**Week 1: Introduction and Setup**

* **Day 1-2:** Introduction to JavaScript (ES6+ features, asynchronous programming)
* **Day 3-4:** Setting up your development environment (Node.js, npm/yarn)
* **Day 5-7:** Basic introduction to MongoDB (CRUD operations, basic queries)

**Week 2: Frontend with React**

* **Day 1-2:** Learn React fundamentals (components, JSX, props, state)
* **Day 3-4:** Understand React lifecycle methods and hooks
* **Day 5-7:** Build a simple React app (e.g., a to-do list or a weather app)

**Week 3: Frontend Advanced**

* **Day 1-3:** Learn React Router for client-side routing
* **Day 4-5:** Study state management with Context API or Redux
* **Day 6-7:** Integrate APIs into your React app

**Week 4: Backend with Node.js and Express**

* **Day 1-2:** Introduction to Node.js and Express (setting up a basic server)
* **Day 3-4:** Build RESTful APIs with Express (CRUD operations)
* **Day 5-7:** Learn about middleware, error handling, and routing in Express

**Week 5: Database Integration with MongoDB**

* **Day 1-3:** Deep dive into MongoDB with Mongoose (schemas, models)
* **Day 4-5:** Connect your Express server to MongoDB
* **Day 6-7:** Implement data validation and relationships in MongoDB

**Week 6: Connecting Frontend and Backend**

* **Day 1-3:** Learn how to make HTTP requests from React to your Express API (using Axios or Fetch)
* **Day 4-5:** Implement user authentication (JWT, sessions)
* **Day 6-7:** Build and test authentication flows in your app

**Week 7: Deployment and Advanced Topics**

* **Day 1-3:** Introduction to deployment (Heroku, Vercel, or Netlify for frontend; MongoDB Atlas for database)
* **Day 4-5:** Explore advanced React topics (performance optimization, server-side rendering)
* **Day 6-7:** Learn about advanced Express features (middleware, security best practices)

**Week 8: Project Development and Review**

* **Day 1-4:** Develop a full MERN stack project (e.g., a blog, e-commerce site)
* **Day 5-7:** Test, debug, and refine your project; review and consolidate learning

Feel free to adjust the plan based on your pace and specific interests. Good luck with your MERN stack journey!