

NEET 3-4

MONTH WAR PLAN

NCERT = Bible

Bio + Inorganic
Chemistry starts and
ends here

Questions > Reading

Practice beats theory
every single time

Mistake Book Mandatory

Your errors are your
roadmap to success

Weekly Full Tests

After Month 1, test like your life
depends on it

Completion > Perfection

Done is better than perfect every
day

Who This System Is For

This system is designed specifically for students in the **final 4 months before NEET**.

This is not a beginner's guide. This is a war plan for students who have already covered the territory and now need to dominate it. If you've studied most chapters at least once, if your scores fluctuate wildly from test to test, and if you're confused about whether to revise, test, or push into new topics—this system will give you clarity and direction.

At this stage in your preparation, you are not building foundations from scratch. You are **optimising recall, sharpening accuracy, and building unshakeable confidence**. The game has changed. You're no longer learning for the first time—you're learning to execute under pressure. This system is about **conversion, not coverage**. It's about turning what you know into marks on the answer sheet.

Built For

Students who have studied most chapters at least once

Designed For

Students whose scores fluctuate heavily

Made For

Students confused between revision, tests, and new topics

Daily Study Structure (12–14 Hours)

Your day must be structured like a battle plan. Every hour has a purpose. Every block has an objective. This is not about sitting at your desk for 14 hours and hoping something sticks. This is about **deliberate, focused, ruthless execution**. The structure below is repeatable, scalable, and proven. Follow it religiously and watch your scores climb.

Block	Duration	What You Do
Block 1	2.5 hrs	Fresh topic or focused revision
Break	15 min	Walk, water, reset
Block 2	2.5 hrs	MCQs on the same topic
Break	30 min	Meal
Block 3	2 hrs	Second subject
Break	15 min	Reset
Block 4	2 hrs	MCQs + error log
Break	30 min	Meal
Block 5	2 hrs	Biology NCERT
Block 6	1–2 hrs	Revision or PYQs

- ❑ Total: 12–14 hours. No phone inside the room. Zero exceptions.

Subject-Wise Daily Split

NEET is a biology-heavy exam. If you're spending equal time on all three subjects, you're already losing. The marks distribution favors biology, and your time allocation must reflect that reality. **Respect the weight of each subject**, and allocate your hours accordingly. This is not about what you enjoy—this is about what will get you the highest score.

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Biology Hours

The foundation of your NEET score

3-4

Chemistry Hours

Balance between organic, inorganic, and physical

3-4

Physics Hours

Focused practice on high-yield topics

NEET rewards those who understand where the marks come from. Biology carries the most weight, and every hour you invest here pays dividends. Chemistry comes next, with inorganic demanding NCERT memorization and organic requiring reaction clarity. Physics needs focused problem-solving on standard models and formulas. This split is non-negotiable if you want to maximize your score.

Weekly Structure (Non-Negotiable)

Each week follows a precise rhythm designed to balance revision, testing, practice, and recovery. This is not random—this is strategic. The weekly cycle ensures you're constantly reinforcing what you know, identifying what you don't, and fixing gaps before they cost you marks on exam day.

01

Revision-Heavy Days (3 Days)

Biology recall, NCERT reading, weak-area reinforcement

02

Test + Analysis Days (2 Days)

Full mock or sectional test, deep analysis, error log updates

03

Mixed Practice Day (1 Day)

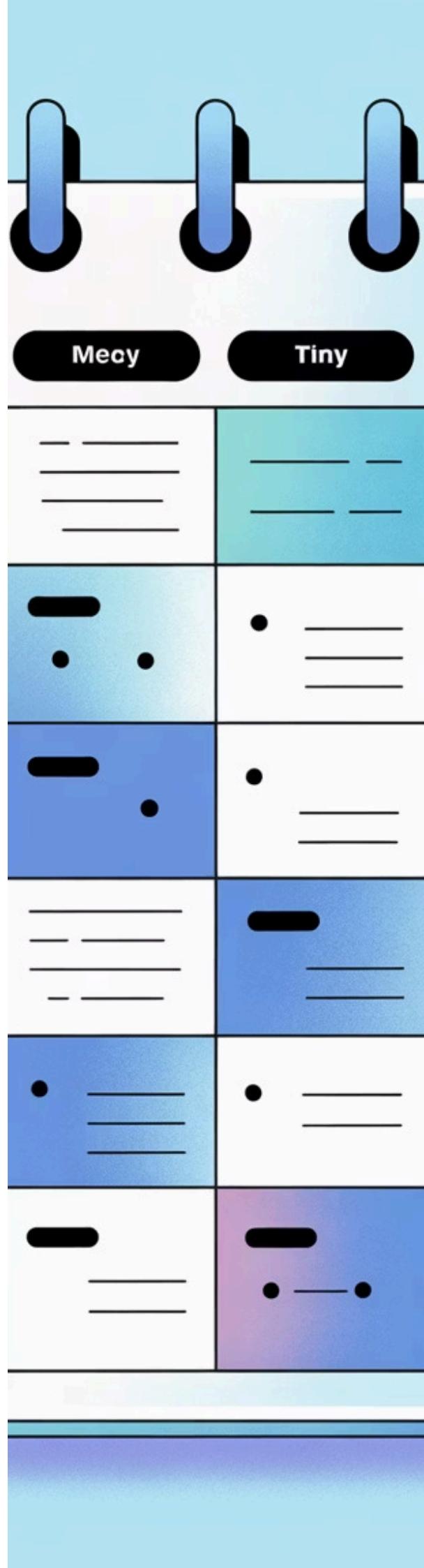
MCQs from weak chapters, PYQs, speed improvement

