



# The Rx Study Planner

*Your Personalized Roadmap to  
USMLE Step 1 Success*

*Dear Future Doctor:*

Juggling board prep alongside lectures, classwork, course exams, (minimal) social activities, and sleep is a daunting task. That's why we created the Rx Study Planner to help you regain control over your board prep study plans.

Whether you're in the throes of Year 2 or this is your last month before the exam, honing your mind to become the perfect Step-1-dominating machine takes proper planning. And planning is one of the most important things you can do to keep yourself organized during this time.

**With the Rx Study Planner, short-term study goals keep you focused on your day-to-day victories while providing peace of mind that you are covering everything needed for the exam.**

We realize that asking medical students not to freak out about the important task ahead may be like asking Cookie Monster to leave the Oreos alone. But remember that the first word in *First Aid* is "Relax." Training yourself to focus on short-term goals will go a long way toward keeping you calm, cool, and collected when it comes to your board prep.

Planning requires you to confront the big picture, and almost always requires some amount of speculation, which can add to the stress of uncertainty. So prepare yourself for this reality now. You're likely to second-guess yourself:

*“Should I spend 4 days on Neuro and 2 days on Cardio? Or vice versa?”*

*“What if my study plan is totally unrealistic and actually requires 26 hours of work per day?”*

*“What if I burn out early?”*

The Rx Study Planner is meant to be a user-friendly guide to prepare you for Step 1. **It is an interactive scheduling program that takes your study parameters and helps you remove the guesswork, assess whether you can achieve your plan, and stay on track.** In the following pages, you'll learn a little more about the benefits of the planner and how it works.

*Cheering you on,*



## HERE'S HOW TO GET STARTED:

### 1 Get Your Rx Planner

- Click the button below that corresponds to your version of *First Aid* to get view-only access to the Rx Study Planner sheet in Google Docs.
- Save a copy of the sheet to your Google Drive by clicking **File** → **Make a copy**

### 2 Setup Your Rx Planner

- Fill in the highlighted cells on each tab starting with the “Daily” tab. Plug in the number of hours you plan to spend on basic daily activities such as sleeping, eating, studying, and selfcare.
- On the “Subject List” tab, specify the level of intensity that you need to review each subject.
- Use the drop-down menus on the “Monthly” tab to select the subjects you want to review each day. As you select subjects, your total number of hours of study for the day will be automatically calculated.

### 3 Assess your progress frequently and make changes to your plan as you go

It's really that simple!

[Access The 2021 Planner](#)

[Access The 2020 Planner](#)

[Access The 2019 Planner](#)

Keep reading to learn how to use your  
Rx Study Planner to **OWN** your  
Step 1 study prep.

# The Rx Study Planner helps you become a Step 1 champion by:

- 1** Removing the Guesswork
- 2** Integrating with *First Aid 2019, 2020 & 2021*
- 3** Adapting to Your Study Needs & Strengths
- 4** Planning with Precision
- 5** Assessing Your Plans Achievability
- 6** Staying on Track

## 1 Take the guesswork out of planning.

The automated calculations built into the spreadsheet reduce the stress of planning, because the **program does the work for you**. If reading through complicated time allocations gives you a major headache and leaves you with more questions than answers, you'll appreciate that the Rx Study Planner gives you color-coded feedback on the amount of material you're cramming into a day.

## 2 Calculate your steps through *First Aid*.

The Rx Study Planner **calculates the amount of hours you should spend on each subject based on the number of pages represented in *First Aid*** and your number of available study hours.

*First Aid* is widely considered the highest yield and most effective study guide for Step 1; it accurately represents which subjects are high yield and which ones are low yield. Even if you don't use *First Aid*, the predicted number of hours per subject is reflective of how much time you should spend on each subject, whether you're using USMLE-Rx or other resources.

### **3** Make the planner fit your specific study needs.

A planner isn't helpful if it spends too much time on a subject that's easy for you while speeding through subjects that require you to double down on time allocation. That's why the Rx Study Planner allows you to proportionally **allocate more time to subjects based on your needs**. You can specify subjects to require "basic", "careful", or "intensive" review or "skip" a subject altogether. Additionally, you control which subjects you study each day. The planner automatically provides feedback on how well you're sticking to your study goals.

### **4** Plan your study time with precision.

The Rx Study Planner allows for unmatched precision in hour-to-hour time allocation that will satisfy the needs of the most meticulous medical students, providing hourly time allocation for each subject **calculated to the tenth of an hour**.

## 5 Assess your plan's achievability and sustainability.

The first step in setting up your Rx Study Planner is to plan a typical study day, including time for meals, sleep, self-care, and breaks — forcing you to realize the limits of a single day. Next, the monthly planner encourages break days to prevent burnout. Finally, based on your study parameters, the program calculates the number of pages-per-hour you must cover in *First Aid*, which **provides a measure of how realistic your pace is.**

## 6 Stay on track to achieving your goals.

Whether you plan out a month in advance or one day at a time, the Rx Study Planner helps you take the steps you need to reach your goals. The embedded formulas apportion time to subjects based on the hours you have available to study. You'll know if the amount of time you plan to study each day will allow you to finish your plan on time (red = study more, blue = study less).



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# Get the high-yield tools you need to ace your boards and exams.



I love the diverse questions and explanations found using USMLE-Rx. It's an amazing resource that not only provides a great question bank, but videos and flashcards to go along with First Aid."



**Rx360+** is the only comprehensive study suite for Day 1 to Step 1 created by the authors of *First Aid*, designed for use alongside *First Aid*.

Learn, study, assess, and succeed in med school and beyond with five high-yield tools integrated into one powerful, proven study system:

- **STEP 1 QMAX:** 2,300+ high-yield USMLE-style questions with clear and thorough explanations
- **FLASH FACTS:** 15,000+ flashcards covering every key topic in the preclinical curriculum
- **EXPRESS VIDEOS:** 80+ hours of high-yield videos supplemented with a 225-page workbook, designed to explain every fact in *First Aid* for the *USMLE Step 1*
- **STUDY STREAM:** Advanced spaced repetition system helps you see the right content to review at the right time
- **New SELF-ASSESSMENT EXAMINATION:** Designed to better prepare med students for test day with a curated set of questions reflecting the structure and content of the USMLE Step 1 exam
- **MOBILE APP:** Our easy-to-use iOS and Android apps enable you to take tests, read Bricks, review flashcards, or watch videos—anytime, anywhere
- **BUILT-IN, COMPLETE DIGITAL COPY OF FIRST AID** fully integrated with every high-yield tool (so much more than just page number references)

Why have **hundreds of thousands** of students trusted Rx360+ to help them master med school and ace Step 1? **Because it works.**

**Start your free trial today and see for yourself:**

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