

MAY									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
29	30	31	1	2	3	4	5		
	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa (25pg): BEHAVIORAL SCIENCE - do BB videos <u>Epidemiol &amp; Biostats</u> <u>Ethics</u> <u>Development and Aging</u> <u>Public Health</u> BIOCHEMISTRY <u>Molecular</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Bacteria Ch. 1, 2 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa (25pg): BIOCHEMISTRY <u>Cellular</u> <u>Lab Techniques</u> <u>Genetics</u> <u>Nutrition</u> PATHOMA Ch. 1 (110min) <u>Growth Adaptations, Cellular</u> <u>Injury and Cell Death</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>7p - 8p</b> Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Bacteria Ch. 3, 4, 5 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa (22pg) BIOCHEMISTRY <u>Metabolism</u> PATHOMA Ch. 1 (110min) <u>Growth Adaptations, Cellular</u> <u>Injury and Cell Death</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>7p - 8p</b> Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Bacteria Ch. 6, 7, 8, 9 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa (22pg) BIOCHEMISTRY <u>Metabolism</u> PATHOMA Ch. 2 (160min) <u>Inflammation and Healing</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>7p - 8p</b> Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Bacteria Ch. 10 & Antimicrobials Ch. 1 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa 27pgs MICROBIOLOGY <u>Basic Bacteriology</u> <u>Clinical Bacteriology</u> PATHOMA Ch. 3 (98min) <u>Principles of Neoplasia</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki	<b>6:30am Wake up</b> <b>7am-10pm</b> 40 Uworld ?s + Review Uworld Anki <b>10am-10:30am</b> Zanki Biochem <b>10:30-1:30pm</b> 40 Uworld ?s + Review Uworld Anki <b>1:30-2pm</b> Lunch <b>2pm-4pm</b> Sketchy Micro + Pharm Antimicrobials Ch. 2, 3, 4			
	6	7	8	9	10	11	12		
<b>8:30AM wake up</b> <b>8:30a - 11:30a</b> 40 Uworld ?s + Review Uworld Anki <b>11:30a-12p</b> Lunch <b>12p - 3p</b> 40 Uworld ?s + Review Uworld Anki <b>Zanki Cumulative Reviews</b> <b>3pm-5pm</b> Sketchy Micro+ Pharm Antimicrobials Ch. 5, 6, 7, 8 <b>5-7pm</b> Dinner and Work Out <b>7-9pm</b> Sketchy Micro + Pharm Fungi Ch. 1, 2, 3 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa (25pg): IMMUNOLOGY <u>Lymphoid Structures</u> <u>Lymphocytes</u> <u>Immune Response</u> <u>Immunosuppressants</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Autonomics Ch. 1, 2, 1 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa (20pg) PHARMACOLOGY <u>PK and PD</u> <u>Autonomic Drugs</u> <u>Toxicities and Side Effects</u> <u>Miscellaneous</u> PATHOMA Ch. 4 (79min) <u>Hemostasis &amp; Related DOs</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Autonomics Ch. 2.2-2.4, Parasites Ch. 1 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa (22pg) CARDIOVASCULAR <u>Embryology</u> <u>Anatomy</u> <u>Physiology</u> PATHOMA Ch. 5 (117min) <u>Red Blood Cell Disorders</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Parasites Ch. 3, 4, 5, 6 & Cardio/Renal Ch. 1.1 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa (22pg) CARDIOVASCULAR <u>Pathology</u> <u>Pharmacology</u> PATHOMA Ch. 8 (67min) <u>Cardiology</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Cardio/Renal Ch. 1.2, 2 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7am-11:30am</b> Pathoma/Fa (30pg) ENDOCRINE <u>Embryology</u> <u>Anatomy</u> <u>Physiology</u> <u>Pathology</u> <u>Pharmacology</u> PATHOMA Ch. 15 (65min) <u>Endocrine</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6-6:30pm</b> Zanki Biochem	<b>7am Wake Up</b> <b>7:30am-12:30pm</b> UW 2 <b>12-1pm</b> Lunch <b>1pm-6pm</b> Review UW 2 <b>Zanki Cumulative Reviews</b> <b>6:30-7pm</b> Zanki Biochem			
