



# USMLE® STEP 1 STUDY PLAN 2016

UPDATED 1.28.16

————— **By following this guide, you will:** —————

- Complete over **620 hours** worth of study
- Review **559 First Aid pages**
- Master over **935 First Aid Specific Picmonics**



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**EDITOR'S NOTE:**

Hello there,

The wait is over! The updated USMLE Step 1 Study Plan 2016 is here. With the help and feedback of our Campus Advocates, active subscribers, and scholars, we created a comprehensive plan for you to follow and get the most out of your studies. Before we begin, we would like to address some of the questions we've received since the plan was first released in March of last year.

This plan was put together with one key word in mind: customization. Everyone is different. Everyone is at separate stages in their studying, and has different studying priorities. We've listed out the estimated times for you with the suggested resources: First Aid 2016, Kaplan and UWorld Qbanks, and Picmonic (of course).

You don't have to stick with just these resources, however! Customize the plan as you see fit. Picmonic's content is dynamic, and some playlists may contain more Picmonics than are listed in the study plan. That means we've added more content to help you prepare! Just add one or two Picmonics per day for that course area as needed to fit them all in.

Think of this as a guide, as a "big picture" outlook on the time it would take to completely review each area of content. This study plan puts you in control. Follow it as needed to get what's best for you with the time you have until Step 1. If you have any questions regarding the guide or Picmonic in general, reach out anytime at [feedback@Picmonic.com](mailto:feedback@Picmonic.com)!

Best of luck and stay focused!

- Picmonic Team



# GETTING STARTED

*“It’s supposed to be hard. If it wasn’t hard, everyone would do it. The hard is what makes it great.”*

*- Tom Hanks in “A League of Their Own”*

Nothing comes easy. But you knew that when you decided to become a physician, one of the most respected professions one can pursue. At this point, you’re no stranger to long sessions of studying, prioritizing work over fun, study groups over parties, being presented with loads of information, and, of course, stress.

Now is the time to set your sights on a high Step 1 score. How high? It’s up to you, but don’t for a moment sell yourself short. 230? 240? 250? Whatever it is, identify it, visualize it, and keep that number at the forefront of your mind. It will be your guiding light.

Like your desired Step 1 score, now is also the time to fully identify your motives for going down this road. Embrace them. Write them out and place them somewhere that is visible. Remember, if your reasons are strong, moments of doubt will be just that: fleeting moments.

*“Believe and act as if it were impossible to fail.”*

*- Charles Kettering*

**“The harder the conflict, the more glorious the triumph.”**

*- Thomas Paine*



# HOW OUR STUDY PLAN WAS MADE

Picmonic not only draws on its research backed success<sup>1</sup>, but has also consulted medical scholars, power Picmonic users, and the input from hundreds that have received successful Step 1 scores to assemble a robust and comprehensive study plan to assist you in achieving the same.

***"Suffer now and live the rest of your life as a great doctor."***

*- Unknown*

We have mapped out how to incorporate Picmonic with First Aid<sup>®</sup> as well as both Kaplan<sup>®</sup> and Uworld<sup>®</sup> question banks. You can also customize the plan based on how far you are from your Step 1 date. Of course, the earlier you can get started, the better off you will be.

"[Picmonics] correlate directly with what is in First Aid so you know it is essential information that will show up on the exam. The amount of questions I got right in biochemistry and microbiology were mainly due to this resource so I would highly recommend it."

**- James, 274 Step 1 Score  
(Texas Tech)**

"Because of your program I was able to recall essential information quickly to answer second and third order questions...the cards proved to be an essential tool in my success on Step 1 and throughout second year. I destroyed the micro section on that exam because of your cards. You guys are incredible."

**- Sam, 253 Step 1 Score  
(St George's University)**

1. Adv. Med. Educ. Pract. 2014 May 8; 5: 125-32 doi: 10.2147/ AMEP.S61875. eCollection 2014



# BEST PRACTICES

1

**Assess your weaknesses.** If possible, it is strongly recommended that you take an NBME® Assessment to determine where you may need more focus, especially if you're six months or closer to your Step 1 exam. Once you've been able to identify your weaknesses you can plan on spending more time and focus on where they're needed most. Your strengths and weaknesses may shift as you get closer to your test date. If the NBME Assessment isn't an option, look into other resources.



2



**Find your study location.** Library? Coffee shop? Wherever it is, it needs to be your designated area, where you can go to study without fail, devoid of anything that can distract you.

3

**Eliminate all possible distractions.** Text messages, phone calls, and social media should be shut off during your study time. We get distracted all too often, too easily, and sometimes without notice.



4



**Incorporate exercise.** Do your best to follow a regular exercise routine. Physical exertion is a great way to release stress and bring needed energy to our already overworked bodies. Caffeine can only do so much...

5

**Eat healthier foods.** Curbing the junk food and avoiding anything heavy will go far when you need to spend 3-4 hours attentive and energized.



6



**Get sleep.** Depriving your body of needed sleep and recovery time is detrimental to any kind of effective studying.

"The true power of Picmonic becomes evident when I'm able to accomplish hours worth of studying in a fraction of the time. Picmonic takes the phrase 'high yield studying' to the next level."

- Avram (Creighton University)



# THE 3 PRONG APPROACH

REVIEW

MASTER

ASSESS

That is the core of our “3 Prong Approach” and how this Study Plan will help you get the most out of your studying time. When looking at First Aid®, Picmonics and Qbank questions, follow this guideline:



**REVIEW** the applicable pages in a specific chapter. Do not skip any portions of the content. Revisit unfamiliar topics and understand mechanisms and concepts of disease processes.



**MASTER** the Picmonics that correspond to each of the listed First Aid pages. Based on user experience, it generally takes 3-5 views per Picmonic to understand it in its entirety.



**ASSESS** your knowledge with Kaplan® and/or UWorld® Qbank questions. Each set of questions is spread evenly throughout the study days, so you won't risk being overburdened.



# HOW OUR STUDY PLAN WORKS

*The Study Plan is broken down into*

**16**  
**CATEGORIES**

*Each category is broken up into days and each day represents*

**3-5**  
**HOUR BLOCKS**

For example, Behavioral Sciences is estimated to take 21 hours to complete. Thus, it is broken up into 5 days with each day averaging just over 4 hours. If you're looking to begin studying on Monday, you can comfortably spend Monday through Friday studying in the determined blocks of time and have the weekend off.

We put this together this way to provide you with versatility. Regardless of where you are in relation to Step 1, whether you're six months out or two, you can accurately gauge how much time it will take for each category and plan your personal life accordingly. Obviously, the sooner you start, the more breathing room you'll have so don't procrastinate!



# HOW OUR STUDY PLAN WORKS

## BEHAVIORAL SCIENCES

When looking at the Behavioral Sciences Study Grid, you'll see a breakdown of each resource.

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>FIRST AID PAGES 31-46</b>	Read Pages 31-34	Read Pages 35-38	Read Pages 39-42	Read Pages 43-46	
Picmonic Playlist: 2016 Study Guide Behavioral Sciences (12 Picmonics)	Page 32 = 3 Picmonics Page 33 = 2 Picmonics			Page 43 = 9 Picmonics	
	Estimated Time: 1 Hour 5 Minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 Minutes	Estimated Time: 1 Hour 45 Minutes	
<b>Kaplan Qbank 62 Questions</b>	Review 12 Questions	Review 12 Questions	Review 12 Questions	Review 13 Questions	Review 13 Questions
	Estimated Time: 48 Minutes	Estimated Time: 48 Minutes	Estimated Time: 48 Minutes	Estimated Time: 52 Minutes	Estimated Time: 52 Minutes
<b>UWorld Qbank 123 Questions</b>	Review 32 Questions	Review 32 Questions	Review 33 Questions	Review 33 Questions	Review 33 Questions
	Estimated Time: 2 hours 8 minutes	Estimated Time: 2 hours 8 minutes	Estimated Time: 2 hours 12 minutes	Estimated Time: 2 hours 12 minutes	Estimated Time: 2 hours 12 minutes
<b>Estimated Time Per Day</b>	4 Hours 1 Minute	4 Hours 16 Minutes	4 Hours 40 Minutes	4 Hours 49 Minutes	3 Hours 4 Minutes
<b>SUMMARY</b>					
Total Picmonics	14				
Total Kaplan Questions	62	Found in: Biostatistics	Behavioral Sciences		
Total UWorld Questions	163	Found in: Biostatistics	Behavioral Sciences		

Includes a comprehensive breakdown of all Behavioral Sciences subject matter available.





# HOW OUR STUDY PLAN WORKS

Next, when looking at the Behavioral Sciences Study Grid, you'll see that each "Day" is broken down into 3 segments.

1

## FIRST AID // PICMONICS (12)

Here you will read the assigned First Aid pages and then review the Picmonics that are associated with them. For Day 1, you will read pages 31-34. Since we have 5 Picmonics for page 32 and 33, depending on your comfort level you can either read pages 32 and 33 only and review the associated Picmonics, or, you can read all five and revisit for Picmonic review after. The average time is 20 minutes per First Aid page and 5 minutes for each Picmonic.

2

## KAPLAN® QUESTIONS

Here you will review 12 of the 62\* questions for Day 1. The average time per question review is 4 minutes.

*\*At the time of release, Kaplan® had 62 questions for behavioral sciences. If they add more, adjust your schedule accordingly.*

3

## UWorld® QUESTIONS

Like the Kaplan Question Bank questions, you will review 32 of the 163\* questions for Day 1. The average time per question review is 4 minutes.