04

Reset / Buffer Day (1 Day)

Light revision, diagram recall, planning next week, mental reset

- ☐ Rule: No back-to-back test days without analysis. Testing without review is wasted effort.



Mock Test Strategy (NEET-Specific)

Frequency

Start with **1 full syllabus mock per week** in the early phase. As you enter the last 6–8 weeks, ramp up to **2 full mocks per week**. This progressive intensity trains your brain for exam conditions and builds stamina for the 3-hour battle you'll face on test day.

Analysis Protocol

For every incorrect or guessed question, you must categorize it into one of four types: NCERT miss, concept gap, silly mistake, or time pressure. This classification is critical because each type requires a different fix. Update your error log and weak-topic list immediately after every test.



NCERT Miss

Direct fact you skipped



Concept Gap

Fundamental misunderstanding



Silly Mistake

Careless error under pressure



Time Pressure

Rushed or incomplete attempt

Marks don't improve by testing more. They improve by fixing mistakes faster.

Every mock test is a diagnostic tool, not a performance showcase. Treat it as data. Extract the lessons. Fix the gaps. Move forward.

Month 1: Complete Syllabus Fast

FOUNDATION LOCK

The first month is about **velocity and completion**. You will move through the entire syllabus at speed, prioritizing coverage over perfection. This is your foundation lock—ensuring every topic has been touched, every chapter has been visited, and every concept has been activated in your brain. Speed is the weapon here, not depth.

Biology (Priority #1)

Daily Goal: 2 chapters minimum. Your method is simple and brutal: read NCERT line-by-line, highlight key facts, and solve 100–150 MCQs the same day. No delays. No excuses. Follow this order: Human Physiology, Genetics + Evolution, Cell + Biomolecules, Plant Physiology, Ecology, Reproduction, Biotechnology, Diversity.



NCERT Read

Line-by-line, no skipping

Highlight Facts

Mark key points directly

100–150 MCQs

Same day, no delay

- Critical Rule: Don't make separate notes. NCERT markings only. The book is your Bible.

Month 1: Physics

Physics in Month 1 is about formula clarity and mastering standard models. You're not trying to become a physicist—you're trying to solve NEET questions fast and accurately. Your goal is simple: understand the formula, recognize the pattern, execute the solution. Every day, tackle 1 chapter in 1.5–2 days, and solve 60–80 MCQs daily.

- **Kinematics**

Motion equations and graph interpretations

- **Laws of Motion**

Free body diagrams and force applications

- **Work-Energy-Power**

Energy conservation and work-energy theorem

- **COM + Rotational**

Center of mass and rotational dynamics

- **Thermodynamics**

Laws, processes, and engine cycles

- **Electrostatics**

Coulomb's law and electric fields

- **Current Electricity**

Circuits, resistance, and Kirchhoff's laws

- **Magnetism**

Magnetic fields and electromagnetic induction

- **Modern Physics (VERY HIGH ROI)**

Photoelectric effect, nuclear physics, and atoms

Modern Physics deserves special attention because it delivers **maximum marks for minimum effort**. The formulas are straightforward, the concepts are limited, and the questions are predictable. Prioritize it.

Month 1: Chemistry

Chemistry is a three-headed beast, and you must tackle each head differently.

Physical Chemistry is about numericals and calculation speed. **Organic Chemistry** is about reaction clarity and mechanism understanding. **Inorganic Chemistry** is pure NCERT memory work—there are no shortcuts here. Split your daily chemistry time equally across all three domains.

