MAY							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
:	29 3	· ·		2	3	5	
	6:30am Wake up 7am-11:30am Pathoma/Fa (25pg):	6:30am Wake up 7am-11:30am Pathoma/Fa (25pg):	6:30am Wake up 7am-11:30am Pathoma/Fa (22pg)	6:30am Wake up  7am-11:30am Pathoma/Fa	6:30am Wake up 7am-11:30am Pathoma/Fa 27pgs	6:30am Wake up 7am-10pm 40 Uworld ?s + Review	
	BEHAVIORAL SCIENCE - do BB videos	BIOHEMISTRY	BIOCHEMISTRY	FA (17pg)	MICROBIOLOGY	Uworld Anki	
	Epidemiol & Biostats	Cellular	Metabolism	PATHOLOGY	Basic Bacteriology	10am-10:30am Zanki Biochem	
	Ethics	Lab Techniques		<u>Inflammation</u>	Clinical Bacteriology		
	<u>Development and Aging</u>	Genetics		<u>Neoplasia</u>		10:30-1:30pm 40 Uworld ?s + Review	
	Public Health	Nutrition	PATHOMA Ch. 1 (110min)			Uworld Anki	
	BIOCHEMISTRY Molecular		Growth Adaptations, Cellular Injury and Cell Death	PATHOMA Ch. 2 (160min) Inflammation and Healing	PATHOMA Ch. 3 (98min) Principles of Neoplasia	1:30-2pm Lunch 2pm-4pm Sketchy Micro + Pharm	
	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Antimicrobials Ch. 2, 3, 4	
	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch	Artemicrobiais cir. 2, 3, 4	
	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	OR SLEEP IN FOR AN HOUR (	DR 2
	Uworld Anki	Uworld Anki	Uworld Anki	Uworld Anki	Uworld Anki		
	6pm-8pm Work Out and Dinner	7p - 8p Dinner	7p - 8p Dinner	7p - 8p Dinner			
	8p - 10p Sketchy Micro + Pharm Bacteria Ch. 1, 2	8p - 10p Sketchy Micro + Pharm Bacteria Ch. 3, 4, 5	8p - 10p Sketchy Micro + Pharm Bacteria Ch. 6, 7, 8, 9	8p - 10p Sketchy Micro + Pharm Bacteria Ch. 10 & Antimicrobials Ch. 1			< week #1: <u>Bacteria</u> , <u>Antimicrobials</u>
	10p-10:30p Zanki Biochem	10p-10:30p Zanki Biochem	10p-10:30p Zanki Biochem	10p-10:30p Zanki Biochem			
	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime			watch 12-13 sketchy videos/day
	6	7	3		1:		
	6:30am Wake up 7am-11:30am Pathoma/Fa (25pg):	6:30am Wake up 7am-11:30am Pathoma/Fa (20pg)	6:30am Wake up 7am-11:30am Pathoma/Fa (22pg)	6:30am Wake up  7am-11:30am Pathoma/Fa 22pg)	6:30am Wake up 7am-11:30am Pathoma/Fa 30pg)	7am Wake Up 7:30am-12:30pm	
	IMMUNOLOGY	PHARMACOLOGY	CARDIOVASCULAR	CARDIOVASCULAR	ENDOCRINE	7.30diii-12.30piii	
	Lymphoid Structures	PK and PD	Embryology	Pathology	Embryology	UW 2	
3:30AM wake up	Lymphocytes	Autonomic Drugs	Anatomy	Pharmacology	Anatomy		
8:30a - 11:30a 40 Uworld ?s + Review	Immune Response	Toxicities and Side Effects	Physiology		Physiology		
Uworld Anki	<u>Immunosuppressants</u>	Miscellaneous			Pathology		
11:30a-12p Lunch 12p - 3p 40 Uworld ?s + Review		DATHOMAS Ch. 4 (70 min)	DATUONA Ch. 5 (447 min)	DATUGAA Ch. O. (CT. v.)	Pharmocology PATHOMA Ch. 15 (65min)	12-1pm Lunch	
Uworld Anki		PATHOMA Ch. 4 (79min) <u>Hemostasis &amp; Related DOs</u>	PATHOMA Ch. 5 (117min)  Red Blood Cell Disorders	PATHOMA Ch. 8 (67min) <u>Cardiology</u>	Endocrine	1pm-6pm Review UW 2	
Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews		
3pm-5pm Sketchy Micro+ Pharm	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch		
Antimicrobials Ch. 5, 6, 7, 8	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review		
5-7pm Dinner and Work Out	Uworld Anki	Uworld Anki	Uworld Anki	Uworld Anki	Uworld Anki	Zanki Cumulative Reviews	I.