	13	14	15	16	17	18	19		
<b>8am</b> Wake Up <b>8:30a - 11:30a</b> 40 Uworld ?s + Review Uworld Anki <b>11:30a-12p</b> Lunch <b>12p - 3p</b> 40 Uworld ?s + Review Uworld Anki <b>3pm-4pm</b> Zanki Cumulative Review Zanki Biochem <b>4pm-6pm</b> Workout and Dinner <b>6-8p</b> Sketchy Micro + Pharm Cardio/Renal Ch. 3, 4 <b>8-10p</b> Sketchy Micro + Pharm Viruses Ch. 1, 2, 1 <b>10:30p</b> Bedtime	<b>6:30am Wake up</b> <b>7a - 11:30am</b> Pathoma/FA (15pg): GASTROINTESTINAL <u>Embryology</u> <u>Anatomy</u> <u>Physiology</u> PATHOMA Ch. 10 (112min) <u>Gastrointestinal</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Viruses Ch. 2.2-2.7, 3.1-3.5 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7a - 11:30am</b> Pathoma/FA (24pg): GASTROINTESTINAL <u>Pathology</u> <u>Pharmacology</u> PATHOMA Ch. 11 (46min) <u>Exocrine Pancreas, Liver</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Viruses Ch. 3.6-3.12 & Blood/Lymph Ch	<b>6:30am Wake up</b> <b>7a - 11:30am</b> Pathoma/FA (14pg): HEMATOLOGY & ONCOLOGY <u>Anatomy</u> <u>Physiology</u> <u>Pharmacology</u> PATHOMA Ch. 18 (55 min) <u>Musculoskeletal</u> PATHOMA Ch. 7 (50min) <u>Vascular</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Blood/Lymph Ch. 1.3-1.4, 2 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7a - 11:30a</b> Pathoma/FA (19pg): HEMATOLOGY & ONCOLOGY <u>Pathology</u> PATHOMA Ch. 6 (84 min) <u>White Blood Cell Disorders</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Blood/Lymph Ch. 3 & GI/Endo Ch. 1 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7a - 11:30am</b> Pathoma/FA (33pg): MUSCULOSKELETAL <u>Anatomy &amp; Physiology</u> <u>Pathology</u> <u>Dermatology</u> <u>Pharmacology</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6-6:30pm</b> Zanki Biochem	<b>7a</b> Wake up & Breakfast <b>7:30a-12:30p</b> NBME Form 19 <b>12p-1pm</b> Lunch <b>1p-6pm</b> Review NBME Form 18 <b>6pm-6:30pm</b> Zanki Biochem			
	20	21	22	23	24	25	26		
<b>8am</b> Wake Up <b>8:30a - 11:30a</b> 40 Uworld ?s + Review Uworld Anki <b>11:30a-12p</b> Lunch <b>12p - 3p</b> 40 Uworld ?s + Review Uworld Anki <b>3p-5p</b> Sketchy Micro + Pharm GI/Endo Ch. 3.3, 3.4, 4	<b>6:30am Wake up</b> <b>7a - 11:30p</b> Pathoma/FA (29pg): NEUROLOGY <u>Anatomy and Physiology</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Viruses Ch. 2.2-2.7, 3.1-3.5 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7a - 11:30a</b> Pathoma/FA (24pg): NEUROLOGY <u>Embryology</u> <u>Ophthalmology</u> <u>Pathology</u> <u>Pharmacology</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Viruses Ch. 2.2-2.7, 3.1-3.5 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7a - 11a</b> Pathoma/FA (14pg): RENAL <u>Embryology</u> <u>Anatomy</u> <u>Physiology</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Blood/Lymph Ch. 1.3-1.4, 2 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7a - 11a</b> Pathoma/FA (16pg): RENAL <u>Pathology</u> <u>Pharmacology</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki <b>6pm-8pm</b> Work Out and Dinner <b>8p - 10p</b> Sketchy Micro + Pharm Blood/Lymph Ch. 1.3-1.4, 2 <b>10p-10:30p</b> Zanki Biochem <b>11:30 Netflix and Bedtime</b>	<b>6:30am Wake up</b> <b>7a - 11a</b> Pathoma/FA (23pg): RESPIRATORY <u>Embryology</u> <u>Anatomy</u> <u>Physiology</u> <u>Pathology</u> <u>Pharmacology</u> <b>Zanki Cumulative Reviews</b> 11:30am-12pm Lunch <b>12pm-6pm</b> 80 Uworld ?s + Review Uworld Anki	<b>7a m</b> Wake up & Breakfast <b>7:30am-12:30pm</b> NBME Form 18 <b>12:30pm-1:00pm</b> Lunch			

OR SLEEP IN FOR AN HOUR OR 2

<- week #1: Bacteria, Antimicrobials

watch 12-13 sketchy videos/day

<- week #2: Fungi, Autonomics, Parasites, Cardio/Renal

<- week #3: Viruses, Blood/Inflam, GI/Endo

