



This calendar requires **10+ hours** of dedicated study time per day. A **minimum of 2 assessments** (NBME / QBank) should be taken prior to test day.

We recommend completing a **MINIMUM of 80 QBank questions per day**. During the 5 weeks, you should transition from doing questions in **tutor mode to timed mode** as you get ready for your exam.

QBank review should incorporate other resources like review books, visual mnemonics, flashcards, videos, & more. Use the Q's as an opportunity to review each subject & identify problem areas.

Completing a 40 Q block in **timed mode** should take 1 hour with an additional 2 to 3 hours afterwards spent reviewing (maximum 4 hours). Completing a 40 Q block on **tutor mode** should take about 3-4 hours, allowing for time to read explanations & make flashcards.

CBSE ('the Comp') has very similar content coverage to Step 1, and many of the questions are retired from old USMLEs. Thus, some of the questions are awkwardly worded or may have answer choices that aren't as up to date as they should be. However, mastering the content on the CBSE will set you up well for the USMLE. Exposure to NBME style questions is key. Consider doing practice questions from purchased NBME exams from the official NBME website.

WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PRACTICE TEST	CARDIO		PULM		ENDO	REVIEW
Day	Take NBME Baseline, Break for Lunch, and Review in PM	<ul style="list-style-type: none"> Morning: QBank 2 Blocks of 40 Qs in Timed, Untutored, Mixed Mode Back to Back Afternoon: Review QBank Questions Late Afternoon: Review Weaker Topics as Identified During Reviews 200 Anki Reviews from Zanki Step 1 Deck 20 Pages of First Aid Reading 					
Evening	OFF	<ul style="list-style-type: none"> Video Review: Cardio Path (1.5x-1hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Vasc Path (1.5x-1hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Pulm Path (1.5x-1hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Pulm Pharm School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Endo Path (1.5x-1hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Weaker Topics
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

WEEK 2

	CATCH UP DAY	RENAL	NEURO	PSYCH	PRACTICE TEST		
Day	Take the day to review any incorrect Q's as needed as well as anything you feel you need more time on.	<ul style="list-style-type: none"> Morning: QBank 2 Blocks of 40 Qs in Timed, Untutored, Mixed Mode Back to Back Afternoon: Review QBank Questions Late Afternoon: Review Weaker Topics as Identified During Reviews 200 Anki Reviews from Zanki Step 1 Deck 20 Pages of First Aid Reading 				Take NBME Assessment, Break for Lunch, and Review in PM	
Evening	OFF	<ul style="list-style-type: none"> Video Review: Renal (1.5x-1hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Renal (1.5x - 1 hour) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: CNS (1.5x-1hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Neuro pharm School-Mandated Assignments (3-4hr) 	OFF	
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

When reviewing incorrect Q's in QBank, treat these blocks as flashcards. If you remember the correct answer by sight alone, be sure to test yourself before hitting "submit." Test yourself by recalling the underlying reason/explanation for the correct answer before reviewing another Q.

Don't stress over getting Q's wrong! Starting your day with QBank Q's acts as a "pre-test" to maximize your study time by identifying topics you know well & topics needing supplement with flashcards &/or a video learning resource.

For QBank blocks, we do not recommend reviewing more than 20-40 Q's in one sitting. Take small 5-10 min breaks between Q sets to avoid burnout.

Spaced repetition is important! When the study calendar says "Flashcard Review" without specifying a particular subject, you should be reviewing **all your cards!**

WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	REVIEW TEST	GI / LIVER	HEME / ONC	IMMUNO	MICRO	REVIEW	
Day	Review assessment, break for lunch, & continue to review or catch up as needed in PM	<ul style="list-style-type: none"> Morning: QBank 2 Blocks of 40 Qs in Timed, Untutored, Mixed Mode Back to Back Afternoon: Review QBank Questions Late Afternoon: Review Weaker Topics as Identified During Reviews 200 Anki Reviews from Zanki Step 1 Deck 20 Pages of First Aid Reading 					
Evening	OFF	<ul style="list-style-type: none"> Video Review: Cardio Path (1.5x-1hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Panc.Liver (1.5x-1hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: RBC / WBC (1.5x-3.5hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Inflam (1.5x-1.5hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Memory Resource 1,2,3,4,5 (bacteria, fungi, viruses, parasites, antibiotics) (3hr) School-Mandated Assignments 3-4hr 	<ul style="list-style-type: none"> Video Review: Weaker Topics
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21

WEEK 4

	CATCH UP DAY	REPRO	MSK / DERM	PHARM	BIOCHEM	BIOSTATS	PRACTICE TEST
Day	Take the day to review any incorrect Q's as needed as well as anything you feel you need more time on.	<ul style="list-style-type: none"> Morning: QBank 3 blocks of 40 Qs in Timed, Untutored, Mixed mode with a 5Min Break Between Block 2 and 3 Afternoon: Review QBank Questions Late Afternoon: Review Weaker Topics as Identified During Reviews 200 Anki Reviews from Zanki Step 1 Deck 20 Pages of First Aid Reading 					
Evening	OFF	<ul style="list-style-type: none"> Video Review: Repro M/F (1.5x-2hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Skin (1.5x-0.5hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video review: Sketchy adrenergic School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Cell Mech (1.5x-2hr) School-Mandated Assignments (3-4hr) 	<ul style="list-style-type: none"> Video Review: Cell Mech (1.5x-2hr) School-Mandated Assignments (3-4hr) 	OFF
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28

The week before your exam anxiety may be high. Be kind to yourself & take small additional breaks if you need them! Resist the temptation to stray from the study schedule & frantically "crash review" everything you've ever studied in the final days leading up to your exam. When you do this, you risk exam day fatigue.

We **DO NOT** advise taking a practice test less than 5 days before your exam. Athletes don't run a full marathon the day before the real thing!

Spend the day before the exam doing light review & practice writing out a "cheat sheet" of stats equations, Winter's Formula, etc. if you plan to jot some reminders down on your whiteboard when you enter the exam room.

Aim to pass the CBSE on the 1st attempt. If a passing score is not achieved, the earliest a retake can usually be scheduled is between 2-6 weeks. After the 1st attempt, most students prep alone at home, which can be harder/more distracting than passing while still on campus. Also, each failed attempt further delays you getting to the clinical rotations. Put the work in up front!

WEEK 5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	REVIEW TEST	INCORRECTS	INCORRECTS	INCORRECTS	INCORRECTS	LIGHT DAY	TEST DAY
Day	Review assessment, break for lunch, & continue to review or catch up as needed in PM	<ul style="list-style-type: none"> Morning: QBank 3 blocks of 40 Qs in Timed, Untutored, Mixed mode with a 5Min Break B Afternoon: Review / Retake of Incorrect QBank Questions Late Afternoon: Targeted Review of Topics Missed on Retake of Incorrect Q's 200 Anki Reviews from Zanki Step 1 Deck 20 Pages of First Aid Reading 				<ul style="list-style-type: none"> Video Review: Biostats and Epidemiology 	
Evening	OFF	<ul style="list-style-type: none"> 40 Q's on Incorrects or on Weak Areas 	<ul style="list-style-type: none"> 40 Q's on Incorrects or on Weak Areas 	<ul style="list-style-type: none"> 40 Q's on Incorrects or on Weak Areas 	<ul style="list-style-type: none"> 40 Q's on Incorrects or on Weak Areas 	OFF	
	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	



If at the end of this study period you are not ready, remember you have options:

- This study planner was designed to be completed 1 week earlier than most dedicated study periods. Give yourself the extra week to review anything you need more time on.
- Elite Medical Prep tutors are here to help. Contact us for a consultation to get started.
▶ info@elitemedicalprep.com ▶ +1 (508) 928-7737

For More Resources