*\*At the time of release, UWorld® had 123 questions for behavioral sciences. If they add more, adjust your schedule accordingly.*

The times that we allotted are not going to be applicable to every item throughout the entire study guide but were provided as a means to give you an as close to accurate time estimate as possible. If you only have one Qbank resource, then disregard the allotted time for the other resource.

Any time you gain or lose should be made up for in other aspects of the Study Plan or by reviewing other resources as you see fit.



# STUDY PLAN

Each subject is broken down into categories based on the First Aid 2016 edition. As stated previously, each day is broken down into 3-5 hour sessions using the time frame one can reasonably expect to spend on each resource. If you finish early, you can review the material presented, or move on to the next day.

<b>Behavioral Studies</b> .....	Page 13
<b>Biochemistry</b> .....	Page 14
<b>Microbiology</b> .....	Page 15
<b>Immunology</b> .....	Page 16
<b>Pathology</b> <i>(see editor's note in Study Plan)</i> .....	Page 17
<b>Pharmacology</b> <i>(see editor's note in Study Plan)</i> ....	Page 19
<b>Cardiovascular</b> .....	Page 21
<b>Endocrine</b> .....	Page 22
<b>Gastrointestinal</b> .....	Page 23
<b>Hematology and Oncology</b> .....	Page 24
<b>Musculoskeletal &amp; Connective Tissue</b> ..	Page 25
<b>Neurology</b> .....	Page 26
<b>Psychiatry</b> .....	Page 27
<b>Renal</b> .....	Page 28
<b>Reproductive</b> .....	Page 29
<b>Respiratory</b> .....	Page 30

## By following this guide, you will:

- Complete **620+ hours** worth of study
- Review **559 First Aid pages**
- Master **935 First Aid Specific Picmonics**

### DISCLAIMER

This study guide does not guarantee a specific score but rather provides a framework of effective practices to help students get the most from their Picmonic subscription. The success and results of those that follow it will vary. Picmonic does not guarantee a certain level of results or accept any legal liability whatsoever arising from the use of this study guide.

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# STUDY PLAN SUMMARY

## 6 MONTH PLAN (STANDARD)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	Behavioral	Behavioral	Behavioral	Behavioral	Biochemistry	Biochemistry	Biochemistry
<b>Week 2</b>	Biochemistry	Biochemistry	Biochemistry	Biochemistry	Biochemistry	Biochemistry	Biochemistry
<b>Week 3</b>	Biochemistry	Biochemistry	Biochemistry	Microbiology	Microbiology	Microbiology	Microbiology
<b>Week 4</b>	Microbiology	Microbiology	Microbiology	Microbiology	Microbiology	Microbiology	Microbiology
<b>Week 5</b>	Microbiology	Microbiology	Immunology	Immunology	Immunology	Immunology	Immunology
<b>Week 6</b>	Pathology	Pathology	Pathology	Pathology	Pathology	Pathology	Pathology
<b>Week 7</b>	Pathology	Pathology	Pathology	Pathology	Pathology	Pathology	Pathology
<b>Week 8</b>	Pathology	Pathology	Pathology	Pathology	Pathology	Pathology	Pathology
<b>Week 9</b>	Pathology	Pathology	Pathology	Pathology	Pharmacology	Pharmacology	Pharmacology
<b>Week 10</b>	Pharmacology	Pharmacology	Pharmacology	Pharmacology	Pharmacology	Pharmacology	Pharmacology
<b>Week 11</b>	Pharmacology	Pharmacology	Pharmacology	Pharmacology	Pharmacology	Cardiovascular	Cardiovascular
<b>Week 12</b>	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular
<b>Week 13</b>	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular	Endocrine	Endocrine	Endocrine
<b>Week 14</b>	Endocrine	Endocrine	Gastrointestinal	Gastrointestinal	Gastrointestinal	Gastrointestinal	Gastrointestinal
<b>Week 15</b>	Gastrointestinal	Gastrointestinal	Gastrointestinal	Gastrointestinal	Gastrointestinal	Gastrointestinal	Hematology & Oncology
<b>Week 16</b>	Hematology & Oncology	Hematology & Oncology	Hematology & Oncology	Hematology & Oncology	Hematology & Oncology	Hematology & Oncology	Musculoskeletal & Connective Tissue
<b>Week 17</b>	Musculoskeletal & Connective Tissue	Musculoskeletal & Connective Tissue	Musculoskeletal & Connective Tissue	Musculoskeletal & Connective Tissue	Musculoskeletal & Connective Tissue	Musculoskeletal & Connective Tissue	Musculoskeletal & Connective Tissue
<b>Week 18</b>	Musculoskeletal & Connective Tissue	Neurology	Neurology	Neurology	Neurology	Neurology	Neurology
<b>Week 19</b>	Neurology	Neurology	Neurology	Neurology	Neurology	Neurology	Neurology
<b>Week 20</b>	Neurology	Neurology	Neurology	Psychiatry	Psychiatry	Psychiatry	Renal
<b>Week 21</b>	Renal	Renal	Renal	Reproductive	Reproductive	Reproductive	Reproductive
<b>Week 22</b>	Reproductive	Reproductive	Reproductive	Reproductive	Respiratory	Respiratory	Respiratory
<b>Week 23</b>	Respiratory	Respiratory	Respiratory	Respiratory	Respiratory		



# STUDY PLAN SUMMARY

## 3 MONTH PLAN (ACCELERATED)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	Behavioral	Behavioral	Biochemistry	Biochemistry	Biochemistry	Biochemistry	Biochemistry
<b>Week 2</b>	Biochemistry	Microbiology	Microbiology	Microbiology	Microbiology	Microbiology	Microbiology
<b>Week 3</b>	Immunology	Immunology	Immunology	Pathology	Pathology	Pathology	Pathology
<b>Week 4</b>	Pathology	Pathology	Pathology	Pathology	Pathology	Pathology	Pathology
<b>Week 5</b>	Pathology	Pathology	Pharmacology	Pharmacology	Pharmacology	Pharmacology	Pharmacology
<b>Week 6</b>	Pharmacology	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular	Cardiovascular
<b>Week 7</b>	Cardiovascular	Endocrine	Endocrine	Endocrine	Gastrointestinal	Gastrointestinal	Gastrointestinal
<b>Week 8</b>	Gastrointestinal	Gastrointestinal	Gastrointestinal	Hematology & Oncology	Hematology & Oncology	Hematology & Oncology	Hematology & Oncology
<b>Week 9</b>	Musculoskeletal & Connective Tissue	Musculoskeletal & Connective Tissue	Musculoskeletal & Connective Tissue	Musculoskeletal & Connective Tissue	Neurology	Neurology	Neurology
<b>Week 10</b>	Neurology	Neurology	Neurology	Neurology	Neurology	Psychiatry	Psychiatry
<b>Week 11</b>	Renal	Renal	Renal	Reproductive	Reproductive	Reproductive	Reproductive
<b>Week 12</b>	Respiratory	Respiratory	Respiratory	Respiratory			



# BEHAVIORAL SCIENCES

(Estimated time - 21 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>FIRST AID PAGES 31-46</b>	Read Pages 31-34	Read Pages 35-38	Read Pages 39-42	Read Pages 43-46	
Picmonic Playlist: 2016 Study Guide Behavioral Sciences (12 Picmonics)	Page 32 = 3 Picmonics			Page 43 = 9 Picmonics	
	Page 33 = 2 Picmonics				
	Estimated Time: 1 Hour 5 Minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 Minutes	Estimated Time: 1 Hour 45 Minutes	
<b>Kaplan Qbank</b> 62 Questions	Review 12 Questions	Review 12 Questions	Review 12 Questions	Review 13 Questions	Review 13 Questions
	Estimated Time: 48 Minutes	Estimated Time: 48 Minutes	Estimated Time: 48 Minutes	Estimated Time: 52 Minutes	Estimated Time: 52 Minutes
<b>UWorld Qbank</b> 123 Questions	Review 32 Questions	Review 32 Questions	Review 33 Questions	Review 33 Questions	Review 33 Questions
	Estimated Time: 2 hours 8 minutes	Estimated Time: 2 hours 8 minutes	Estimated Time: 2 hours 12 minutes	Estimated Time: 2 hours 12 minutes	Estimated Time: 2 hours 12 minutes
<b>Estimated Time Per Day</b>	4 Hours 1 Minute	4 Hours 16 Minutes	4 Hours 40 Minutes	4 Hours 49 Minutes	3 Hours 4 Minutes
<b>SUMMARY</b>					
Total Picmonics	14				
Total Kaplan Questions	62	Found in: Biostatistics	Behavioral Sciences		
Total UWorld Questions	163	Found in: Biostatistics	Behavioral Sciences		