7-9pm Sketchy Micro + Pharm	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6-6:30pm Zanki Biochem	6:30-7pm Zanki Biochem	c usel #3: Funci Autonomics Parcoitos Cardio/Banal
Fungi Ch. 1, 2, 3	8p - 10p Sketchy Micro + Pharm Autonomics Ch. 1, 2.1	8p - 10p Sketchy Micro + Pharm Autonomics Ch. 2 2-2 4 Parasites Ch.	8p - 10p Sketchy Micro + Pharm 1 Parasites Ch. 3, 4, 5, 6 & Cardio/Renal Ch. 1.1	8p - 10p Sketchy Micro + Pharm Cardio/Renal Ch. 1.2, 2			< week #2: Fungi, Autonomics, Parasites, Cardio/Renal
10p-10:30p Zanki Biochem	10p-10:30p Zanki Biochem	10p-10:30p Zanki Biochem	10p-10:30p Zanki Biochem	10p-10:30p Zanki Biochem		ı	
11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime			
Bam Wake Up		.4 1!	·	···	17 6:30am Wake up	19	
8:30a - 11:30a 40 Uworld ?s + Review	6:30am Wake up  7a - 11:30am Pathoma/FA (15pg):	6:30am Wake up 7a - 11:30am Pathoma/FA (24pg):	6:30am Wake up  7a - 11:30am Pathoma/FA (14pg):	6:30am Wake up  7a - 11:30a Pathoma/FA (19pg):	7a - 11:30am Pathoma/FA (33pg):	7a Wake up & Breakfast 7:30a-12:30p	
Uworld Anki	GASTROINTESTINAL	GASTROINTESTINAL	HEMATOLOGY & ONCOLOGY	HEMATOLOGY & ONCOLOGY	MUSCULOSKELETAL	7.550 12.550	
11:30a-12p Lunch	Embryology	Pathology	Anatomy	Pathology	Anatomy & Physiology	NBME Form 19	
12p - 3p 40 Uworld ?s + Review	Anatomy	<u>Pharmocology</u>	Physiology		Pathology		
Uworld Anki	Physiology		Pharmocology		Dermatology		
3pm-4pm Zanki Cumulative Review Zanki Biochem			PATHOMA Ch. 18 (55 min)		Pharmocology	12p-1pm Lunch	
4pm-6pm Workout and Dinner	PATHOMA Ch. 10 (112min)	PATHOMA Ch. 11 (46min)	Musculoskeletal	PATHOMA Ch. 6 (84 min)		1p-6pm Review NBME Form 18	
6-8p Sketchy Micro + Pharm	Gastrointestinal	Exocrine Pancreas, Liver	PATHOMA Ch. 7 (50min)	White Blood Cell Disorders			
Cardio/Renal Ch. 3, 4			Vascular				
8-10p Sketchy Micro + Pharm	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews		
Viruses Ch. 1, 2.1	11:30am-12pm Lunch 12pm-6pm 80 Uworld ?s + Review	11:30am-12pm Lunch 12pm-6pm 80 Uworld ?s + Review	11:30am-12pm Lunch 12pm-6pm 80 Uworld ?s + Review	11:30am-12pm Lunch 12pm-6pm 80 Uworld ?s + Review	11:30am-12pm Lunch 12pm-6pm 80 Uworld ?s + Review		
	Uworld Anki	Uworld Anki	Uworld Anki	Uworld Anki	Uworld Anki	6pm-6:30pm Zanki Biochem	
	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6-6:30pm Zanki Biochem		
	8p - 10p Sketchy Micro + Pharm	8p - 10p Sketchy Micro + Pharm	8p - 10p Sketchy Micro + Pharm	8p - 10p Sketchy Micro + Pharm			< week #3: Viruses, Blood/Inflamn, GI/Endo
	Viruses Ch. 2.2-2.7, 3.1-3.5	Viruses Ch. 3.6-3.12 & Blood/Lymph Cl		Blood/Lymph Ch. 3 & GI/Endo Ch. 1		1	
10:30p Bedtime	10p-10:30p Zanki Biochem 11:30 Netflix and Bedtime	10p-10:30p Zanki Biochem 11:30 Netflix and Bedtime	10p-10:30p Zanki Biochem 11:30 Netflix and Bedtime	10p-10:30p Zanki Biochem 11:30 Netflix and Bedtime			
		11:30 Netriix and Bedtime			24 29	5 26	
