JEE 90–120 Day WAR PLAN

This is your battlefield. 12+ hours a day. 90–120 days of concentrated fire. If you're reading this, you're not here to play—you're here to **dominate**.

Phone = OFF

During study hours, your phone lives in another room. No exceptions. No "just one message." Zero tolerance.

No New Resources

Stick to coaching notes, one problem book for Maths, DPP for Physics, NCERT for Chemistry. Chasing new books kills momentum.

PYQs > Everything

Previous year questions are your North Star. They reveal patterns, expose weaknesses, and build exam instinct like nothing else.

6 Days War, 1 Day Rest

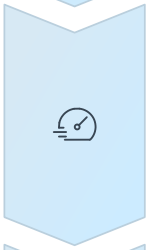
Study hard for 6 days. Use day 7 for light revision and mock tests. Recovery isn't optional—it's strategic.

4-Month Phase Breakdown

Your 90–120 day journey is broken into **four strategic phases**. Each phase has a clear mission. Execute with precision.

Phase 1: Foundation + Coverage

Days 1–30. Finish 70% of syllabus properly. Build the base that everything else stands on.



Phase 2: Full Syllabus + Speed

Days 31–60. Complete remaining 30% and accelerate. Start part-syllabus mocks twice weekly.

Phase 3: Test Mode

Days 61–90. Convert knowledge into rank. Full mocks 2–3 times per week with deep analysis.

Phase 4: Final Sharpening

Last 15–30 days. Peak performance mode. PYQs, mocks, formulas, NCERT Chemistry only.

Phase 1: Foundation + Coverage

Days 1–30 | Goal: Finish 70% Syllabus Properly

This phase is about **coverage with understanding**. You're not racing through chapters—you're building a fortress that won't crumble under exam pressure.

⚡ Physics

- Mechanics (complete)
- Electrostatics + Current Electricity
- Modern Physics fundamentals

These three form 40% of JEE Physics

🧪 Chemistry

Physical: Mole concept, Thermodynamics, Electrochemistry

Organic: GOC, Hydrocarbons

Inorganic: Periodic Table, Chemical Bonding, Coordination

📐 Maths

- Quadratic Equations
- Sequences & Series
- Limits & Continuity
- Straight Lines & Circles
- Trigonometry basics

Daily Non-Negotiable: Complete at least 15–20 PYQs every single day. No excuses. This habit will compound into ranking power. watch one shot videos

Phase 2: Full Syllabus + Speed

Days 31–60 | Goal: Complete Remaining 30% + Increase Speed

Now you accelerate. The remaining 30% of syllabus needs to be covered while simultaneously building **speed and accuracy**.

1

Physics Advanced Topics

AC circuits, Magnetism, Electromagnetic Induction. These are scoring if done right. Focus on numerical problem-solving patterns.

2

Organic Reactions Deep Dive

Alcohols, Phenols, Ethers, Aldehydes, Ketones, Carboxylic Acids. Mechanism clarity is everything here—not rote memorization.

3

Inorganic NCERT Finish

Complete all NCERT Inorganic chapters. Read, underline, revise. This is where easy marks hide in plain sight.

4

Calculus + Advanced Maths

Differentiation, Integration (definite + indefinite), Probability, Vectors, 3D Geometry. High weightage. High difficulty. High reward.

Start Part-Syllabus Mocks: 2 tests per week. Analyze for 2–3 hours after each test. Focus on time per question and silly mistake patterns.

Phase 3: Test Mode

Days 61–90 | Goal: Convert Knowledge → Rank

This is where **preparation transforms into performance**. Knowledge alone doesn't crack JEE. Exam-ready reflexes do.

01

Full Syllabus Mocks: 2–3 Per Week

Take them seriously. Simulate exam conditions. No pausing. No phone. No breaks beyond allowed time.

02

Deep Analysis: 4–5 Hours Per Test

Don't just check answers. Understand why you chose wrong options. Identify if it was conceptual gap, silly mistake, or time pressure.