# BIOCHEMISTRY

(Estimated time - 45 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 47-105</b>	Read Pages 47-50	Read Pages 51-55	Read Pages 56-59	Read Pages 60-64	Read Pages 65-69
Picmonic Playlist: 2016 Biochemistry (18 Picmonics)	Page 48 = 2 Picmonics Page 50 = 2 Picmonics	Page 51 = 1 Picmonic	Page 57 = 2 Picmonics Page 58 = 5 Picmonics	Page 63 = 2 Picmonics	
	Estimated Time: 1 Hour	Estimated Time: 1 Hour 45 Minutes	Estimated Time: 1 Hour 15 Minutes	Estimated Time: 1 Hour 30 Minutes	Estimated Time: 1 Hour 40 Minutes
<b>Kaplan Qbank</b> 60 Questions	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes
<b>UWorld Qbank</b> 102 Questions	Review 20 Questions Estimated Time: 1 Hour 20 minutes	Review 20 Questions Estimated Time: 1 Hour 20 minutes	Review 20 Questions Estimated Time: 1 Hour 20 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes
<b>Estimated Time Per Day</b>	3 Hours 8 Minutes	3 Hours 53 Minutes	3 Hours 23 Minutes	3 Hours 42 Minutes	3 Hours 52 Minutes
Resource Breakdown	Day 6	Day 7	Day 8	Day 9	Day 10
<b>First Aid Pages 70-89</b>	Read Pages 70-73	Read Pages 74-77	Read Pages 78-81	Read Pages 82-85	Read Pages 86-89
Picmonic Playlist: 2015 Biochemistry (43 Picmonics)	Page 71 = 1 Picmonic Page 72 = 3 Picmonics Page 73 = 3 Picmonics	Page 74 = 4 Picmonics Page 75 = 2 Picmonics Page 77 = 5 Picmonics	Page 78 = 7 Picmonics Page 79 = 1 Picmonic Page 80 = 3 Picmonics Page 81 = 8 Picmonics	Page 82 = 1 Picmonic	Page 86 = 3 Picmonics Page 87 = 1 Picmonic Page 88 = 1 Picmonic
	Estimated Time: 55 Minutes	Estimated Time: 1 Hour 15 Minutes	Estimated Time 1 Hour 35 Minutes	Estimated Time: 1 Hour 5 Minutes	Estimated Time: 45 Minutes
<b>Kaplan Qbank</b> 60 Questions	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes
<b>UWorld Qbank</b> 105 Questions	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes
<b>Estimated Time Per Day</b>	3 Hours 7 Minutes	3 Hours 27 Minutes	3 Hours 47 Minutes	3 Hours 17 Minutes	2 Hours 57 Minutes
Resource Breakdown	Day 11	Day 12	Day 13		
<b>First Aid Pages 90-105</b>	Read Pages 90-94	Read Pages 95-99	Read Pages 100-105		
Picmonic Playlist: 2015 Biochemistry (27 Picmonics)	Page 90 = 3 Picmonics Page 91 = 4 Picmonics Page 93 = 1 Picmonic Page 94 = 1 Picmonic	Page 95 = 3 Picmonics Page 96 = 3 Picmonics Page 99 = 4 Picmonics	Page 100 = 4 Picmonics		
	Estimated Time: 1 Hour 5 Minutes	Estimated Time: 1 Hour 30 Minutes	Estimated Time: 2 Hours 20 Minutes		
<b>Kaplan Qbank</b> 35 Questions	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 11 Questions Estimated Time: 44 minutes		
<b>UWorld Qbank</b> 52 Questions	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 10 Questions Estimated Time: 40 minutes		
<b>Estimated Time Per Day</b>	3 Hours 17 Minutes	3 Hours 42 Minutes	3 Hours 44 Minutes		
<b>SUMMARY</b>					
Total Picmonics	88				
Total Kaplan Questions	155	(Under biochem, molecular, cellular, genetics)			
Total UWorld Questions	259	(Under biochem, genetics)			



# MICROBIOLOGY

(Estimated time - 52 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 107-131</b>	Read Pages 107-111	Read Pages 112-116	Read Pages 117-121	Read Pages 122-126	Read Pages 127-131
<b>Picmonic Playlist: 2016 Microbiology (55 Picmonics)</b>	Page 109 = 1 Picmonic Page 111 = 1 Picmonic  Estimated Time: 1 Hour 10 Minutes	Page 112 = 1 Picmonic  Estimated Time: 1 Hour 25 minutes	Page 119 = 3 Picmonics Page 120 = 6 Picmonics Page 121 = 4 Picmonics  Estimated Time: 1 Hour 45 Minutes	Page 122 = 6 Picmonics Page 123 = 5 Picmonics Page 124 = 2 Picmonics Page 125 = 1 Picmonic Page 126 = 5 Picmonics  Estimated Time: 2 Hours 15 Minutes	Page 127 = 5 Picmonics Page 128 = 6 Picmonics Page 129 = 6 Picmonics Page 130 = 2 Picmonics Page 131 = 2 Picmonic  Estimated Time: 1 Hour 40 Minutes
<b>Kaplan Qbank</b> 65 Questions	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes
<b>UWorld Qbank</b> 60 Questions	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes
<b>Estimated Time Per Day</b>	2 Hours 50 Minutes	3 Hours 5 Minutes	3 Hours 25 Minutes	3 Hours 55 Minutes	3 Hours 20 Minutes
Resource Breakdown	Day 6	Day 7	Day 8	Day 9	Day 10
<b>First Aid Pages 132-156</b>	Read Pages 132-136	Read Pages 137-141	Read Pages 142-146	Read Pages 147-151	Read Pages 152-156
<b>Picmonic Playlist: 2016 Microbiology (74 Picmonics)</b>	Page 132 = 4 Picmonics Page 133 = 3 Picmonics Page 134 = 3 Picmonics Page 135 = 3 Picmonics Page 136 = 1 Picmonic  Estimated Time: 1 Hour 30 Minutes	Page 137 = 4 Picmonics Page 138 = 2 Picmonic Page 139 = 3 Picmonics Page 140 = 3 Picmonics Page 141 = 3 Picmonics  Estimated Time: 1 Hour 20 Minutes	Page 142 = 3 Picmonics Page 143 = 4 Picmonics Page 144 = 5 Picmonics Page 145 = 1 Picmonic  Estimated Time: 1 Hour 35 Minutes	Page 148 = 5 Picmonics Page 149 = 6 Picmonics Page 151 = 2 Picmonics  Estimated Time: 1 Hour 45 Minutes	Page 152 = 5 Picmonics Page 153 = 3 Picmonics Page 154 = 2 Picmonics Page 155 = 3 Picmonics Page 156 = 6 Picmonics  Estimated Time: 1 Hour 55 Minutes
<b>Kaplan Qbank</b> 65 Questions	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes
<b>UWorld Qbank</b> 60 Questions	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes
<b>Estimated Time Per Day</b>	3 Hours 10 Minutes	3 Hours	3 Hours 5 Minutes	3 Hours 25 Minutes	3 Hours 35 Minutes
Resource Breakdown	Day 11	Day 12	Day 13	Day 14	Day 15
<b>First Aid Pages 157-181</b>	Read Pages 157-161	Read Pages 162-166	Read Pages 167-171	Read Pages 172-176	Read Pages 177-181
<b>Picmonic Playlist: 2016 Microbiology (58 Picmonics)</b>	Page 160 = 3 Picmonics  Estimated Time: 1 Hour 35 Minutes	Page 162 = 5 Picmonics Page 163 = 5 Picmonics Page 165 = 5 Picmonics Page 166 = 2 Picmonics  Estimated Time: 1 Hour 45 Minutes	Page 167 = 2 Picmonics Page 170 = 1 Picmonic Page 171 = 5 Picmonics  Estimated Time: 1 Hour 20 Minutes	Page 172 = 6 Picmonics Page 173 = 4 Picmonics Page 174 = 2 Picmonics Page 175 = 5 Picmonics Page 178 = 2 Picmonics  1 Hour 35 Minutes	Page 177 = 3 Picmonics Page 178 = 3 Picmonics Page 179 = 1 Picmonic Page 180 = 3 Picmonics Page 181 = 4 Picmonic  1 Hour 35 minutes
<b>Kaplan Qbank</b> 65 Questions	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes	Review 13 Questions Estimated Time: 52 minutes
<b>UWorld Qbank</b> 60 Questions	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes	Review 12 Questions Estimated Time: 48 minutes
<b>Estimated Time Per Day</b>	3 Hours 15 Minutes	3 Hours 25 minutes	3 Hours	3 Hours 15 Minutes	2 Hours 35 Minutes
Resource Breakdown	Day 16				
<b>First Aid Pages 182-187</b>	Read Pages 182-187				
<b>Picmonic Playlist: 2016 Microbiology (23 Picmonics)</b>	Page 182 = 6 Picmonics Page 183 = 2 Picmonics Page 184 = 2 Picmonics Page 185 = 3 Picmonics Page 186 = 9 Picmonics Page 187 = 1 Picmonic  Estimated Time: 1 Hour 55 Minutes				
<b>Kaplan Qbank</b> 11 Questions	Review 11 Questions Estimated Time: 44 minutes				
<b>UWorld Qbank</b> 15 Questions	Review 15 Questions Estimated Time: 1 Hour				
<b>Estimated Time Per Day</b>	3 Hours 39 Minutes				
<b>SUMMARY</b>					
Total Picmonics		192			
Total Kaplan Questions		206	(Microbiology)		
Total UWorld Questions		195	(Microbiology)		