8am Wake Up	6:30am Wake up	6:30am Wake up	6:30am Wake up	6:30am Wake up	6:30am Wake up	7a m Wake up & Breakfast	
3:30a - 11:30a 40 Uworld ?s + Review	7a - 11:30p Pathoma/FA (29pg):	7a - 11:30a Pathoma/FA (24pg):	7a - 11a Pathoma/FA (14pg):	7a - 11a Pathoma/FA (16pg):	<b>7a - 11a</b> Pathoma/FA (23pg):	7:30am-12:30pm	
Uworld Anki	NEUROLOGY	NEUROLOGY	RENAL	RENAL	RESPIRATORY		
11:30a-12p Lunch	Anatomy and Physiology	Embryology	Embryology	Pathology	Embryology	NBME Form 18	
12p - 3p 40 Uworld ?s + Review Uworld Anki		Opthalmology Pathology	Anatomy Physiology	Pharmacology	Anatomy Physiology		
3p-5p Sketchy Micro + Pharm		Pathology Pharmocology	Physiology		Physiology Pathology		
GI/Endo Ch. 3.3, 3.4, 4					Pharmocology	12:30pm-1:00pm Lunch	
						-	1

5-6pm Zanki Cumulative Reviews						1p-6p Review NBME Form 18	
Zanki Biochem	PATHOMA Ch. 17 (68min)		PATHOMA Ch. 12 (68min)	PATHOMA Ch. 19 (34min)	PATHOMA Ch. 9 (97min)		
6-8pm Dinner and Workout	Central Nervous System		Kidney and Urinary Tract	Skin	Respiratory Tract		
8p - 10p Sketchy Micro + Pharm	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews		
GI/Endo Ch. 2, 3.1, 3.2	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch		
	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review		
	Uworld Anki	Uworld Anki	Uworld Anki	Uworld Anki	Uworld Anki	Zanki Biochem	
	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6-6:30pm Zanki Biochem	7p-8p Dinner	The state of the s
	8p - 10p Sketchy Micro + Pharm	8p - 10p Sketchy Micro + Pharm	8p - 10p Sketchy Micro + Pharm	8p - 10p Sketchy Micro + Pharm			< week #4: SmM, Oncology, Neuro
	Smooth Muscle Ch. 1, 2	Antineoplastics Ch. 1,2, 3.1	Antineoplastics Ch. 3.2 & Neuro/Psych Ch. 1, 2	Neuro/Psych Ch. 3, 4			
	10p-10:30 Zanki Biochem	10p-10:30 Zanki Biochem	10p-10:30 Zanki Biochem	10p-10:30 Zanki Biochem			
10:30p Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime			
2	27	28 2	9	30			
8am Wake Up	6:30am Wake up	6:30am Wake up	6:30am Wake up				
8:30a - 11:30a 40 Uworld ?s + Review	7a - 11:30p Pathoma/FA (20pg):	7a - 11:30a Pathoma:	7a - 11:30am FA (42pg):				
Random Timed							
11:30a-12p Lunch	PSYCHIATRY	PATHOMA Ch. 13 (109min)	REPRODUCTIVE				
12p - 3p 40 Uworld ?s + Review	<u>Psychology</u>	Female Genital System	Embryology				
Uworld Anki	<u>Pathology</u>	PATHOMA Ch. 14 (30m)	Anatomy				
3pm - 5pm Sketchy Micro + Pharm	Pharmocology	Male Genital System	Physiology				
Neuro/Psych Ch. 5		PATHOMA Ch. 16 (42m)	Pathology				
5p - 7pM Sketchy Micro + Pharm		<u>Breast</u>	Pharmacology				
REIVEW	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews				
7-8pm Zanki Biochem	11:30am-12pm Lunch	11:30am-12pm Lunch	11:30am-12pm Lunch				
	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review				
	Uworld Anki	Uworld Anki	Uworld Anki				
	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner				
	8p - 10p Sketchy Micro + Pharm	8p - 10p Sketchy Micro + Pharm	8p - 10p Sketchy Micro + Pharm				< Review!
