

Junior Penetration Tester (Jr Pen Test) - 2-Week Plan

Total Duration: 2 Weeks

Strategy: Divide & Conquer (Parallel Execution)

Daily Standups: 15-30 min quick sync

Team Members & Roles

- Ahmed Ehab Amin
 - Amr
 - Bakr
 - Mina
 - Mohammed Elalfy
 - Omar Gamal
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Week 1 - Fundamentals and Initial Exploitation

Day 1-2: Introduction & Fundamentals

Goal: Build a strong foundation in Cyber Security & Pentesting

Sections Covered:

- Introduction to Cyber Security → (Everyone)
- Introduction to Pentesting → Ahmed & Amr
- Introduction to Web Hacking → Bakr & Mina

Deadline: End of Day 2

Deliverables: Summarize key takeaways, complete initial labs, and set up tools

Day 3-4: Web Hacking & Burp Suite

Goal: Understand web hacking methodologies and Burp Suite

Sections Covered:

- Burp Suite → Ahmed & Omar
- Advanced Web Hacking Techniques → Bakr & Mina

Deadline: End of Day 4

Deliverables: Successfully exploit web vulnerabilities and document findings

Day 5-6: Network Security & Vulnerability Research

Goal: Learn network security, scanning techniques, and vulnerability research

Sections Covered:

- Network Security → Mohammed & Amr
- Vulnerability Research → Ahmed & Omar

Deadline: End of Day 6

Deliverables: Perform network scans, analyze vulnerabilities, and report findings

Day 7: Review & Catch-up

Goal: Team members review progress, clarify doubts, and complete pending tasks

Tasks:

- Discuss challenges encountered during the week
 - Ensure all members have understood core topics
 - Update documentation and review tools
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Week 2 - Advanced Exploitation and Practical Application

Day 8-9: Exploitation & Privilege Escalation

Goal: Gain deeper understanding of system exploitation

Sections Covered:

- Metasploit → Bakr & Mina
- Privilege Escalation (Linux & Windows) → Ahmed & Omar

Deadline: End of Day 9

Deliverables: Successfully exploit at least two systems and document privilege escalation techniques

Day 10-11: Hands-on Practice & CTF Challenges

Goal: Apply knowledge in Capture The Flag (CTF) challenges

Tasks:

- Each pair selects 2-3 CTF challenges and solves them
- Focus on real-world pentesting workflows

Deadline: End of Day 11

Deliverables: Capture at least four flags as a team and document steps

Day 12-13: Report Writing & Documentation

Goal: Create professional penetration testing reports

Tasks:

- Each member writes a report on one challenge they solved
- Ahmed & Omar review and finalize reports

Deadline: End of Day 13

Deliverables: Fully documented penetration testing reports

Day 14: Final Review & Knowledge Sharing

Goal: Conduct a final review and consolidate learnings

Tasks:

- Share key takeaways from the experience
 - Discuss areas for further improvement
 - Ensure all reports and documentation are complete
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Collaboration & Tools

Notes & Reports: GitHub

Communication: Discord / WhatsApp

Progress Tracking: Daily check-ins

Final Goals (After 2 Weeks)

- Successfully complete the Jr Pen Test Track and earn certificates
- Gain practical pentesting experience
- Develop structured documentation skills
- Enhance problem-solving and teamwork skills