03

Fix the Leaks

Target silly mistakes with brutal honesty. Fix weak chapters immediately. Optimize time management by tracking time per question type.

04

Error Notebook Daily Review

Every evening, spend 20–30 minutes with your error notebook. Patterns will emerge. Those patterns are your roadmap to +50 marks.

Phase 4: Final Sharpening

Last 15–30 Days | Goal: Peak Performance

No new chapters. Only refinement.

PYQs Only

Last 10–15 years, solved multiple times. You should recognize question patterns instantly by now.

Mock Tests

Continue 2–3 full mocks per week. Focus purely on execution—speed, accuracy, question selection strategy.

Formula Sheets

Revise formula lists daily. 20 minutes before sleep. Active recall, not passive reading.

NCERT Chemistry

Read Inorganic NCERT one final time. Those 2-mark direct questions can swing your rank by hundreds.

Sleep 7 Hours Minimum: Your brain consolidates learning during sleep. Cutting sleep in the final phase is self-sabotage, not dedication.

Daily Blockwise Schedule

Non time-specific. Order matters, clock doesn't.

BLOCK 1 – Math Core (Heavy Lift)

- New concepts or tough problem sets
- Focus chapters only
- No distractions, no solutions early
- 🎯 Goal: mental strain, not completion
- 📌 Do this when your brain is freshest

BLOCK 2 – Physics Concepts + Numericals

- 1 concept chunk
- 15–25 numericals max
- End with formula recall from memory
- 🎯 Goal: thinking clarity

BLOCK 3 – Chemistry Rotation

Rotate daily:

- Day 1: Physical
- Day 2: Organic
- Day 3: Inorganic
- Repeat

Include:

- Reaction/formula writing
- 20–30 questions or fast revision
- 🎯 Goal: speed + accuracy

BLOCK 4 – Revision / Error Work

Revisit:

- Yesterday's mistakes
- Weak formulas
- Short notes
- No new learning here
- 🎯 Goal: seal leaks

BLOCK 5 – Light Recall / Buffer

Choose one:

- Flashcards
- PYQ skim
- Formula rewrite
- Mental math
- 🎯 Goal: keep engine warm without fatigue

That's your daily skeleton. No chaos. No guesswork.

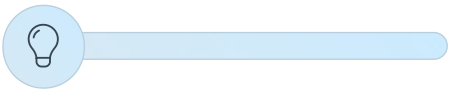
Rule of the Error Notebook

This notebook is rank gold.

Every wrong question is a gift. It shows you exactly where marks are leaking. But only if you **capture and analyze** it properly.

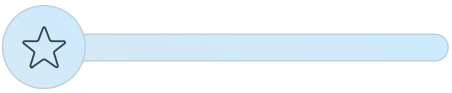
Why I Got It Wrong

Be brutally honest. Was it a concept gap? Silly mistake? Didn't read the question properly? Time pressure? Identify the real reason.



Correct Approach

Write the right method step-by-step. Include the key insight that unlocks the problem. This is your future self's cheat code.



Lesson Learned

Extract the meta-lesson. What pattern can you spot? What will you do differently next time? This turns mistakes into permanent improvement.

Review this notebook **every single day** for 20–30 minutes. Preferably before sleep. Your brain will process these patterns subconsciously and they'll become reflexes during the exam.

Reality Check

Let's be honest about what the next 90–120 days actually look like. No sugar-coating.

You Will Feel Tired

12 hours a day is exhausting. Your eyes will hurt. Your back will ache. You'll question if it's worth it. That's normal. Every top ranker felt this.

You Will Doubt Yourself

Some days you'll feel like you know nothing. Mock test scores will fluctuate. Panic will visit you. Expected. Not a sign to quit.

What Actually Matters

12 honest hours every day for 90 days beats 2 years of casual study.

Consistency compounds. The student who shows up tired beats the talented student who shows up occasionally.

