

STUDY SCHEDULE FOR THE HYGURU PASS/FAIL COURSE

- **Total Videos:** 852 videos
- **Total Runtime:** 92 hours, 29 minutes, 13 seconds
- Each plan distributes the video content across the set days to give you a manageable daily workload, with the 14-day plan being the most intense and the 31-day plan being more moderate.

STUDY SCHEDULE	NO. OF VIDEOS/DAY	VIDEOS DURATION/DAY
14-day Plan	61	Approx 6 hours
17-day Plan	50	Approx 4 hours
24-day Plan	36	Approx 3 hours
28-day Plan	28	Approx 2.5 hours

14-DAY PLAN

DAY

LESSON VIDEO GUIDE [ESTIMATED DAILY DURATION: 6 HOURS 36 MINUTES PER DAY]

Day 1	START [GENERAL PATHOLOGY] Cell Injury, Death, and Adaptations	→	STOP [IMMUNOLOGY] COVID and Live Vaccines
Day 2	START [IMMUNOLOGY] Type 1 Hypersensitivity	→	STOP [DNA, GENETICS, IMAGES AND PE] Co-Dominance
Day 3	START [DNA, GENETICS, IMAGES AND PE] Genotype vs Phenotype	→	STOP [CARDIOLOGY] Cardiac Action Potentials
Day 4	START [CARDIOLOGY] Foundations of Physiology Overview	→	STOP [CARDIOLOGY] Acute Heart Failure Pharmacology
Day 5	START [CARDIOLOGY] Chronic Heart Failure Pharmacology	→	STOP [RENAL] Pregnancy Physiology Integration
Day 6	START [RENAL] Staghorn Calculus & Kidney Stones	→	STOP [REPRODUCTIVE] Ovarian Physiology
Day 7	START [REPRODUCTIVE] Ovarian Tumors	→	STOP [NEUROLOGY] Tongue Innervation
Day 8	START [NEUROLOGY] CN 8 Vestibulocochlear	→	STOP [NEUROLOGY] Intracranial Pressure
Day 9	START [NEUROLOGY] Rapid Review of Cerebral Autoregulation	→	STOP [PSYCHOLOGY] Rapid Review (1st Generation)
Day 10	START [PSYCHOLOGY] Second Generation Antipsychotics	→	STOP [RESPIRATORY] Central Regulation of Breathing
Day 11	START [RESPIRATORY] Ventilation	→	STOP [ONCOLOGY] Monoclonal Antibodies
Day 12	START [MICROBIOLOGY] Beta-Lactam Introduction	→	STOP [EMBRYOLOGY] ENT Embryology
Day 13	START [EMBRYOLOGY] Embryology Rapid Review	→	STOP [KEY VIGNETTES] Eosinophilic Esophagitis
Day 14	START [KEY VIGNETTES] Hormones of the GI Tract	→	STOP [KEY VIGNETTES] Key Vignettes Outro

17-DAY PLAN

DAY

LESSON VIDEO GUIDE [ESTIMATED DAILY DURATION: 5 HOURS 15 MINUTES PER DAY]

Day 1	START [GENERAL PATHOLOGY] Cell Injury, Death, and Adaptations →	STOP [IMMUNOLOGY] Immunodeficiencies
Day 2	START [IMMUNOLOGY] Complement Disorders →	STOP [BIOCHEMISTRY] VLDL
Day 3	START [BIOCHEMISTRY] IDL →	STOP [DNA] Post-Translational Modification
Day 4	START [DNA] I-Cell Disease Integration →	STOP [CARDIOLOGY] Heart Block Lyme Disease
Day 5	START [CARDIOLOGY] Mitral Stenosis →	STOP [CARDIOLOGY] Integrative Case: Septal Defects
Day 6	START [CARDIOLOGY] Integrative Case: Fetal Circulation →	STOP [RENAL] Acute Interstitial Nephritis
Day 7	START [RENAL] Sterile Pyuria →	STOP [REPRODUCTIVE] P53 Pathophysiology
Day 8	START [REPRODUCTIVE] Sexually Transmitted Infections →	STOP [GASTRO] Case: GERD & Esophageal Disorders
Day 9	START [GASTRO] Overview of USMLE Images & PE Findings →	STOP [NEUROLOGY] Neisseria Transmission
Day 10	START [NEUROLOGY] Waterhouse–Friderichsen Syndrome →	STOP [NEUROLOGY] Parkinson's vs Alzheimer'
Day 11	START [NEUROLOGY] Basal Ganglia Neuroanatomy Integration →	STOP [PSYCHOLOGY] Rapid Review (1st Generation)
Day 12	START [PSYCHOLOGY] Second Generation Antipsychotics →	STOP [HEMATOLOGY] Causes of Plasma Cells
Day 13	START [HEMATOLOGY] Causes of Mast Cells →	STOP [RESPIRATORY] Introduction (Pharmacology)
Day 14	START [RESPIRATORY] Pathophysiology of Asthma →	STOP [HIGH YIELD ARROWS] Respiratory System
Day 15	START [HIGH YIELD ARROWS] Chronic Respiratory Acidosis →	STOP [KEY VIGNETTES] Hypoglycemia
Day 16	START [KEY VIGNETTES] Gluconeogenesis →	STOP [KEY VIGNETTES] Hormones of the GI Tract
Day 17	START [KEY VIGNETTES] Carbohydrate Absorption →	STOP [KEY VIGNETTES] Key Vignettes Outro

