 3 and reference an atlas.	High Yield		2 hrs

Day 19 - Continue GI Review

?? Histology of the Digestive System	?? Read Chapter 6	BRS Cell Biology	Know the layers of the gut wall. Understand liver structure and the flow of portal blood and bile.	1.5 hrs
?? Physiology	?? Read Chapter 6	BRS Physiology	Understand the innervation of the gut and know the gut hormones.	1 hr
?? Pharmacology: GI Drugs and Antiemetics	?? Read Chapter 24	Lippincott Pham.		1.5 hrs

?? Pathology: Gastrointestinal Tract	?? Read Chapters 15	BRS Pathology	Study this Chapter thoroughly.	2 hrs
?? Pathology: Hepatobiliary and Exocrine Pancreas	?? Read Chapter 16	BRS Pathology	Study this Chapter thoroughly.	2 hrs
?? Clinical Vignettes	?? Pathophysiology Volume I: Cases 40-73	UCV	An opportunity for group review. One person reads the case while the other(s) attempt to solve it.	2 hrs

Day 20 - Begin Genitourinary Review

?? Embryology of the Genitourinary Organs	?? Read Chapters 6, 13, and 14	BRS Embryology		3 hrs
?? Anatomy of the Pelvis and Perineum	?? Read Chapters 4 and 5 and reference an atlas.	High Yield		3 hrs
?? Histology of the Genitourinary Organs	?? Read Chapters 18, 19, and 20	BRS Cell Biology	Know the maturation sequence of spermatocytes and ovarian follicles. Know the anatomy of the nephron.	2.5 hrs

Day 21 - Continue Genitourinary Review

?? Renal Physiology	?? Read Chapter 5	BRS Physiology		1.5 hrs
?? Pharmacology: Diuretics	?? Read Chapter 23	Lippincott Pham.		1.5 hrs
?? Pathology: Kidney and Urinary Tract	?? Read Chapter 17	BRS Pathology	Study this Chapter thoroughly.	1.5 hrs
?? Pathology: Male Reproductive	?? Read Chapter 18	BRS Pathology	Know the different types of testicular tumors and the biology of prostate cancer.	1 hr
?? Pathology: Female Reproductive		BRS Pathology		

?? Clinical Vignettes	?? Pathophysiology Volume II: Cases 30-51 and 83-103	UCV	An opportunity for group review. One person reads the case while the other(s) attempt to solve it.	2 hrs
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Day 22 - Begin Endocrine Review

?? Histology	?? Read Chapter 13	BRS Cell Biology	Review the structure of the endocrine organs. Use an atlas for additional image review.	1.5 hrs
?? Physiology	?? Read Chapter 7	BRS Physiology	Know the hormonal axes	3 hrs
?? Pharmacology: Insulin and Oral Hypoglycemics	?? Read Chapter 26	Lippincott Pham.	Know the different types of insulin and their half-lives. Know the classes of oral hypoglycemics.	1.5 hrs
?? Pharmacology: Steroid Hormones	?? Read Chapter 27	Lippincott Pham.		1 hr
?? Clinical Vignettes	?? Pathophysiology Volume 1: Cases 25-38	UCV	An opportunity for group review. One person reads the case while the other(s) attempt to solve it.	1 hr
?? Exam	?? Complete Test 1	BSS III		2 hrs

Day 23 - Begin Nervous System/Head and Neck

?? Diagnostic Test	?? Complete diagnostic test	BSS II		1.5 hrs
?? Embryology of the Head, Neck, and Nervous System	?? Read Chapters 7,8,9, and 12.	BRS Embryology	Know the branchial arch derivatives and the basis for the more common facial deformities. Understand the transition from neural plate to mature CNS. Know what neural crest cells give rise to.	3 hrs
?? Anatomy of the Head and Neck	?? Read gross anatomy Chapter 8 and reference an atlas.	High Yield		2 hrs
?? Neuroanatomy	?? Read neuroanatomy Chapters 1-3 and 5-23	High Yield		6 hrs

Day 24 - Continue Nervous System/Head and Neck				
?? Neurophysiology	?? Read Chapter 2	BRS Physiology	Understand synaptic transmission and axonal conduction.	2 hrs
?? Neuropathology	?? Read Chapter 23	BRS Pathology	Know the types of CNS tumors, infections, and vascular disorders.	2 hrs
?? Clinical Vignettes	?? Pathophysiology Volume III: Cases 45-61 Anatomy: Cases 40-56	UCV	An opportunity for group review. One person reads the case while the other(s) attempt to solve it.	2 hrs
?? Pharmacology	?? Read Chapters 8, 10, 11, 14, and 15	Lippincott Pham.	Review the drugs used to treat epilepsy, Parkinson's Disease, and the anesthetics and analgesics.	3.5 hrs

Day 25 - Begin Integument and Musculoskeletal Review				
?? Embryology	?? Read Chapter 15	BRS Embryology		1 hr
?? Anatomy of the Limbs and Back	?? Read Chapters 1, 6, and 7 and reference an atlas.	High Yield		3.5 hrs
?? Histology	?? Read Chapters 7,8, and 10	BRS Cell Biology	Review the histology of skin, muscle, bone, and cartilage.	2 hrs
?? Pharmacology: Anti-inflammatory Agents and Autocoids	?? Read Chapters 39 and 40	Lippincott Pham.		2 hrs

Day 26 - Continue Integument and Musculoskeletal Review				
?? Pathology: Skin	?? Read Chapter 21	BRS Pathology	Focus on malignancies (melanoma, SCC, and BCC). Reference a dermatology atlas.	1.5 hr

?? Pathology: Musculoskeletal	?? Read Chapter 22	BRS Pathology		1.5 hr
?? Clinical Vignettes	?? Pathophysiology Volume III: Cases 9-18, 96- 104 Anatomy: Cases 62-84	UCV		2 hr
?? Exam	?? Complete Test 1	BSS II		2 hr

Day 27 - Begin Behavioral Science and Biostatistics				
?? Clinical Vignettes	?? Read all cases	UCV		3 hr
?? Pharmacology: Psychiatric Drugs	?? Read Chapters 9, 12, and 13	Lippincott Pham.		2.5 hr
?? Biostatistics	?? Read entire book	High Yield		4 hr

Day 28 - Final Review				
?? Review Items you Have Marked for Review				
?? Exam	?? Complete Exam 1	NMS exam		2 hr
?? Exam	?? Complete Exam 5	NMS exam		2 hr