Missing days will happen. What destroys ranks isn't the missed day—it's the panic → guilt → avoidance spiral that follows. You need a pre-decided crisis protocol. No drama. No "I'll restart Monday." Just damage control.

JEE Crisis Protocol

Read This Twice. Save It. Use It.

Rule #1

Never try to "catch up" by increasing hours.

If you miss 2–3 days and suddenly plan 16–18 hours/day → you'll burn out and miss more days. The math doesn't work. The biology doesn't work. **Don't do it.**

Level 1 Crisis

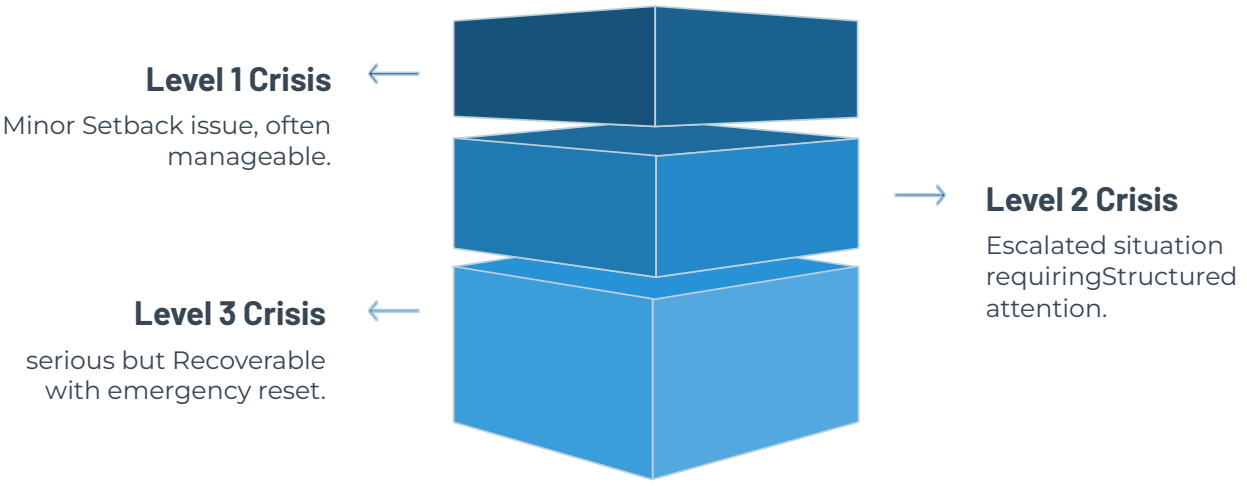
Missed 1 day. Minor setback. 24-hour recovery possible.

Level 2 Crisis

Missed 2–3 days. Needs structured 3-day recovery plan.

Level 3 Crisis

Missed 4–7 days. Serious but recoverable with 7-day emergency reset.



Each crisis level has a specific protocol. Follow it exactly. No improvisation. No panic.

Level 1 Crisis: Missed 1 Day

You missed one day. It happens. A single day doesn't derail anything if you handle it correctly.

❌ What NOT to Do

- Don't revise everything you missed
- Don't panic and try 16-hour study sessions
- Don't guilt-spiral into missing more days
- Don't abandon your schedule

✅ What to Do (Same Day)

1. Study your normal 12 hours
2. Skip low-value tasks: fancy notes, rewatching lectures
3. Cover only core concepts + PYQs from missed day

You're back on track in 24 hours.

The key insight: One missed day is **noise**, not **signal**. Don't overreact. Just resume. Your brain actually benefits from occasional breaks—this might have been good for retention.

Level 2 Crisis: Missed 2–3 Days

This is where most students spiral. Don't. You have a systematic 3-day recovery protocol.

1

Mental Reset (30 minutes)

Accept: "I missed days. It's fine." Write down chapters missed and chapters upcoming. Clarity kills anxiety.