# IMMUNOLOGY

(Estimated time - 21 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 190-214</b>	Read Pages 190-194	Read Pages 195-199	Read Pages 200-204	Read Pages 205-209	Read Pages 210-214
Picmonic Playlist: 2016 Immunology (33 Picmonics)	Page 190 = 2 Picmonics Page 192 = 3 Picmonics Page 193 = 1 Picmonic		Page 202 = 1 Picmonic Page 204 = 2 Picmonics	Page 205 = 2 Picmonics Page 208 = 7 Picmonics Page 209 = 7 Picmonics	Page 211 = 1 Picmonic Page 212 = 5 Picmonics Page 214 = 2 Picmonics
	Estimated Time: 1 Hour 10 Minutes	Estimated Time 1 Hour and 40 Minutes	Estimated Time 1 Hour and 15 Minutes	Estimated Time: 2 Hours 20 minutes	Estimated Time: 2 Hours
<b>Kaplan Qbank 94 Questions</b>	Review 19 Questions	Review 19 Questions	Review 19 Questions	Review 19 Questions	Review 18 Questions
	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 12 minutes
<b>UWorld Qbank 92 Questions</b>	Review 19 Questions	Review 19 Questions	Review 19 Questions	Review 19 Questions	Review 16 Questions
	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 4 minutes
<b>Estimated Time Per Day</b>	3 Hours, 42 Minutes	4 Hours, 12 Minutes	3 Hours, 47 Minutes	4 Hours, 52 Minutes	4 Hours, 16 Minutes
<b>SUMMARY</b>					
Total Picmonics	33				
Total Kaplan Questions	94	(Immunology)			
Total UWorld Questions	92	(Immunology)			





# PATHOLOGY (part 1)

(Estimated time - 94 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
First Aid Pages 222-240	Read Pages 222-225	Read Pages 226-229	Read Pages 230-233	Read Pages 234-237	Read Pages 238-240
Picmonic Playlist: 2016 Pathology (1 Picmonic)	Page 225 = 1 Picmonic				
	Estimated Time: 1 Hour 5 minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour
Kaplan Qbank 130 Questions	Review 26 Questions	Review 26 Questions	Review 26 Questions	Review 26 Questions	Review 26 Questions
	Estimated Time: 1 Hour 44 minutes	Estimated Time: 1 Hour 44 minutes	Estimated Time: 1 Hour 44 minutes	Estimated Time: 1 Hour 44 minutes	Estimated Time: 1 Hour 44 minutes
UWorld Qbank 145 Questions	Review 29 Questions	Review 29 Questions	Review 29 Questions	Review 29 Questions	Review 29 Questions
	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 56 minutes
Picmonic Playlist: 2015 Pathology	Learn 9 Picmonics	Learn 9 Picmonics	Learn 9 Picmonics	Learn 9 Picmonics	Learn 9 Picmonics
45 Picmonics	Estimated Time: 45 Minutes	Estimated Time: 50 Minutes	Estimated Time: 50 Minutes	Estimated Time: 50 Minutes	Estimated Time: 50 Minutes
Estimated Time Per Day	5 Hours 30 minutes	5 Hours 50 minutes	5 Hours 50 minutes	5 Hours 50 minutes	5 Hours 30 minutes
Resource Breakdown	Day 6	Day 7	Day 8	Day 9	Day 10
First Aid Pages					
Kaplan Qbank 130 Questions	Review 26 Questions	Review 26 Questions	Review 26 Questions	Review 26 Questions	Review 26 Questions
	Estimated Time: 1 Hour 44 minutes	Estimated Time: 1 Hour 44 minutes	Estimated Time: 1 Hour 44 minutes	Estimated Time: 1 Hour 44 minutes	Estimated Time: 1 Hour 44 minutes
UWorld Qbank 145 Questions	Review 29 Questions	Review 29 Questions	Review 29 Questions	Review 29 Questions	Review 29 Questions
	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 56 minutes
Picmonic Playlist: 2016 Pathology	Learn 9 Picmonics	Learn 9 Picmonics	Learn 9 Picmonics	Learn 9 Picmonics	Learn 9 Picmonics
45 Picmonics	Estimated Time: 45 Minutes	Estimated Time: 45 Minutes	Estimated Time: 45 Minutes	Estimated Time: 45 Minutes	Estimated Time: 45 Minutes
Estimated Time Per Day	4 Hours 25 minutes	4 Hours 25 minutes	4 Hours 25 minutes	4 Hours 25 minutes	4 Hours 25 minutes

*Editor's Note: We do not currently offer any Picmonics that are specific to the Pathology section of First Aid. In this instance, there are 168 Picmonics available that you may review. The playlist is spread evenly throughout the days to stay consistent with the other resources. These Picmonics span topics throughout First Aid, so this may be best left towards the end of your studying.*



# PATHOLOGY (part 2)

(Estimated time - 94 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 11	Day 12	Day 13	Day 14	Day 15
<b>First Aid Pages</b>					
<b>Kaplan Qbank</b> 130 Questions	Review 26 Questions Estimated Time: 1 Hour 44 minutes	Review 26 Questions Estimated Time: 1 Hour 44 minutes	Review 26 Questions Estimated Time: 1 Hour 44 minutes	Review 26 Questions Estimated Time: 1 Hour 44 minutes	Review 26 Questions Estimated Time: 1 Hour 44 minutes
<b>UWorld Qbank</b> 145 Questions	Review 29 Questions Estimated Time: 1 Hour 56 minutes	Review 29 Questions Estimated Time: 1 Hour 56 minutes	Review 29 Questions Estimated Time: 1 Hour 56 minutes	Review 29 Questions Estimated Time: 1 Hour 56 minutes	Review 29 Questions Estimated Time: 1 Hour 56 minutes
<b>Picmonic Playlist: 2016 Pathology</b>	Learn 9 Picmonics	Learn 9 Picmonics	Learn 9 Picmonics	Learn 8 Picmonics	Learn 8 Picmonics
<b>43 Picmonics</b>	Estimated Time: 45 Minutes	Estimated Time: 45 Minutes	Estimated Time: 45 Minutes	Estimated Time: 40 Minutes	Estimated Time: 40 Minutes
<b>Estimated Time Per Day</b>	4 Hours 25 Minutes	4 Hours 25 Minutes	4 Hours 25 Minutes	4 Hours 20 Minutes	4 Hours 20 Minutes
Resource Breakdown	Day 16	Day 17	Day 18	Day 19	Day 20
<b>First Aid Pages</b>					
<b>Kaplan Qbank</b> 126 Questions	Review 26 Questions Estimated Time: 1 Hour 44 minutes	Review 26 Questions Estimated Time: 1 Hour 44 minutes	Review 25 Questions Estimated Time: 1 Hour 40 minutes	Review 25 Questions Estimated Time: 1 Hour 40 minutes	Review 24 Questions Estimated Time: 1 Hour 36 minutes
<b>UWorld Qbank</b> 155 Questions	Review 31 Questions Estimated Time: 2 Hours 4 minutes	Review 31 Questions Estimated Time: 2 Hours 4 minutes	Review 31 Questions Estimated Time: 2 Hours 4 minutes	Review 31 Questions Estimated Time: 2 Hours 4 minutes	Review 31 Questions Estimated Time: 2 Hours 4 minutes
<b>Picmonic Playlist: 2016 Pathology</b>	Learn 8 Picmonics	Learn 8 Picmonics	Learn 6 Picmonics	Learn 6 Picmonics	Learn 6 Picmonics
<b>34 Picmonics</b>	Estimated Time: 40 Minutes	Estimated Time: 40 Minutes	Estimated Time: 30 Minutes	Estimated Time: 30 Minutes	Estimated Time: 30 Minutes
<b>Estimated Time Per Day</b>	4 Hours 38 minutes	4 Hours 38 minutes	4 Hours 14 minutes	4 Hours 14 minutes	4 Hours 10 minutes
<b>Summary</b>					
Total Picmonics	168				
Total Kaplan Questions	516	(Pathology)			
Total UWorld Questions	590	(Pathology)			



# PHARMACOLOGY (part 1)

(Estimated time - 61 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 235-249</b>	Read Pages 235-237	Read Pages 238-240	Read Pages 241-243	Read Pages 244-246	Read Pages 247-249
<b>Picmonic Playlist: 2016 Pharmacology (28 Picmonics)</b>		Page 240 = 2 Picmonics	Page 242 = 4 Picmonics	Page 244 = 3 Picmonics Page 245 = 3 Picmonics Page 246 = 6 Picmonics	Page 247 = 3 Picmonics Page 248 = 3 Picmonics Page 249 = 4 Picmonics
	Estimated Time: 1 Hour 20 Minutes	Estimated Time: 50 Minutes	Estimated Time: 40 Minutes	Estimated Time: 1 Hour 40 Minutes	Estimated Time: 1 Hour 10 Minutes
<b>Kaplan Qbank 85 Questions</b>	Review 17 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions
	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes
<b>UWorld Qbank 120 Questions</b>	Review 24 Questions	Review 24 Questions	Review 24 Questions	Review 24 Questions	Review 24 Questions
	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes
<b>Estimated Time Per Day</b>	4 Hours 4 Minutes	3 Hours 34 Minutes	3 Hours 24 Minutes	4 Hours 24 Minutes	3 Hours 54 Minutes
Resource Breakdown	Day 6	Day 7	Day 8	Day 9	Day 10
<b>First Aid Pages</b>					
<b>Kaplan Qbank 90 Questions</b>	Review 18 Questions	Review 18 Questions	Review 18 Questions	Review 18 Questions	Review 18 Questions
	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 12 minutes
<b>UWorld Qbank 120 Questions</b>	Review 24 Questions	Review 24 Questions	Review 24 Questions	Review 24 Questions	Review 24 Questions
	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes
<b>Picmonic Playlist: 2016 Pharmacology 65 Picmonics</b>	Learn 13 Picmonics	Learn 13 Picmonics	Learn 13 Picmonics	Learn 13 Picmonics	Learn 13 Picmonics
	Estimated Time: 1 Hour 5 Minutes	Estimated Time: 1 Hour 5 Minutes	Estimated Time: 1 Hour 5 Minutes	Estimated Time: 1 Hour 5 Minutes	Estimated Time: 1 Hour 5 Minutes
<b>Estimated Time Per Day</b>	3 Hours 53 minutes	3 Hours 53 minutes	3 Hours 53 minutes	3 Hours 53 minutes	3 Hours 53 minutes