24-DAY PLAN

DAY

LESSON VIDEO GUIDE [ESTIMATED DAILY DURATION: 3 HOURS 43 MINUTES PER DAY]

Day 1	START [GENERAL PATHOLOGY] Cell Injury, Death, and Adaptations	→	STOP [IMMUNOLOGY] Wound Healing
Day 2	START [IMMUNOLOGY] Delayed Wound Healing	→	STOP [IMMUNOLOGY] Summary of Immunology
Day 3	START [BIOCHEMISTRY] Introduction	→	STOP [BIOCHEMISTRY] Fat Soluble Vitamins
Day 4	START [BIOCHEMISTRY] Cystic Fibrosis	→	STOP [DNA] Spinal Muscular Atrophy Integration
Day 5	START [DNA] Translation	→	STOP [CARDIOLOGY] Jugular Venous Tracing
Day 6	START [CARDIOLOGY] Pulsus Paradoxus	→	STOP [CARDIOLOGY] Course Overview – HY Images & PE
Day 7	START [CARDIOLOGY] Right vs Left Heart Failure	→	STOP [CARDIOLOGY] Integrative Case: Murmurs
Day 8	START [CARDIOLOGY] Integrative Case: Arrhythmias	→	STOP [RENAL] Organization of the Kidney
Day 9	START [RENAL] Glomerular Physiology	→	STOP [RENAL] Overview - HY Images & PE
Day 10	START [RENAL] Rapid Review of Casts & Stones	→	STOP [REPRODUCTIVE] Turner Syndrome Integration
Day 11	START [REPRODUCTIVE] Testosterone Disorders	→	STOP [GASTRO] Inflammatory Bowel Disease
Day 12	START [GASTRO] Bile Acid Metabolism	→	STOP [NEUROLOGY] Dorsal Column
Day 13	START [NEUROLOGY] Corticospinal Tract	→	STOP [NEUROLOGY] Herniation Syn. & Cerebral Physiology
Day 14	START [NEUROLOGY] Cranial Nerve Path 1	→	STOP [NEUROLOGY] Parkinson's vs Alzheimer's
Day 15	START [NEUROLOGY] Basal Ganglia Neuroanatomy Integration	→	STOP [DERM & MSK] Case: Collagen Disorders & Synthesis
Day 16	START [DERM & MSK] Case: Bone Disorders	→	STOP [HEMATOLOGY] Microcytic Anemia
Day 17	START [HEMATOLOGY] Acute Phase Reactants	→	STOP [HEMATOLOGY] Direct Factor Inhibitors

24-DAY PLAN

DAY	LESSON VIDEO GUIDE
Day 18	START [HEMATOLOGY] Hem, Respiratory, Pharyngeal Arches Review → STOP [RESPI] Case: Restrictive LD & Pneumoconiosis
Day 19	START [RESPI] Case: Obstructive Lung Disease → STOP [MICROBIOLOGY] Beta-Lactamase Resistant Penicillin
Day 20	START [MICROBIOLOGY] Antipseudomonal Penicillins → STOP [HIGH YIELD ARROWS] Vitamin D Metabolism
Day 21	START [HIGH YIELD ARROWS] Paget Disease → STOP [KEY VIGNETTES] Hypoglycemia
Day 22	START [KEY VIGNETTES] Gluconeogenesis → STOP [KEY VIGNETTES] PCOS Repro Pharmacology
Day 23	START [KEY VIGNETTES] Retention of Test Taking Strategies → STOP [KEY VIGNETTES] Musculoskeletal Rapid Review
Day 24	START [KEY VIGNETTES] Hip Muscle Review → STOP [KEY VIGNETTES] Key Vignettes Outro