2

Recovery Plan (3 days)

Study 10–11 hours/day (not more). Allocate 60% time to current plan, 40% to missed high-weight chapters.

3

Strategic Dropping

Drop low-weight topics. Drop the perfection mindset. Focus on high-impact chapters only.

4

Back on Track

After 3 days, resume normal 12-hour schedule. You've recovered the critical content. Move forward.

Remember: You're not recovering time. You're recovering marks. Big difference.

Level 3 Crisis: Missed 4–7 Days

Serious. But Still Recoverable.

A full week missed is a major setback. But JEE has been cracked by students who had worse gaps. You need a **structured 7-day emergency reset**.

01

Freeze Syllabus (1 hour)

Open your syllabus. Mark each chapter: ✅ Strong (revise later) | ⚠️ Medium (must do) | ❌ Weak + low weight (drop temporarily)

02

Emergency 7-Day Reset

For 7 days: study 9–10 hours/day only. Focus exclusively on high-weight chapters and PYQs. Ignore new sources completely.

03

Ruthless Prioritization

You don't have time for everything. Do ⚠️ chapters well. Ignore ❌ chapters for now. Quickly revise ✅ chapters once.

04

Resume Normal Flow

After 7 days, return to your normal 12-hour routine. You've stabilized. Now rebuild momentum systematically.

Critical Mindset Shift: You don't recover time. You recover marks. Focus on high-yield topics. Perfectionism is your enemy right now. Pragmatism is your friend.

Golden Rule After Any Break

Restart with Your STRONGEST Subject

After any break—1 day or 7 days—always restart with the subject you're most confident in. Why?

Psychological Win

Solving problems you're good at rebuilds confidence instantly. You need that dopamine hit to counter the guilt and anxiety.

Momentum Builds

Success breeds success. One good study session leads to another. Starting with your weak subject risks immediate discouragement.

Discipline Follows

Once you're in motion, discipline kicks in. The hardest part is starting. Make that start as frictionless as possible.

Momentum > Discipline. Always. Discipline is what keeps you going. But momentum is what gets you started. And starting is 80% of the battle.

Resource List: Maths

Maths is won with **problem-solving volume**, not theory accumulation. Stick to one path. Don't book-hop.

Primary Path (Best)

Coaching notes + DPP + PYQs. If your coaching material is comprehensive, you don't need anything else. Seriously.

Alternative Path

Cengage (selected problems only). Don't solve every problem. Target 50–60% of problems in each chapter—the ones that build pattern recognition.

PYQs (Non-Negotiable)

Last 20 years, chapter-wise. Solve them at least twice. By the third attempt, you should predict the method within 10 seconds of reading.

High-Yield Chapters (Focus Here)

- Calculus (Differentiation, Integration, AOD—40% of Maths paper)
- Coordinate Geometry (Straight lines, Circles, Parabola, Ellipse, Hyperbola)
- Algebra Basics (Quadratics, Complex Numbers, Sequences & Series)

Use YouTube one-shots to cover syllabus quickly if you're behind. Then immediately jump to problem-solving.

Resource List: Physics

Physics rewards **conceptual clarity + numerical practice**. Theory without problems is useless. Problems without theory is guesswork.

Core Resources

Coaching notes + DPP. These are enough if you're consistent. Don't chase HC Verma or other books unless you have a specific weak chapter.

PYQs (Non-Negotiable)

Last 20 years minimum. Physics PYQs repeat conceptual traps. Once you've seen a trap twice, you'll never fall for it again.

Optional Backup

DC Pandey for weak chapters only. If Rotational Motion isn't clicking, do 30–40 problems from DC Pandey. Then move on.

High-Yield Chapters

Mechanics

- Kinematics
- Laws of Motion
- Work, Energy, Power
- Rotational Motion

Electricity

- Electrostatics
- Current Electricity
- Capacitors

Modern Physics

- Photoelectric Effect
- Atoms & Nuclei
- Semiconductors

YouTube one-shots work great for quick syllabus coverage. Then dive into numerical problem-solving immediately.

