

NEET Biology Study Planner

Complete 12-Month Preparation Guide for NEET 2026

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How to Use This Planner

- 1. Month-by-Month Planning:** Each month covers specific chapters and topics to maintain consistent progress.
- 2. Weekly Breakdown:** Organize your study sessions week by week with clear topic assignments.
- 3. Practice Tasks:** Complete recommended practice problems from NCERT and reference books.
- 4. Track Progress:** Use checkboxes to mark completed tasks and maintain motivation.
- 5. Monthly Targets:** Set achievable goals and review them at month-end.
- 6. Revision Schedule:** Regular revision is key to NEET success. Follow the revision notes column.
- 7. Chapter Weightage:** Focus more on high-weightage chapters as shown on the last page.

Tips: Study for 6-8 hours daily, take breaks every 45-60 minutes, practice mock tests regularly.

January 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Cell: Unit of Life Biological Classification	NCERT Ex 1-3 Solve 20 MCQs	Biology - Chapter 1,2
Week 2	Living World Plant Kingdom	NCERT Ex 4-6 Class notes revision	Key terms - write definitions
Week 3	Animal Kingdom Morphology of Plants	NCERT Ex 7-10 25 MCQs	Diagram practice - labeling
Week 4	Anatomy of Plants Structural Organization	Complete Chapter 6-7 Revision test	Monthly test - topics covered

February 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Cell Cycle & Division Photosynthesis	NCERT Ex 11-12 Solve 30 MCQs	Diagrams - replication fork, mitosis
Week 2	Respiration Plant Growth & Development	NCERT Ex 13-14 Practice problems	Energy cycle - ATP-ADP
Week 3	Breathing & Gaseous Exchange Circulation	NCERT Ex 14-15 25 MCQs	Blood composition - revision
Week 4	Review & Revision Topic Integration Test	Full chapter revision Take test	Identify weak areas

March 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Excretion Neural Control & Coordination	NCERT Ex 16-18 Solve MCQs	Nephron structure - diagram
Week 2	Hormone Coordination Locomotion & Movement	NCERT Ex 19, 17 30 problems	Skeletal system - bone names
Week 3	Reproduction in Organisms Flowering Plants	NCERT 12 Ex 1-2 Practice test	Flower parts - memorize
Week 4	Reproduction Revision Full Mock Test (Class 11)	Take full test Evaluate	Analyze performance

April 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Human Reproduction Reproductive Health	NCERT 12 Ex 3-4 Solve 25 MCQs	Menstrual cycle diagram
Week 2	Inheritance Principles Start Molecular Basis	NCERT 12 Ex 5 + Chapter 6 intro	Mendel's laws - practice problems
Week 3	Molecular Basis of Inheritance (DNA, RNA)	NCERT 12 Ex 6 30 MCQs	Central dogma - understand flow
Week 4	Genetics Revision Mini Tests	Full chapter revision Test	Check understanding

May 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Evolution Natural Selection & Evidence	NCERT 12 Ex 7 Solve 25 MCQs	Fossil record - timeline
Week 2	Human Health & Disease Immunity	NCERT 12 Ex 8 Practice problems	Immune system - lymphocytes
Week 3	Enhancement in Food Production Microbes	NCERT 12 Ex 9-10 30 MCQs	Fermentation process
Week 4	Biotechnology Principles Biotechnology Apps	NCERT 12 Ex 11-12 Full revision	PCR, Gene therapy

June 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Organisms & Populations Ecosystem	NCERT 12 Ex 13-14 Solve MCQs	Food chain, pyramid diagrams
Week 2	Biodiversity & Conservation Environmental Issues	NCERT 12 Ex 15-16 Practice test	Hotspots, endangered species
Week 3	Full Class 12 Revision Topic Integration	Complete chapter revision	Strong areas - speed practice
Week 4	Full Revision Test (Class 12) Analysis	Take complete test	Review mistakes

