



MDSteps — Step 1 Daily Study Schedule (4 Weeks)

Printable Planner & Checklists (2025 Edition)

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How to use this planner:

- Pick your track (Pass, 230-aim, or 250-aim) on page 3.
- Each day: run AM timed mixed blocks, PM tiered review, and an evening micro-Anki.
- Use weekly checkpoints to pick a Spotlight Domain and build a 10–15 rule deck.
- Protect two rest days (Day 14, Day 27 $\pm$ 1). Use the Catch-Up Protocol if you slip.

TL;DR:

A disciplined 28-day plan balancing Q-bank blocks, targeted review, and spaced recall. Choose one of three tracks with clear daily targets, weekly mini-assessments, two rest days, and a fail-safe catch-up loop.

Track Selector & Daily Targets

Daily Target	Pass	230-Aim	250-Aim
AM Q-Blocks (Timed, Mixed)	1 $\times$ 40	1–2 $\times$ 40	2 $\times$ 40
PM Review (Error-driven)	2–3 hrs	3–4 hrs	4+ hrs (tiered)
Spaced Recall (Micro-Anki)	20–30 min	30–45 min	45–60 min
Content Refresh (MDSteps)	0.5 hr targeted	0.5–1 hr targeted	1 hr targeted

Tip: If your latest practice form is within ~10–15 points of your goal, consider the higher track. Reassess after 7–10 days.

28-Day Macro Plan — Weekly Themes & Targets

Week	System Emphasis	Mixed Blocks	Assessments	Targeted Refresh
Week 1 (Days 1–7)	Neuro, Cardio, Renal	4–10 (by track)	Day 7 Mini (40Q)	2–3 MDSteps briefs
Week 2 (Days 8–14)	GI, Heme/Onc, Endo	4–10	Form for 230/250; Mini for Pass	2–3 briefs + formula sheet
Week 3 (Days 15–21)	Micro, Pharm, Repro	4–10	One full form (all tracks)	Bug–Drug pairs; tox antidotes
Week 4 (Days 22–28)	Biostats/Ethics, Rapid Mix	4–10	Final form (Day 25–26)	Error log & rule deck

Use weekly themes to aim your PM reading and micro-card creation. Keep practice mixed daily to train cognitive switching.

Weekly Checkpoints — Convert Scores into Decisions

Run a 20–40 question mixed mini-assessment each week (plus full forms per track). Use this rubric to set next-week actions.

Zone	Action
Green ($\geq$ target)	Maintain volume; convert 'correct but uncertain' items into micro-cards. Avoid victory laps.
Yellow (–5 to –10)	Add one 45-minute focused review on that domain the next day; keep mixed blocks intact.
Red (< -10)	Schedule a 90-minute rescue session (MDSteps brief → worked examples → micro-cards). Replace one content block, not question blocks.

Spotlight Domain (pick ONE for the coming week):

Rule Deck (10–15 rules):

Rest-Day Rules & Catch-Up Protocol

Rest Days: Day 14 and Day 27 (± 1). No question blocks or heavy content. Allowed: light movement, 20–30 min micro-Anki for leeches if anxious, and 15 min to tidy your desk and planner. Protect sleep.

Catch-Up Protocol:

1. List what slipped (e.g., 'Review 14 questions from AM block; make renal micro-cards').
2. Score each item 0–2 by impact (2 = exam-critical, 0 = nice-to-do).
3. Allocate a 60-minute catch-up slot on the next two days (not a rest day).
4. Execute the top ≤ 3 items per slot with a timer. Anything left becomes optional.

Rapid-Review Checklist (Days 24–28)

- Sim conditions: one timed mixed block daily with break practice.
- Error log sweep: top 15 recurring pivots — state the rule aloud.
- Biostats drill: 10 rapid items; write the key formulas from memory.
- Pharm map: autonomics, antibiotics (MOA/tox), endocrine; refresh bug–drug pairs.
- Labs cheat: anion gap, osmolar gap, acid-base, urine Na/FENa; rehearse first steps.
- Process rules: read last sentence first; re-read stem pivot after choices; eliminate by mechanism mismatch.
- Sleep protection: no new topics after 8 pm; micro-Anki only if calm.

Exam-Day Essentials — Pack & Plan

- Valid ID, scheduling permit, testing center address & start time.
- Water, simple snacks (protein-forward), caffeine plan.
- Earplugs (if allowed), comfortable layers.
- Break timing plan (write it down).
- Pacing plan for first 10 questions: breathe, mark smart, move.

Printable Daily Page — Template

Use one page per day. Duplicate as needed.

Block	Plan	Notes / Rule Extracts
AM Mixed Block 1	40Q timed, mixed	
AM Mixed Block 2 (opt)	40Q timed, mixed	
Midday Break	Walk + snack; no content	
PM Review — Tier 1	Reconstruct stem; why distractors are wrong	
PM Review — Tier 2	Extract testable pivot; write the rule	
PM Review — Tier 3	Create micro-cards for persistent errors	
Targeted Refresh	MDSteps brief on weak system	
Micro-Anki	Review leeches; cap by track	
Shutdown	Top 3 for tomorrow + pack	

Top 3 Priorities for Tomorrow:

- 1) _____
- 2) _____
- 3) _____

Weekly Planner — 7-Day Grid

Day	AM Block(s)	PM Review	Targeted Refresh	Micro-Anki	Assessment	Spotlight Domain	Notes
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

Error Log — High-Leverage Pivots

#	Stem Pivot	My Miss (reason)	Rule Extract	Micro-Card?
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				

Rule Deck (10–15 crisp rules)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____