*Editor's Note: In this section, we currently have 42 Picmonics that directly correspond with this First Aid section, they have been front loaded on the playlist. There are an additional 134 Picmonics in the Pharmacology Playlist that span across First Aid topics. They are spread out evenly throughout the days if you wish to review them in addition to what is covered in this First Aid section.*



# PHARMACOLOGY (part 2)

(Estimated time - 61 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 11	Day 12	Day 13	Day 14	Day 15
First Aid Pages					
<b>Kaplan Qbank</b> 89 Questions	Review 18 Questions	Review 18 Questions	Review 18 Questions	Review 18 Questions	Review 17 Questions
	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 8 minutes
<b>UWorld Qbank</b> 120 Questions	Review 24 Questions	Review 24 Questions	Review 24 Questions	Review 24 Questions	Review 24 Questions
	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes
<b>Picmonic Playlist: 2016 Pharmacology</b>	Learn 12 Picmonics	Learn 12 Picmonics	Learn 11 Picmonics	Learn 11 Picmonics	Learn 11 Picmonics
57 Picmonics	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 55 minutes	Estimated Time: 55 minutes	Estimated Time: 55 minutes
<b>Estimated Time Per Day</b>	3 Hours 48 minutes	3 Hours 53 minutes	3 Hours 43 minutes	3 Hours 43 minutes	3 Hours 39 minutes
<b>Resource Breakdown</b>	<b>Day 16</b>				
First Aid Pages					
<b>Kaplan Qbank</b>					
<b>UWorld Qbank</b> 21 Questions	Review 21 Questions				
	Estimated Time: 1 Hour 24 minutes				
<b>Picmonic Playlist: 2016 Pharmacology</b>	Learn 12 Picmonics				
12 Picmonics	Estimated Time: 1 Hour				
<b>Estimated Time Per Day</b>	2 Hours 24 Minutes				
<b>SUMMARY</b>					
Total Picmonics (First Aid Specific)	42				
Total Picmonics (Non First Aid Specific)	134				
Total Kaplan Questions	264	(Pharmacology)			
Total UWorld Questions	381	(Pharmacology)			



# CARDIOVASCULAR

(Estimated time - 50 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 262-281</b>	Read Pages 262-265	Read Pages 266-269	Read Pages 270-273	Read Pages 274-277	Read Pages 278-281
Picmonic Playlist: 2016 Cardiovascular (10 Picmonics)	Page 264 = 2 Picmonics Page 265 = 1 Picmonic	Page 266 = 2 Picmonics Page 267 = 1 Picmonic	Page 273 = 5 Picmonics	Page 276 = 2 Picmonics	
	Estimated Time: 55 Minutes	Estimated Time: 55 minutes	Estimated Time: 1 Hour 25 minutes	Estimated Time: 1 Hour 10 minutes	Estimated Time: 1 Hour 20 minutes
<b>Kaplan Qbank</b> 110 Questions	Review 22 Questions	Review 22 Questions	Review 22 Questions	Review 22 Questions	Review 22 Questions
	Estimated Time: 1 Hour 28 minutes	Estimated Time: 1 Hour 28 minutes	Estimated Time: 1 Hour 28 minutes	Estimated Time: 1 Hour 28 minutes	Estimated Time: 1 Hour 28 minutes
<b>UWorld Qbank</b> 141 Questions	Review 29 Questions	Review 28 Questions	Review 28 Questions	Review 28 Questions	Review 28 Questions
	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes
<b>Estimated Time Per Day</b>	4 Hours 19 Minutes	4 Hours 15 Minutes	4 Hours 45 Minutes	4 Hours 30 Minutes	4 Hours 40 Minutes
Resource Breakdown	Day 6	Day 7	Day 8	Day 9	Day 10
<b>First Aid Pages 282-306</b>	Read Pages 282-285	Read Pages 286-289	Read Pages 290-293	Read Pages 294-297	Read Pages 298-301
Picmonic Playlist: 2016 Cardiovascular (59 Picmonics)	Page 282 = 5 Picmonics Page 283 = 5 Picmonics	Page 286 = 1 Picmonic Page 287 = 2 Picmonics Page 289 = 3 Picmonics	Page 291 = 4 Picmonics Page 292 = 7 Picmonics Page 293 = 4 Picmonics	Page 294 = 5 Picmonics Page 296 = 8 Picmonics Page 297 = 2 Picmonics	Page 298 = 3 Picmonics Page 299 = 1 Picmonic Page 300 = 6 Picmonics Page 301 = 3 Picmonics
	Estimated Time: 1 Hour 30 Minutes	Estimated Time: 50 Minutes	Estimated Time: 1 Hour 35 Minutes	Estimated Time: 1 Hour 35 Minutes	Estimated Time: 1 Hour 5 Minutes
<b>Kaplan Qbank</b> 110 Questions	Review 22 Questions	Review 22 Questions	Review 22 Questions	Review 22 Questions	Review 22 Questions
	Estimated Time: 1 Hour 28 minutes	Estimated Time: 1 Hour 28 minutes	Estimated Time: 1 Hour 28 minutes	Estimated Time: 1 Hour 28 minutes	Estimated Time: 1 Hour 28 minutes
<b>UWorld Qbank</b> 140 Questions	Review 28 Questions	Review 28 Questions	Review 28 Questions	Review 28 Questions	Review 28 Questions
	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes
<b>Estimated Time Per Day</b>	4 Hours 50 Minutes	4 Hours 10 Minutes	4 Hours 55 Minutes	4 Hours 55 Minutes	4 Hours 25 Minutes
Resource Breakdown	Day 11				
<b>First Aid Pages 302-304</b>	Read Pages 302-304				
Picmonic Playlist: 2016 Cardiovascular (7 Picmonics)	Page 302 = 4 Picmonics Page 303 = 1 Picmonic Page 304 = 2 Picmonics				
	Estimated Time: 55 Minutes				
<b>Kaplan Qbank</b> 16 Questions	Review 16 Questions				
	Estimated Time: 1 Hour 4 minutes				
<b>UWorld Qbank</b> 28 Questions	Review 28 Questions				
	Estimated Time: 1 Hour 52 minutes				
<b>Estimated Time Per Day</b>	3 Hours 46 Minutes				
<b>SUMMARY</b>					
Total Picmonics		76			
Total Kaplan Questions		236	(Cardiovascular)		
Total UWorld Questions		309	(Cardiovascular)		



# ENDOCRINE

(Estimated time - 26 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 306-326</b>	Read Pages 306-309	Read Pages 310-313	Read Pages 314-317	Read Pages 318-321	Read Pages 322-326
<b>Picmonic Playlist: 2016 Endocrine (27 Picmonics)</b>	Page 306 = 2 Picmonics	Page 312 = 3 Picmonics	Page 314 = 1 Picmonic	Page 318 = 2 Picmonics	Page 322 = 1 Picmonic
	Page 307 = 3 Picmonics	Page 313 = 1 Picmonic	Page 316 = 1 Picmonic	Page 321 = 4 Picmonics	Page 323 = 2 Picmonics
	Page 309 = 2 Picmonic		Page 317 = 2 Picmonics		Page 325 = 1 Picmonic
					Page 326 = 2 Picmonics
	Estimated Time: 55 Minutes	Estimated Time: 1 Hour	Estimated Time: 40 Minutes	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 50 Minutes
<b>Kaplan Qbank</b> <i>80 Questions</i>	Review 16 Questions	Review 16 Questions	Review 16 Questions	Review 16 Questions	Review 16 Questions
	Estimated Time: 1 Hour 4 minutes	Estimated Time: 1 Hour 4 minutes	Estimated Time: 1 Hour 4 minutes	Estimated Time: 1 Hour 4 minutes	Estimated Time: 1 Hour 4 minutes
<b>UWorld Qbank</b> <i>136 Questions</i>	Review 28 Questions	Review 27 Questions	Review 27 Questions	Review 27 Questions	Review 27 Questions
	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 48 minutes	Estimated Time: 1 Hour 48 minutes	Estimated Time: 1 Hour 48 minutes	Estimated Time: 1 Hour 48 minutes
<b>Estimated Time Per Day</b>	3 Hours 51 Minutes	3 Hours 52 Minutes	3 Hours 32 Minutes	4 Hours 2 Minutes	3 Hours 42 Minutes
Resource Breakdown	Day 6	Day 7			
<b>First Aid Pages 327-336</b>	Read Pages 327-331	Read Pages 332-336			
<b>Picmonic Playlist: 2016 Endocrine (27 Picmonics)</b>	Page 327 = 1 Picmonic	Page 332 = 3 Picmonics			
	Page 328 = 2 Picmonics	Page 333 = 3 Picmonics			
	Page 329 = 1 Picmonic	Page 334 = 5 Picmonics			
	Page 331 = 3 Picmonics	Page 335 = 7 Picmonics			
		Page 336 = 2 Picmonics			
	Estimated Time: 55 minutes	Estimated Time: 1 Hour 40 Minutes			
<b>Kaplan Qbank</b> <i>32 Questions</i>	Review 16 Questions	Review 16 Questions			
	Estimated Time: 1 Hour 4 minutes	Estimated Time: 1 Hour 4 minutes			
<b>UWorld Qbank</b> <i>54 Questions</i>	Review 27 Questions	Review 27 Questions			
	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes			
<b>Estimated Time Per Day</b>	3 Hours 47 minutes	4 Hours 32 minutes			
<b>SUMMARY</b>					
Total Picmonics	54				
Total Kaplan Questions	112	(Endocrine)			
Total UWorld Questions	190	(Endocrine, Metabolism)			