Physical Chemistry

Mole concept,
Thermodynamics,
Electrochemistry,
Solutions—master the
numericals and
formula applications

Organic Chemistry

General Organic
Chemistry (GOC),
Hydrocarbons,
Biomolecules—clarity
on reactions and
mechanisms

Inorganic Chemistry

Periodic properties,
Bonding, Coordination
compounds—pure
NCERT memorization

1

2

3

**Mole → Thermo →
Electro → Solutions**

**GOC → Hydrocarbons →
Biomolecules**

**Periodic → Bonding →
Coordination**

Follow this order religiously. Organic and Physical Chemistry build on themselves—jumping around creates confusion. Inorganic is flexible but must be revisited daily because memory fades fast without reinforcement.

Month 2: Full Syllabus + PYQs (2005–2024)

Month 2 is where **theory meets reality**. You've completed the syllabus in Month 1. Now you apply it. This month is dominated by Previous Year Questions (PYQs) from 2005 to 2024. PYQs are the most valuable resource you have because they reveal exactly what NEET asks, how it asks, and where students typically fail.

Treat them like gold.

Daily Rule

50% of your time goes to PYQs. The other 50% goes to weak areas identified from those PYQs. This is active learning—not passive review.

Weekly Commitment

Take 2 Part Tests every week. Analyze them the same day. No delays. Analysis without immediacy is useless—your memory of mistakes fades within hours.

Biology Focus

ONLY NCERT + PYQs. No extra books, no extra sources. NCERT is the scripture, and PYQs are the sermon. Everything else is noise.

Physics/Chemistry Protocol

Solve PYQs chapter-wise. Revise formulas daily. Speed and accuracy are built through repetition, not inspiration.

By the end of Month 2, you should have touched every PYQ from the last 20 years at least once. This is non-negotiable.

Month 3: Full Mock Mode

Month 3 is **war simulation**. You are no longer studying—you are training for battle. This month, you take **3 full tests every week**, analyze them deeply, and use the remaining days to patch holes. The intensity ramps up, and your mental stamina becomes as important as your conceptual clarity. This is where champions are forged.

- 1 **3 Full Tests/Week**
Simulate real exam conditions every time
- 2 **2 Days Revision**
Focused reinforcement of weak chapters
- 3 **2 Days Weak Areas**
Target specific gaps identified in tests

Daily Structure in Month 3

Morning: Test or deep analysis of previous test. **Afternoon:** Weak chapters targeted practice. **Night:** NCERT Biology revision—every single night without fail. Biology NCERT is your anchor. It keeps you grounded even when Physics and Chemistry feel chaotic.

By the end of this month, you should be scoring consistently within 10–15 marks of your target. If you're not, your analysis process is broken—not your knowledge.

Last 20–30 Days (Final Kill Zone)

The final stretch is about confidence, consistency, and calm execution. You are no longer building—you are polishing. The last 20–30 days are not for learning new material. They are for **sharpening what you already know into a lethal weapon**. Every minute counts. Every test matters. Every revision session is a dress rehearsal for the main event.

Alternate-Day Full Tests

Take a full mock, analyze it, rest, repeat. This rhythm keeps you sharp without burning you out.

NCERT Bio Revision EVERY DAY

No exceptions. Biology is 50% of your score. One pass through NCERT daily keeps recall razor-sharp.

Inorganic Chemistry Daily

Inorganic fades fast. Daily reinforcement prevents memory decay.

No New Material

If you haven't seen it by now, you don't need it. Trust your preparation.

Sleep 6 Hours Minimum

Sleep is not a luxury—it's a strategic advantage. Your brain consolidates learning during sleep.

This phase is about mental conditioning as much as academic reinforcement.

Confidence comes from repetition. You've seen these concepts dozens of times. You've solved these questions hundreds of times. Trust the process. Execute with calm precision.

Crisis Protocol (Miss Days? Don't Panic)

Life happens. You will miss days. You will have bad days. You will feel like giving up. This protocol exists so you know exactly what to do when things go wrong.

Panic is the enemy, not the missed day. Follow the protocol, recover fast, and keep moving forward.

Level 1 Crisis: Missed 1–3 Days

Add **+2 hours per day** for the next 3 days. Skip perfection —focus only on PYQs. You're not behind, you're recalibrating.

Level 2 Crisis: Missed 1 Week

Drop new chapters entirely. Focus only on revision and PYQs. Resume testing as soon as possible. Tests keep you accountable.

Burnout / Brain Dead Day

Do **only Biology NCERT**. Read it slowly. Highlight familiar facts. This counts as a productive day and keeps momentum alive.

- Remember: One bad day does not destroy months of preparation. One bad week can be recovered. Consistency over perfection.

Resources (Keep It Limited)

More resources do not mean better preparation. In fact, too many resources create confusion, dilute focus, and waste time. Stick to the essentials. Master them completely. The students who score 650+ are not using 10 different books —they are using 3 books 10 times each.