Resource List: Chemistry

Chemistry is three different subjects pretending to be one. Each requires a **different approach**.

Physical Chemistry

Coaching material + numericals + PYQs. Physical Chemistry is Maths in disguise. Practice numerical problem-solving daily. No shortcuts here.

Organic Chemistry

Reaction mechanism notes + PYQs topic-wise. Understand mechanisms, don't memorize reactions. Once mechanisms click, 200+ reactions become patterns.

Inorganic Chemistry

NCERT ONLY. Read → revise → repeat. Inorganic is pure memory. NCERT covers 90% of what's asked. Don't touch extra books here—it's a trap.

YouTube One-Shots: Excellent for covering Organic mechanisms and Physical Chemistry theory quickly. Use them, then immediately practice PYQs to solidify understanding.

Chemistry rewards consistency over intensity. 2 hours daily beats 10 hours once a week. Make it part of your daily routine.

PYQs: Where Rank Comes From

This is Not Optional.

PYQs aren't just practice. They're the **blueprint of the exam**. JEE repeats patterns, traps, and question styles. Students who master PYQs consistently outperform those with better "preparation."

Pattern Recognition

After solving 500+ PYQs, you'll start recognizing question types within 5 seconds. That speed advantage alone is worth 30–40 marks.

Common Traps

JEE reuses conceptual traps. Wrong answer options are carefully designed. PYQs teach you to spot these traps instantly.

Difficulty Calibration

PYQs show you what "JEE-level difficulty" actually means. Coaching material is often easier or unnecessarily harder. PYQs give you the real benchmark.

How to Use PYQs

- Use topic-wise PYQ books (Arihant, Disha, etc.) or apps like Marks / ExamGoal
- Solve chapter-wise first, then year-wise for full paper practice
- Every wrong PYQ teaches more than 10 correct ones—analyze deeply

Wrong PYQ = Learn more than 10 right ones. Treat wrong answers as gold. They show you exactly where the exam will attack you.

"Bad Day" Minimum Plan

Some days you'll wake up mentally fried. Brain fog. Zero motivation. Body hurts. Happens to everyone. The key is having a **minimum viable plan**.

1 30 PYQs (Any Subject)

Pick your strongest subject. Solve 30 PYQs. Don't worry about deep understanding today—just keep your problem-solving muscle active.

2 Formula Revision (30 minutes)

Go through your formula sheets. Active recall. Write them down from memory. This keeps foundational knowledge fresh without heavy cognitive load.

3 Error Notebook (15 minutes)

Read through 10–15 past mistakes. Don't solve anything new. Just remind yourself of patterns you've already learned.

Total time: ~2 hours. That's it. On bad days, this minimum keeps you in the game. **Momentum preserved.** Zero guilt. Tomorrow you'll be back to 12 hours.

> The goal on bad days isn't productivity. It's **preventing the break from extending**. One low-intensity day is fine. Three consecutive days off is a crisis. This minimum plan prevents that.

Applying Modifiers in the Last Phase

This core system defines **what work to do, how often to test, and how to analyze**. It's your strategic framework.

Execution details like session length, time of day, and energy management are handled using **modifiers** (Focus, Time, Lifestyle).

Core System

What to study, when to test, how to revise. This document is your core.

Modifiers

How to structure sessions, optimize energy, manage lifestyle around study.

Execution

Apply modifiers inside this structure for personalized optimization.

Think of this war plan as your battle strategy. Modifiers are your tactical adjustments based on terrain, weather, and your personal combat style.

Mindset Reset (Read When You Feel Lost)

> You don't need perfect consistency. You need fast recovery.
>
> JEE doesn't reward who studied longest. It rewards who handled chaos better.
>
> Every top ranker had bad weeks. The difference? They had a protocol. They didn't panic. They recovered.
>
> You have that protocol now. Use it.