# GASTROINTESTINAL

(Estimated time - 40 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 338-355</b>	Read Pages 338-341	Read Pages 342-344	Read Pages 345-347	Read Pages 348-351	Read Pages 352-355
Picmonic Playlist: 2016 Gastrointestinal (14 Picmonics)	Page 338 = 1 Picmonic Page 339 = 2 Picmonics Page 341 = 4 Picmonics			Page 349 = 2 Picmonics	Page 354 = 5 Picmonics
	Estimated Time: 55 Minutes	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 1 Hour 35 Minutes
<b>Kaplan Qbank 85 Questions</b>	Review 17 Questions Estimated Time: 1 Hour 8 minutes	Review 17 Questions Estimated Time: 1 Hour 8 minutes	Review 17 Questions Estimated Time: 1 Hour 8 minutes	Review 17 Questions Estimated Time: 1 Hour 8 minutes	Review 17 Questions Estimated Time: 1 Hour 8 minutes
<b>UWorld Qbank 109 Questions</b>	Review 22 Questions Estimated Time: 1 Hour 28 minutes	Review 22 Questions Estimated Time: 1 Hour 28 minutes	Review 22 Questions Estimated Time: 1 Hour 28 minutes	Review 22 Questions Estimated Time: 1 Hour 28 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes
<b>Estimated Time Per Day</b>	3 Hours 31 minutes	3 Hours 36 minutes	3 Hours 36 minutes	3 Hours 46 Minutes	3 Hours 57 Minutes
Resource Breakdown	Day 6	Day 7	Day 8	Day 9	Day 10
<b>First Aid Pages 356-375</b>	Read Pages 356-359	Read Pages 360-363	Read Pages 364-367	Read Pages 368-371	Read Pages 372-375
Picmonic Playlist: 2016 Gastrointestinal (32 Picmonics)	Page 356 = 3 Picmonic Page 357 = 3 Picmonics Page 358 = 3 Picmonics Page 359 = 5 Picmonics	Page 360 = 4 Picmonics Page 361 = 3 Picmonics Page 362 = 1 Picmonic Page 363 = 2 Picmonics	Page 366 = 1 Picmonic Page 367 = 2 Picmonics	Page 368 = 1 Picmonic Page 370 = 2 Picmonics Page 371 = 8 Picmonics	Page 372 = 3 Picmonics Page 373 = 2 Picmonics Page 374 = 4 Picmonics Page 375 = 2 Picmonics
	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 50 Minutes	Estimated Time: 55 Minutes	Estimated Time: 1 Hour 15 Minutes	Estimated Time: 55 Minutes
<b>Kaplan Qbank 85 Questions</b>	Review 17 Questions Estimated Time: 1 Hour 8 minutes	Review 17 Questions Estimated Time: 1 Hour 8 minutes	Review 17 Questions Estimated Time: 1 Hour 8 minutes	Review 17 Questions Estimated Time: 1 Hour 8 minutes	Review 17 Questions Estimated Time: 1 Hour 8 minutes
<b>UWorld Qbank 105 Questions</b>	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes	Review 21 Questions Estimated Time: 1 Hour 24 minutes
<b>Estimated Time Per Day</b>	3 Hours 42 minutes	3 Hours 22 minutes	3 Hours 27 minutes	3 Hours 47 minutes	3 Hours 27 Minutes
Resource Breakdown	Day 11				
<b>First Aid Pages 376-380</b>	Read Pages 376-380				
Picmonic Playlist: 2016 Gastrointestinal (2 Picmonics)	Page 376 = 2 Picmonics				
<b>Kaplan Qbank 13 Questions</b>	Review 13 Questions Estimated Time: 52 minutes				
<b>UWorld Qbank 21 Questions</b>	Review 21 Questions Estimated Time: 1 Hour 24 minutes				
<b>Estimated Time Per Day</b>	3 Hours 46 minutes				
<b>SUMMARY</b>					
Total Picmonics	36				
Total Kaplan Questions	183	(Gastrointestinal)			
Total UWorld Questions	235	(Gastrointestinal, Nutrition)			



# HEMATOLOGY & ONCOLOGY

[CLICK HERE FOR PLAYLIST!](#)

(Estimated time - 31 hours)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 378-382</b>	Read Pages 378-382	Read Pages 383-387	Read Pages 388-392	Read Pages 393-397	Read Pages 398-402
Picmonic Playlist: 2016 Hematology and Oncology (39 Picmonics)	Page 379 = 1 Picmonic	Page 383 = 1 Picmonic	Page 388 = 1 Picmonic	Page 394 = 1 Picmonic	Page 398 = 4 Picmonics
	Page 382 = 1 Picmonic	Page 384 = 1 Picmonic	Page 389 = 1 Picmonic	Page 397 = 1 Picmonic	Page 399 = 3 Picmonics
			Page 390 = 2 Picmonic Page 392 = 8 Picmonics		Page 400 = 8 Picmonics Page 402 = 6 Picmonics
	Estimated Time: 1 Hour 10 minutes	Estimated Time: 1 Hour 10 minutes	Estimated Time: 1 Hour 20 Minutes	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 2 Hours 5 Minutes
<b>Kaplan Qbank</b> <i>50 Questions</i>	Review 10 Questions	Review 10 Questions	Review 10 Questions	Review 10 Questions	Review 10 Questions
	Estimated Time: 40 Minutes	Estimated Time: 40 Minutes	Estimated Time: 40 Minutes	Estimated Time: 40 Minutes	Estimated Time: 40 Minutes
<b>UWorld Qbank</b> <i>135 Questions</i>	Review 27 Questions	Review 27 Questions	Review 27 Questions	Review 27 Questions	Review 27 Questions
	Estimated Time: 1 Hour 48 minutes	Estimated Time: 1 Hour 48 minutes	Estimated Time: 1 Hour 48 minutes	Estimated Time: 1 Hour 48 minutes	Estimated Time: 1 Hour 48 minutes
<b>Estimated Time Per Day</b>	3 Hours 38 minutes	3 Hours 38 minutes	3 Hours 48 minutes	3 Hours 38 minutes	4 Hours 33 minutes
Resource Breakdown	Day 6	Day 7	Day 8	Day 9	
<b>First Aid Pages 403-413</b>	Read Pages 403-407	Read Pages 408-411	Read Pages 412-413		
Picmonic Playlist: 2016 Hematology and Oncology (25 Picmonics)	Page 404 = 2 Picmonics	Page 409 = 3 Picmonics	Page 412 = 3 Picmonics		
	Page 405 = 3 Picmonics	Page 410 = 5 Picmonics	Page 413 = 2 Picmonics		
	Page 406 = 1 Picmonic	Page 411 = 3 Picmonics			
	Page 407 = 3 Picmonics				
	Estimated Time 1 Hour 5 Minutes	Estimated Time 1 Hour 15 minutes	Estimated Time 25 Minutes		
<b>Kaplan Qbank</b> <i>38 Questions</i>	Review 10 Questions	Review 10 Questions	Review 9 Questions	Review 9 Questions	
	Estimated Time: 40 Minutes	Estimated Time: 40 Minutes	Estimated Time: 36 Minutes	Estimated Time: 36 minutes	
<b>UWorld Qbank</b> <i>100 Questions</i>	Review 25 Questions	Review 25 Questions	Review 25 Questions	Review 25 Questions	
	Estimated Time: 1 Hour 40 minutes	Estimated Time: 1 Hour 40 minutes	Estimated Time: 1 Hour 40 minutes	Estimated Time: 1 Hour 40 minutes	
<b>Estimated Time Per Day</b>	3 Hours 40 minutes	3 Hours 5 minutes	2 Hours 56 minutes	2 Hours 16 minutes	
<b>SUMMARY</b>					
Total Picmonics	64				
Total Kaplan Questions	88	(Heme / Lymph)			
Total UWorld Questions	235	(Hematology and Oncology)			





# MUSCULOSKELETAL & CONNECTIVE TISSUE

[CLICK HERE FOR PLAYLIST!](#)

(Estimated time - 31 hours)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 416-435</b>	Read Pages 416-419	Read Pages 420-423	Read Pages 424-427	Read Pages 428-431	Read Pages 432-434
Picmonic Playlist: 2016 Musculoskeletal and Connective Tissue (41 Picmonics)	Page 416 = 3 Picmonics	Page 420 = 8 Picmonics	Page 424 = 2 Picmonics	Page 429 = 4 Picmonics	Page 432 = 1 Picmonic
	Page 417 = 1 Picmonic	Page 421 = 4 Picmonics	Page 426 = 2 Picmonics	Page 430 = 3 Picmonics	Page 433 = 2 Picmonics
	Page 418 = 2 Picmonics	Page 422 = 2 Picmonics	Page 427 = 1 Picmonic	Page 431 = 3 Picmonics	Page 434 = 3 Picmonics
	Estimated Time: 50 Minutes	Estimated Time: 1 Hour 30 Minutes	Estimated Time: 45 Minutes	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 50 Minutes
<b>Kaplan Qbank</b> 95 Questions	Review 19 Questions	Review 19 Questions	Review 19 Questions	Review 19 Questions	Review 19 Questions
	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes
<b>UWorld Qbank</b> 85 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions
	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes
<b>Estimated Time Per Day</b>	3 Hours 14 Minutes	3 Hours 54 Minutes	3 Hours 9 Minutes	3 Hours 34 Minutes	3 Hours 14 Minutes
Resource Breakdown	Day 6	Day 7	Day 8	Day 9	
<b>First Aid Pages 435-446</b>	Read Pages 435-439	Read Pages 439-442	Read Pages 443-446		
Picmonic Playlist: 2016 Musculoskeletal and Connective Tissue (26 Picmonics)	Page 436 = 3 Picmonics	Page 443 = 3 Picmonics	Page 444 = 5 Picmonics		
			Page 445 = 5 Picmonics		
			Page 446 = 3 Picmonics		
			Page 447 = 4 Picmonics		
			Page 448 = 3 Picmonics		
	Estimated Time: 1 Hour 15 Minutes	Estimated Time: 1 Hour 15 Minutes	Estimated Time: 1 Hour 40 Minutes		
<b>Kaplan Qbank</b> 73 Questions	Review 19 Questions	Review 19 Questions	Review 18 Questions	Review 17 Questions	
	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 8 minutes	
<b>UWorld Qbank</b> 67 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions	Review 16 Questions	
	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 4 minutes	
<b>Estimated Time Per Day</b>	3 Hours 39 Minutes	3 Hours 39 Minutes	4 Hours	2 Hours 12 minutes	
<b>SUMMARY</b>					
Total Picmonics		47			
Total Kaplan Questions		168			
Total UWorld Questions		152			