28-DAY PLAN

DAY	LESSON VIDEO GUIDE [ESTIMATED DAILY DURATION: 3 HOURS 11 MINUTES PER DAY]	
Day 1	START GENERAL PATHOLOGY] Cell Injury, Death, and Adaptations →	STOP [IMMUNOLOGY] Edema and Inflammation
Day 2	START [IMMUNOLOGY] Neutrophil Migration →	STOP [IMMUNOLOGY] Type 1 Hypersensitivity
Day 3	START [IMMUNOLOGY] Asthma →	STOP [BIOCHEMISTRY] Urea Cycle
Day 4	START [BIOCHEMISTRY] Collagen Synthesis →	STOP [DNA] Neurofibromatosis
Day 5	START [DNA] Anticipation →	STOP [DNA] USMLE Test Taking Strategy Approach
Day 6	START [DNA] USMLE Study Tip →	STOP [CARDIOLOGY] Immunocompromised Host for USMLE
Day 7	START [CARDIOLOGY] Acute Inflammation for USMLE →	STOP [CARDIOLOGY] Right vs Left Heart Failure
Day 8	START [CARDIOLOGY] Murmurs & Maneuvers →	STOP [CARDIOLOGY] LDL, HDL, TAG, Niacin
Day 9	START [CARDIOLOGY] Fat Soluble Vitamins – Cardio Integration →	STOP [ENDOCRINE] Integrative Case: Adrenal Disorders
Day 10	START [ENDOCRINE] Approaching Diabetes Questions →	STOP [RENAL] Squamous Cell Carcinoma of Bladder
Day 11	START [RENAL] Adenovirus for USMLE →	STOP [REPRODUCTIVE] - Introduction
Day 12	START [REPRODUCTIVE] - Integrated Microbe Summary →	STOP [GASTROENTEROLOGY] Content Overview
Day 13	START [GASTROENTEROLOGY] Gastrointestinal Hormones →	STOP [GASTROENTEROLOGY] Case: GERD & Eso. Disorders
Day 14	START [GASTROENTEROLOGY] Overview of USMLE Images & PE →	STOP [NEUROLOGY] Dorsal Column
Day 15	START [NEUROLOGY] Corticospinal Tract →	STOP [NEUROLOGY] Pharmacology Integration
Day 16	START [NEUROLOGY] Prions →	STOP [NEUROLOGY] Baroreceptor Reflex
Day 17	START [NEUROLOGY] Upper Motor Neuron Signs & Posturing →	STOP [DERM & MSK] Nikolsky Sign

28-DAY PLAN

DAY	LESSON VIDEO GUIDE	
Day 18	START [DERM & MSK] Neonatal Rashes	→ STOP [PSYCHOLOGY] Second Generation Antipsychotics
Day 19	START [PSYCHOLOGY] Agranulocytosis Medications	→ STOP [HEMATOLOGY] Multiple Myeloma
Day 20	START [HEMATOLOGY] Summary & Courses	→ STOP [RESPIRATORY] Central Regulation of Breathing
Day 21	START [RESPIRATORY] Ventilation	→ STOP [RESPIRATORY] Case: RLD & Pneumoconiosis
Day 22	START [RESPIRATORY] Case: Obstructive Lung Disease	→ STOP [ONCOLOGY] Nucleotide Synthesis
Day 23	START [ONCOLOGY] Monoclonal Antibodies	→ STOP [HIGH YIELD ARROWS] Neonatal ARDS
Day 24	START [HIGH YIELD ARROWS] Endocrine System	→ STOP [EMBRYOLOGY] Umbilical Cord Embryology
Day 25	START [EMBRYOLOGY] Renal Embryology	→ STOP [KEY VIGNETTES] Reproductive Hormones
Day 26	START [KEY VIGNETTES] Negative Feedback	→ STOP [KEY VIGNETTES] Dentate Line
Day 27	START [KEY VIGNETTES] Diaphragmatic Defects	→ STOP [KEY VIGNETTES] Vasculitis ANCA
Day 28	START [KEY VIGNETTES] Pityriasis Rosea	→ STOP [KEY VIGNETTES] Key Vignettes Outro