

~My Step 1 Study Plan~

Daily Plan

AM:

- Flashcards (15 min warm up)
- 1 Mockblock(40 questions, timed, all systems all subjects)
 - Plan to ramp up the number of mock blocks in the coming weeks
- Review: (2 hours)
- Make flashcards as needed

---Break---

PM:

- Flashcards (15 min warm up)
- Content Review based on **topic of day** (Specified on the day), 20 questions subject specific
- Review resources based on questions wrong
- Make flashcards as needed

| December 2020 | | | | | | |
|---------------------------------------|---|-----------------|-----------------|----------------|------------------------|----------------|
| ◀ November | | | | | | January ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 Life Cycle Midterm 3 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 Life Cycle Midterm 4 | 15 | 16 | 17 | 18 Life Cycle Final | 19 Week OFF |
| 20 Week OFF | 21 Start of Winter (Winter Solstice) Week OFF | 22 Week OFF | 23 Week OFF | 24 Week OFF | 25 Week OFF | 26 Week OFF |
| 27 1 MB/Day ---> Cardiovascular | 28 Cardiovascular | 29 Pulmonary | 30 Pulmonary | 31 Renal | | |

| January 2021 | | | | | | |
|------------------|--|---|---|---|---|--|
| ◀ December | | | | | | February ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 New Year's Day Renal | 2 UWORLD 1 |
| 3 OFF | 4 Capstone 1 MB Review & Plan | 5 Capstone (Micro, Sketchy & Anki) | 6 Capstone (Micro, Sketchy & Anki) | 7 Capstone (Micro, Sketchy & Anki) | 8 Capstone (Micro, Sketchy & Anki) | 9 2 Mock blocks & Review |
| 10 OFF | 11 Capstone 1 MB (Pharm Sketchy & Anki) | 12 Capstone (Pharm Sketchy & Anki) | 13 Capstone (Pharm Sketchy & Anki) | 14 Capstone (Pharm Sketchy & Anki) | 15 Capstone (Pharm Sketchy & Anki) | 16 NBME 21 |
| 17 OFF | 18 Martin Luther King Jr. Day 1 MB Review & Plan | 19 2MB/DAY--> Biochem | 20 Biochem | 21 Immunology | 22 Pathology (intro) Pathoma | 23 NBME 20 + 2 MB (Full Length Practice Day) |
| 24 OFF | 25 1 MB Review & Plan | 26 2MB/DAY--> Pathology (intro) Pathoma | 27 Heme/Onc (Pathoma) | 28 MSK/Skin | 29 Public Health Sciences | 30 NBME 22 |
| 31 OFF | | | | | | |

Readiness for test day: 210 or above on NBME exams

Think about your break timing for test day on your full-length practice exams

| February 2021 | | | | | | |
|------------------|-------------------------------------|------------------------------------|---------------------------|--------------------------|------------------------------|--|
| ◀ January | | | | | | March ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 1 MB Review & Plan | 2 3 MB /day --> Neuro | 3 Psychiatry | 4 Reproductive | 5 | 6 NBME 18 +2 MB (Full Length Practice Test Day) |
| 7 OFF | 8 3- 4 MB/DAY--> | 9 | 10 | 11 | 12 | 13 NBME 23 |
| 14 OFF | 15 Presidents Day 4MB/DAY | 16 | 17 | 18 | 19 | 20 Uworld 2 + 3 MB (Full Length Practice Test Day) |
| 21 OFF | 22 Rapid Review | 23 Rapid Review | 24 Rapid Review | 25 Day OFF | 26 Step 1 Test Day | 27 |
| 28 | | | | | | |

| ◀ February | | March 2021 | | | | | April ▶ |
|---------------------------|--------------------|------------|-----|-----|-----|-------------------------------------|---------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| | 1 | 2 | 3 | 4 | 5 | 6 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | |
| 14 Daylight Saving Begins | 15 Step 1 deadline | 16 | 17 | 18 | 19 | 20 Start of Spring (Spring Equinox) | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| 28 | 29 | 30 | 31 | | | | |