# NEUROLOGY

(Estimated time - 55 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 450-469</b>	Read Pages 450-453	Read Pages 454-457	Read Pages 458-461	Read Pages 462-465	Read Pages 466-469
Picmonic Playlist: 2016 Neurology (12 Picmonics)	Page 451 = 2 Picmonics		Page 461 = 2 Picmonics	Page 462 = 1 Picmonic Page 464 = 1 Picmonic	Page 466 = 1 Picmonic Page 467 = 2 Picmonics Page 469 = 3 Picmonics
	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 50 Minutes	Estimated Time: 50 Minutes
<b>Kaplan Qbank</b> 75 Questions	Review 15 Questions	Review 15 Questions	Review 15 Questions	Review 15 Questions	Review 15 Questions
	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour
<b>UWorld Qbank</b> 100 Questions	Review 20 Questions	Review 20 Questions	Review 20 Questions	Review 20 Questions	Review 20 Questions
	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes
<b>Estimated Time Per Day</b>	3 Hours 30 Minutes	3 Hours 40 Minutes	3 Hours 30 Minutes	3 Hours 10 Minutes	1 Hour 35 Minutes
Resource Breakdown	Day 6	Day 7	Day 8	Day 9	Day 10
<b>First Aid Pages 470-489</b>	Read Pages 470-473	Read Pages 474-477	Read Pages 478-481	Read Pages 482-485	Read Pages 486-489
Picmonic Playlist: 2065 Neurology (38 Picmonics)	Page 470 = 3 Picmonics Page 471 = 1 Picmonic Page 472 = 1 Picmonic Page 472 = 1 Picmonic	Page 474 = 1 Picmonic Page 475 = 3 Picmonics Page 476 = 3 Picmonics	Page 479 = 11 Picmonics Page 480 = 1 Picmonic Page 481 = 1 Picmonic	Page 482 = 1 Picmonic Page 483 = 1 Picmonic Page 484 = 2 Picmonics Page 485 = 1 Picmonic	Page 489 = 7 Picmonics
	Estimated Time: 30 Minutes	Estimated Time: 55 Minutes	Estimated Time: 1 Hour 45 Minutes	Estimated Time: 25 Minutes	Estimated Time: 1 Hour 35 Minutes
<b>Kaplan Qbank</b> 75 Questions	Review 15 Questions	Review 15 Questions	Review 15 Questions	Review 15 Questions	Review 15 Questions
	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour
<b>UWorld Qbank</b> 100 Questions	Review 20 Questions	Review 20 Questions	Review 20 Questions	Review 20 Questions	Review 20 Questions
	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes	Estimated Time: 1 Hour 20 minutes
<b>Estimated Time Per Day</b>	2 Hours 50 Minutes	3 Hours 15 Minutes	4 Hours 5 Minutes	2 Hours 45 Minutes	3 Hours 55 Minutes
Resource Breakdown	Day 11	Day 12	Day 13	Day 14	Day 15
<b>First Aid Pages 490-505</b>	Read Pages 490-493	Read Pages 494-497	Read Pages 498-501	Read Pages 500-505	
Picmonic Playlist: 2016 Neurology (59 Picmonics)	Page 491 = 3 Picmonics Page 492 = 2 Picmonics Page 493 = 3 Picmonics	Page 494 = 5 Picmonics Page 495 = 4 Picmonics Page 496 = 5 Picmonics Page 497 = 5 Picmonics	Page 499 = 6 Picmonics Page 500 = 9 Picmonics Page 501 = 6 Picmonics	Page 502 = 2 Picmonics Page 503 = 3 Picmonics Page 504 = 2 Picmonics Page 505 = 4 Picmonics	
	Estimated Time: 1 Hour	Estimated Time: 1 Hour 35 Minutes	Estimated Time: 2 Hours 5 Minutes	Estimated Time: 1 Hour 15 Minutes	
<b>Kaplan Qbank</b> 75 Questions	Review 15 Questions	Review 15 Questions	Review 15 Questions	Review 15 Questions	Review 15 Questions
	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour	Estimated Time: 1 Hour
<b>UWorld Qbank</b> 93 Questions	Review 19 Questions	Review 19 Questions	Review 19 Questions	Review 18 Questions	Review 18 Questions
	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 16 minutes	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 12 minutes
<b>Estimated Time Per Day</b>	3 Hours 16 Minutes	3 Hours 51 Minutes	4 Hours 21 Minutes	3 Hours 27 Minutes	2 Hours 12 minutes
Resource Breakdown	Day 16	Day 17			
<b>First Aid Pages</b>					
<b>Kaplan Qbank</b> 21 Questions	Review 12 Questions	Review 9 Questions			
	Estimated Time: 48 Minutes	Estimated Time: 36 Minutes			
<b>UWorld Qbank</b> 36 Questions	Review 18 Questions	Review 18 Questions			
	Estimated Time: 1 Hour 12 minutes	Estimated Time: 1 Hour 12 minutes			
<b>Estimated Time Per Day</b>	2 Hours	1 Hour 48 Minutes			
<b>SUMMARY</b>					
Total Picmonics		75			
Total Kaplan Questions		246	(Nervous)		
Total UWorld Questions		329	(Nervous System)		



# PSYCHIATRY

(Estimated time - 12 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 508-528</b>	Read Pages 508-511	Read Pages 512-515	Read Pages 516-519	Read Pages 520-523	Read Pages 524-528
<b>Picmonic Playlist: 2016 Psychiatry (61 Picmonics)</b>	Page 511 = 2 Picmonics	Page 512 = 1 Picmonic Page 513 = 2 Picmonics Page 514 = 2 Picmonics Page 515 = 1 Picmonic	Page 516 = 2 Picmonic Page 517 = 2 Picmonic Page 519 = 10 Picmonics	Page 520 = 3 Picmonics Page 521 = 1 Picmonic Page 522 = 4 Picmonics Page 523 = 6 Picmonics	Page 524 = 3 Picmonics Page 525 = 11 Picmonics Page 526 = 2 Picmonics Page 527 = 5 Picmonics Page 528 = 4 Picmonics
	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 30 Minutes	Estimated Time: 1 Hour 30 Minutes	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 2 Hours
<b>Kaplan Qbank 39 Questions</b>	Review 8 Questions	Review 8 Questions	Review 8 Questions	Review 8 Questions	Review 7 Questions
	Estimated Time: 32 Minutes	Estimated Time: 32 Minutes	Estimated Time: 32 Minutes	Estimated Time: 32 Minutes	Estimated Time: 28 Minutes
<b>UWorld Qbank 38 Questions</b>	Review 8 Questions	Review 8 Questions	Review 8 Questions	Review 7 Questions	Review 7 Questions
	Estimated Time: 32 Minutes	Estimated Time: 32 Minutes	Estimated Time: 32 Minutes	Estimated Time: 28 Minutes	Estimated Time: 28 Minutes
<b>Estimated Time Per Day</b>	2 Hours 14 Minutes	1 Hours 34 Minutes	2 Hours 34 Minutes	2 Hours 10 Minutes	2 Hours 56 Minutes
<b>SUMMARY</b>					
Total Picmonics	61				
Total Kaplan Questions	39	(Behavioral Science)			
Total UWorld Questions	38	(Psychiatric / Behavioral and Substance Abuse)			