	10p-10:30 Zanki Biochem	10p-10:30 Zanki Biochem	10p-10:30 Zanki Biochem				
11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	11:30 Netflix and Bedtime				

Gunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					31	1 2
				6:30am Wake up	6:30am Wake up	7a -8am Wake up & Breakfast
				7a-11:30p MICROBIOLOGY (pgs. 135-187)	7a - 1p Catch Up & Review	8a-1p
				Mycology	Microbiology overflow	
				Parasitology		
				Virology		NBME Form 17
				<u>Systems</u>		
				Antimicrobials		1p-2p Lunch & Gym
				Zanki Cumulative Reviews	Zanki Cumulative Reviews	2p-7p Review NBME Form 14
				11:30am-12pm Lunch	11:30am-12pm Lunch	
				12pm-6pm 80 Uworld ?s + Review	12pm-6pm 80 Uworld ?s + Review	Zanki Cumulative Reviews and
				Uworld Anki	Uworld Anki	
				6pm-8pm Work Out and Dinner	6pm-8pm Work Out and Dinner	
				8p - 10p Sketchy Micro + Pharm	8p - 10p Sketchy Micro + Pharm	
				10p-10:30 Zanki Biochem	10p-10:30 Zanki Biochem	
				11:30 Netflix and Bedtime	11:30 Netflix and Bedtime	
	3	4	5	6	7	8
:30am Wake up	6:30am Wake up	6:30am Wake up	6:30am Wake up	6:30am Wake up	6:30am Wake up	
3a - 12:30p Review:	8a - 12:30p Review:	8a - 12:30p Review:	8a - 12:30p Review:	8a - 12:30p Review:	8a - 12:30p Review:	
		Week 4 FLASHCARDS	Week 3 & 5 FLASHCARDS	FLASHCARDS (hard ones)	Week 3 & 5 FLASHCARDS	
	Week 2 FLASHCARDS					
Rapid Review Flashcards	Rapid Review Flashcards	Rapid Review Flashcards	Rapid Review Flashcards		Rapid Review Flashcards	
Rapid Review Flashcards  Zanki Cumulative Reviews	Rapid Review Flashcards  Zanki Cumulative Reviews	Rapid Review Flashcards  Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	Zanki Cumulative Reviews	
Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch	Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch	Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch	Zanki Cumulative Reviews 12:30p-1p Lunch	12:30p-1p Lunch	Zanki Cumulative Reviews 12:30p-1p Lunch	
Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review	Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review	Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review	Zanki Cumulative Reviews 12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review	12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review	Zanki Cumulative Reviews 12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review	
Week 1 FLASHCARDS Rapid Review Flashcards Zanki Cumulative Reviews 12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review 7p-8p Dinner	Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review  7p-8p Dinner	Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review  7p-8p Dinner	Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review  7p-8p Dinner	12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review 7p-8p Dinner	Zanki Cumulative Reviews 12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review 7p-8p Dinner	
Rapid Review Flashcards Zanki Cumulative Reviews 12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review 7p-8p Dinner 8p - 10p Sketchy Micro + Pharm	Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review  7p-8p Dinner  8p - 10p Sketchy Micro + Pharm	Rapid Review Flashcards Zanki Cumulative Reviews 12:30p-1p Lunch 17p 80 Uworld ?s + Review 7p-8p Dinner 8p - 10p Sketchy Micro + Pharm	Zanki Cumulative Reviews 12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review 7p-8p Dinner 8p - 10p Sketchy Micro + Pharm	12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review 7p-8p Dinner 8p - 10p Sketchy Micro + Pharm	Zanki Cumulative Reviews 12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review 7p-8p Dinner 8p - 10p Sketchy Micro + Pharm	
Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review  7p-8p Dinner	Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review  7p-8p Dinner	Rapid Review Flashcards  Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review  7p-8p Dinner	Zanki Cumulative Reviews  12:30p-1p Lunch  1p - 7p 80 Uworld ?s + Review  7p-8p Dinner	12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review 7p-8p Dinner	Zanki Cumulative Reviews 12:30p-1p Lunch 1p - 7p 80 Uworld ?s + Review 7p-8p Dinner	