

Your Sample Study Day

Illustrative assignments: cardiovascular weakness work and renal maintenance, with First Aid 2026, Pathoma and Mehlman.

MONDAY, OCTOBER 5, 2026

1 weakness + 1 maintenance

40 Q
DAY TOTAL

6 h 00 m
STUDY TIME

BLOCK 1 | WEAKNESS

Cardiovascular

8:30-10:00 am
Review missed and uncertain concepts.

☐ Complete 20 questions

30 min

☐ Review this block

60 min

BANK

QUESTIONS

STATUS / TYPE

SUBJECT(S)

SYSTEM(S)

SUBCATEGORIES

TARGETING

TIMING / TUTOR

UWorld - Step 1 QBank
20
Unused / N/A
All subjects
Cardiovascular System
Heart failure and shock, Valvular heart diseases
Targeted by subcategory
Timed ON / Tutor OFF

BLOCK 2 | MAINTENANCE

Renal + electrolytes

10:15-11:45 am
Revisit previously covered renal topics.

☐ Complete 20 questions

30 min

☐ Review this block

60 min

BANK

QUESTIONS

STATUS / TYPE

SUBJECT(S)

SYSTEM(S)

SUBCATEGORIES

TARGETING

TIMING / TUTOR

UWorld - Step 1 QBank
20
Unused / N/A
All subjects
Renal, Urinary Systems & Electrolytes
Fluid, electrolytes, and acid-base
Targeted by subcategory
Timed ON / Tutor OFF

First Aid 2026 | 1 h 30 m

Page 292, 294-295 - Valvular disease & murmurs; Page 316-317 - Heart failure & shock
Page 609-610 - Acid-base physiology, acidosis & alkalosis

Pathoma & Mehlman | 1 h 30 m

Pathoma Page 185 - Ischemic stroke
Mehlman HY Cardio Page 3-4, 7-8, 21 - Heart failure, valvular disease & cardiogenic shock
Mehlman HY Renal Page 13 - Metabolic acidosis & renal tubular acidosis