# RENAL

(Estimated time - 27 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 530-554</b>	Read Pages 530-534	Read Pages 535-539	Read Pages 540-544	Read Pages 545-549	Read Pages 550-554
Picmonic Playlist: 2018 Renal (46 Picmonics)	Page 532 = 3 Picmonics	Page 538 = 1 Picmonic	Page 541 = 1 Picmonic Page 542 = 8 Picmonics Page 543 = 5 Picmonics	Page 546 = 10 Picmonics Page 547 = 2 Picmonics	Page 551 = 5 Picmonics
	Estimated Time: 1 Hour 35 Minutes	Estimated Time: 1 Hour 25 Minutes	Estimated Time 1 Hour 50 Minutes	Estimated Time: 2 Hours	Estimated Time: 1 Hour 45 Minutes
<b>Kaplan Qbank 85 Questions</b>	Review 17 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions
	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes
<b>UWorld Qbank 121 Questions</b>	Review 24 Questions	Review 24 Questions	Review 24 Questions	Review 24 Questions	Review 25 Questions
	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 36 minutes	Estimated Time: 1 Hour 40 minutes
<b>Estimated Time Per Day</b>	<b>4 Hours 19 Minutes</b>	<b>4 Hours 9 Minutes</b>	<b>4 Hours 34 Minutes</b>	<b>4 Hours 44 Minutes</b>	<b>4 Hours 33 Minutes</b>
<b>Resource Breakdown</b>	<b>Day 6</b>				
<b>First Aid Pages 555-559</b>	Read Pages 555-559				
Picmonic Playlist: 2015 Renal (11 Picmonics)	Page 557 = 4 Picmonics Page 558 = 4 Picmonics Page 559 = 3 Picmonics				
	Estimated Time: 1 Hour 35 Minutes				
<b>Kaplan Qbank 17 Questions</b>	Review 17 Questions				
	Estimated Time: 1 Hour 8 minutes				
<b>UWorld Qbank 24 Questions</b>	Review 24 Questions				
	Estimated Time: 1 Hour 36 minutes				
<b>Estimated Time Per Day</b>	<b>4 Hours 19 Minutes</b>				
<b>SUMMARY</b>					
Total Picmonics	46				
Total Kaplan Questions	102	(Renal / Urinary)			
Total UWorld Questions	145	(Renal, Urinary Systems, and Electrolytes)			



# REPRODUCTIVE

(Estimated time - 25 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 562-586</b>	Read Pages 562-566	Read Pages 566-571	Read Pages 572-576	Read Pages 577-581	Read Pages 582-586
<b>Picmonic Playlist: 2015 Reproductive (20 Picmonics)</b>	Page 563 = 1 Picmonics	Page 570 = 5 Picmonics	Page 575 = 1 Picmonic Page 576 = 1 Picmonic	Page 578 = 1 Picmonic Page 579 = 2 Picmonics Page 581 = 1 Picmonic	Page 582 = 2 Picmonics Page 583 = 1 Picmonic Page 585 = 2 Picmonics Page 586 = 3 Picmonics
	Estimated Time: 1 Hour 35 Minutes	Estimated Time: 1 Hour 45 Minutes	Estimated Time: 1 Hour 10 Minutes	Estimated Time: 1 Hour 20 Minutes	Estimated Time: 1 Hour
<b>Kaplan Qbank 90 Questions</b>	Review 18 Questions Estimated Time: 1 Hour 12 minutes	Review 18 Questions Estimated Time: 1 Hour 12 minutes	Review 18 Questions Estimated Time: 1 Hour 12 minutes	Review 18 Questions Estimated Time: 1 Hour 12 minutes	Review 18 Questions Estimated Time: 1 Hour 12 minutes
<b>UWorld Qbank 45 Questions</b>	Review 9 Questions Estimated Time: 36 Minutes	Review 9 Questions Estimated Time: 36 Minutes	Review 9 Questions Estimated Time: 36 Minutes	Review 9 Questions Estimated Time: 36 Minutes	Review 9 Questions Estimated Time: 36 Minutes
<b>Estimated Time Per Day</b>	<b>3 Hours 13 Minutes</b>	<b>3 Hours 33 Minutes</b>	<b>2 Hours 58 Minutes</b>	<b>3 Hours 8 Minutes</b>	<b>2 Hours 48 Minutes</b>
Resource Breakdown	Day 6	Day 7	Day 8		
<b>First Aid Pages 587-603</b>	Read Pages 587-592	Read Pages 593-598	Read Pages 599-603		
<b>Picmonic Playlist: 2016 Reproductive (33 Picmonics)</b>	Page 587 = 1 Picmonic Page 588 = 3 Picmonics Page 589 = 1 Picmonic Page 590 = 5 Picmonics Page 591 = 3 Picmonics Page 592 = 4 Picmonics	Page 593 = 5 Picmonics Page 594 = 2 Picmonics Page 595 = 3 Picmonics	Page 599 = 2 Picmonics Page 601 = 2 Picmonics Page 602 = 1 Picmonic Page 603 = 1 Picmonic		
	Estimated Time: 1 Hour 35 Minutes	Estimated Time 1 Hour 50 Minutes	Estimated Time 50 Minutes		
<b>Kaplan Qbank 53 Questions</b>	Review 18 Questions Estimated Time: 1 Hour 12 minutes	Review 18 Questions Estimated Time: 1 Hour 12 minutes	Review 17 Questions Estimated Time: 1 Hour 8 minutes		
<b>UWorld Qbank 26 Questions</b>	Review 9 Questions Estimated Time: 36 Minutes	Review 9 Questions Estimated Time: 36 Minutes	Review 8 Questions Estimated Time: 32 Minutes		
<b>Estimated Time Per Day</b>	<b>3 Hours 13 Minutes</b>	<b>3 Hours 38 Minutes</b>	<b>2 Hours 30 minutes</b>		
<b>SUMMARY</b>					
Total Picmonics	53				
Kaplan	143	(Reproductive)			
		(Female Reproductive System and Breast / Make Reproductive Systems / Pregnancy, Child Birth and Puerperium)			
UWorld	71				



# RESPIRATORY

(Estimated time - 29 hours)

[CLICK HERE FOR PLAYLIST!](#)

Resource Breakdown	Day 1	Day 2	Day 3	Day 4	Day 5
<b>First Aid Pages 606-620</b>	Read Pages 606-608	Read Pages 609-611	Read Pages 612-614	Read Pages 615-617	Read Pages 618-620
Picmonic Playlist: 2016 Respiratory (19 Picmonics)	Page 608 = 2 Picmonics	Page 610 = 1 Picmonic Page 611 = 1 Picmonic	Page 614 = 2 Picmonics	Page 616 = 3 Picmonics Page 617 = 2 Picmonics	Page 618 = 5 Picmonics Page 619 = 2 Picmonics
	Estimated Time: 50 Minutes	Estimated Time: 30 Minutes	Estimated Time 30 Minutes	Estimated Time: 45 Minutes	Estimated Time: 55 Minutes
<b>Kaplan Qbank 85 Questions</b>	Review 17 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions	Review 17 Questions
	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes
<b>UWorld Qbank 142 Questions</b>	Review 29 Questions	Review 29 Questions	Review 28 Questions	Review 28 Questions	Review 28 Questions
	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 56 minutes	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes
<b>Estimated Time Per Day</b>	3 Hours 54 Minutes	3 Hours 34 Minutes	3 Hours 30 Minutes	3 Hours 45 Minutes	3 Hours 55 Minutes
Resource Breakdown	Day 6	Day 7	Day 8		
<b>First Aid Pages 621-628</b>	Read Pages 621-624	Read Pages 625-628			
Picmonic Playlist: 2015 Respiratory (7 Picmonics)	Page 621 = 2 Picmonics Page 623 = 2 Picmonics	Page 625 = 1 Picmonic Page 628 = 2 Picmonics			
	Estimated Time: 1 Hour	Estimated Time: 55 Minutes			
<b>Kaplan Qbank 44 Questions</b>	Review 17 Questions	Review 17 Questions	Review 10 Questions		
	Estimated Time: 1 Hour 8 minutes	Estimated Time: 1 Hour 8 minutes	Estimated Time: 40 Minutes		
<b>UWorld Qbank 85 Questions</b>	Review 28 Questions	Review 28 Questions	Review 29 Questions		
	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 52 minutes	Estimated Time: 1 Hour 56 minutes		
<b>Estimated Time Per Day</b>	4 Hours	3 Hours 55 Minutes	2 Hours 36 Minutes		
<b>SUMMARY</b>					
Total Picmonics	25				
Total Kaplan Questions	129	(Respiratory)			
Total UWorld Questions	227	(Pulmonary and Critical Care)			



# THE DAY BEFORE THE EXAM

1

**Take the day off from studying.** Research has shown that anything you study right before an exam is more likely to hurt than help your performance. Why? Because the last-studied information is still floating around in your short term memory and actually interferes with recall of information that you studied days, weeks, or even months before.



2



**Plan something fun to do as a reward for all the effort you have put into getting ready.** Call friends to make plans for after the exam is over. Take in a good movie or shop at a favorite store. In short, do something appealing that you put off during the previous weeks of preparing and treat yourself to something special. Maybe hit the bars for a post-exam drink with some friends!

3

**Watch your intake of caffeine.** Nothing drives up your anxiety level faster than not being able to fall asleep the night before an exam, so avoid beverages like coffee, tea, or colas unless they are decaffeinated.



4



**Try to relax with physically tiring activities like swimming, jogging, or biking so that you will feel tired enough to sleep.** A warm shower or bath close to bedtime will also help relax you. Unless you know exactly how it will affect you the next day, avoid taking any sleeping medications because they may leave you feeling groggy.

5

**Lay out everything you will need the night before so you won't have to stress out locating your lucky shirt or the test permit tomorrow morning.** If you plan to drive to the test center, make sure you have enough gasoline and ensure that you step out early enough to account for traffic jams, accidents, or anything that can possibly go wrong.



# GOOD LUCK!

If you've come this far, you've definitely put the time, effort, and energy into making sure your Step 1 score is the best it can be. Aside from studying, there are a few things you can do to help ensure you arrive at the test center ready to go. Check out the following blog on [“What to do Before the Exam: Prepping the Mind and Body”](#) for some last minute tips and pointers for your big day.

***Best of luck, and let us know how you did!***

The Picmonic Team  
[feedback@picmonic.com](mailto:feedback@picmonic.com)

## TRY/BUY PICMONIC

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**BUY NOW**