Biology

NCERT – Your primary weapon
MTG NCERT at Fingertips – MCQ practice
NEET PYQs Book – Pattern familiarity

Physics

DC Pandey (Selective) – Problem-solving
NEET PYQs – Question patterns
Formula Sheet (Self-Made) – Quick revision

Chemistry

NCERT – Inorganic and basics
MS Chouhan (Organic – Selective) – Reaction clarity
PYQs – Application practice

Tests

Allen / Aakash / PW / MTG – Pick ONE platform and stick to it. Don't mix test series. Consistency builds familiarity.

If you're using more than 5 books total, you're not serious—you're distracted. Cut the clutter. Focus on mastery, not collection.

Daily Checklist (Print This)

Execution beats strategy. Discipline beats motivation. This daily checklist is your accountability system. Print it. Stick it on your wall. Check it off every single night before you sleep. **If you hit all four items, you've had a winning day.** String together enough winning days, and you'll have a winning result.

1

12+ Hours Done

No excuses, no shortcuts. Put in the time.

2

150+ Bio MCQs

Biology is your foundation. Practice it daily.

3

Error Log Updated

Mistakes are only valuable if you record and review them.

4

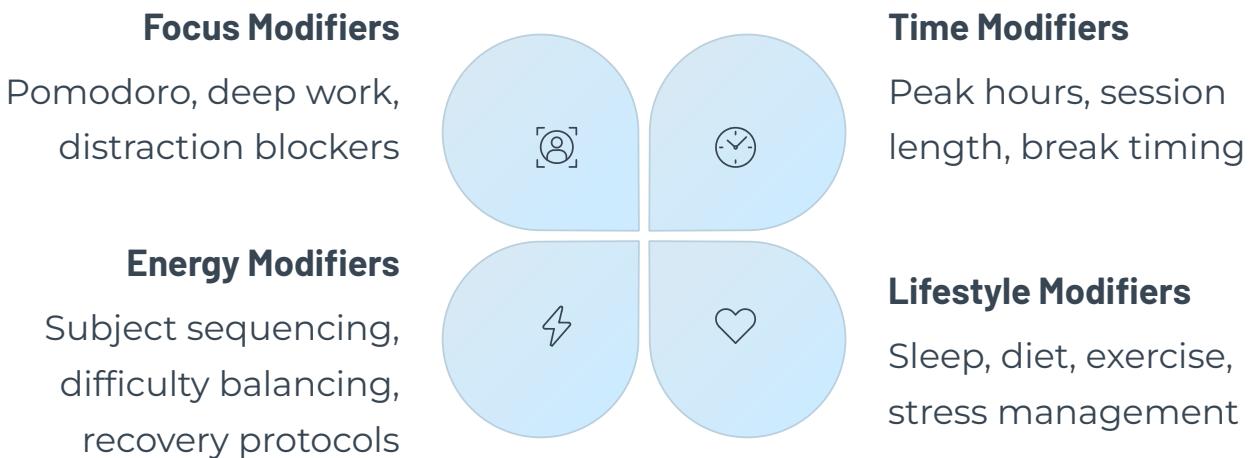
NCERT Touched Today

Even if it's just 30 minutes, stay connected to the source.

This checklist is not optional. It's the difference between students who "feel" prepared and students who actually score 650+. Feelings lie. Checklists don't.

Applying Modifiers in the Last Phase

This core system defines **what to prioritize, how to revise, and when to test**. But execution lives in the details—session length, time of day, energy management, focus techniques, lifestyle habits. These are called **modifiers**, and they adapt the system to your unique context. The system is the skeleton. Modifiers are the muscle.



- ⓘ Apply modifiers **inside** this system, not instead of it. The system tells you what to do. Modifiers tell you how to do it sustainably. Together,

Real Talk: Final Reminders

You are **not late**. You are undisciplined until now. Fix that, and NEET doesn't care about your past. The exam does not penalize you for a slow start—it only rewards a strong finish. These final months are not about making up for lost time. They are about executing with precision, confidence, and relentless focus.



You Are Refining, Not Restarting

You have the knowledge. Now sharpen it into a tool that scores marks.



Familiarity Builds Confidence

Every revision pass makes recall faster. Every test makes execution smoother.



Confidence Improves Recall

When you trust your preparation, your brain accesses information faster under pressure.



Calm Execution Beats Panic Every Time

NEET is not won by geniuses. It's won by disciplined students who stay calm and execute their system.

This phase rewards **precision and consistency**. You don't need to be perfect. You need to be present, focused, and committed. Show up every day. Follow the system. Trust the process. The results will follow.

You've Got This.