July 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Class 11 - Cell & Biomolecules Review	Combine chapters 8-10 40 MCQs	ATP, enzyme kinetics
Week 2	Class 11 - Photosynthesis & Respiration	Energy metabolism 35 MCQs	Light vs dark reactions
Week 3	Class 11 - Reproduction & Genetics Preview	Full reproduction chapter Test	Meiosis vs mitosis
Week 4	Integrated Test - Class 11 & 12 Topics	Cross-chapter questions Test	Application-based questions

August 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Molecular Biology Deep Dive Coding Sequences	Codons, tRNA, protein synthesis	Translation mechanism
Week 2	Evolution in Detail Mechanism & Evidence	Natural selection examples MCQs	Adaptation, speciation
Week 3	Immunology & Disease Mechanisms	Antibodies, immunity types	Immune response pathway
Week 4	Biotechnology Techniques in Detail	CRISPR, cloning, gene therapy	Application scenarios

September 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Ecology Deep Dive Energy Flow & Cycles	Nutrient cycles Food webs	Biome characteristics
Week 2	Conservation Biology Population Dynamics	Extinction mechanisms Management	Population graphs
Week 3	Plant Physiology Revision Hormones & Growth	Plant responses Experiments	Tropisms, photoperiodism
Week 4	Animal Physiology Comprehensive Review	Systems integration Homeostasis	Feedback mechanisms

October 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Full Syllabus Revision (Part 1: Chapters 1-5)	Rapid-fire questions MCQ test	Speed building
Week 2	Full Syllabus Revision (Part 2: Chapters 6-10)	Integration questions Test	Concept connections
Week 3	Full Syllabus Revision (Part 3: Chapters 11-16 Class 12)	Application-based Hard MCQs	Challenging concepts
Week 4	Full Syllabus Revision (Part 4: Chapters 17-29)	All hard topics Final test	Review weak areas

November 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Mock Test 1 - Full NEET Pattern	3-hour test 180 questions	Time management practice
Week 2	Mock Test 2 - Full NEET Pattern	Complete test Self-analysis	Identify improvement areas
Week 3	Targeted Revision - Weak Areas	Focus weak chapters Extra practice	Build confidence
Week 4	Mock Test 3 - Full NEET Pattern + Analysis	Final practice test Review	Measure final readiness

December 2025

Week	Topics to Cover	Practice Tasks	Revision Notes
Week 1	Last-Minute Revision High Weightage Topics	Rapid revision Concept clarity	Final clarity on doubts
Week 2	Formula & Important Points Summary	Create final notes Memorization	Ready for exam
Week 3	Light Revision Maintain Momentum	Easy topic review Stay calm	Mental preparation
Week 4	Pre-Exam Preparation Final Readiness Check	Rest well Manage stress	NEET exam ready!

Chapter Weightage in NEET Biology

Chapter	Class	Weightage %	Approx. Questions
Genetics & Evolution	12	18-20%	9-10
Plant Physiology	11	16-18%	8-9
Cell Structure & Function	11	10-12%	5-6
Human Physiology	11	12-14%	6-7
Ecology & Biodiversity	12	12-14%	6-7
Reproduction	12	10-12%	5-6
Biotechnology	12	8-10%	4-5
Systematics & Classification	11	6-8%	3-4
Others	11 & 12	8-10%	4-5

Study Tips for NEET Success

- Focus on high-weightage chapters but don't neglect low-weightage topics
- Practice previous year NEET questions to understand exam patterns
- Solve at least 50-100 questions daily from each chapter
- Take full-length mock tests every week to build speed and accuracy
- Maintain a mistake notebook to learn from errors
- Join online study groups for doubt clarification
- Stay consistent with your study plan throughout the year

Your NEET Journey Starts Here

Success in NEET requires dedication, smart study strategies, and consistent practice. This planner is designed to guide you through a structured 12-month journey to NEET 2026 success.

Get personalized guidance from NEET experts and join our thriving community of successful students.

Connect with us on WhatsApp for personalized coaching:
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Visit: cerebrumbiologyacademy.com
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All the best for your NEET 2026 preparation!
Cerebrum Biology Academy