

NEET Preparation Tips and Timetable

1. Set a Goal: Write down your NEET target score and keep it where you can see it daily.
2. Stay Positive: Believe in your abilities and focus on consistent efforts.
3. Prioritize Health: Eat healthy, sleep 6-7 hours daily, and practice meditation for concentration.
4. Track Progress: Review your weekly progress in all subjects and adjust your timetable.

Daily Timetable:

- 6:00 AM - 3:00 PM: School hours (Revise notes or formulas during breaks).
- 3:30 PM - 4:30 PM: Quick nap and refresh.
- 4:30 PM - 5:00 PM: Study Biology (Diagrams and NCERT revision).
- 5:00 PM - 6:00 PM: Cooking (Listen to NEET audio lectures or revise mentally).
- 7:30 PM - 9:30 PM: Study Chemistry (1 hour Physical + 1 hour Organic/Inorganic).
- 9:30 PM - 10:00 PM: Dinner and light relaxation.
- 10:00 PM - 12:00 AM: Study Physics (1 hour concepts + 1 hour numerical practice).
- 12:00 AM - 6:00 AM: Sleep.

Weekly Study Focus:

1. Biology:

- Study NCERT daily for 30-60 minutes.
- Focus on diagrams, processes, and NCERT-based MCQs.

2. Chemistry:

- Physical Chemistry: Daily numerical practice (alternate days).
- Organic Chemistry: Focus on reaction mechanisms.
- Inorganic Chemistry: Memorize periodic table trends and NCERT content weekly.

3. Physics:

- Study concepts using HC Verma or NCERT.
- Practice numerical daily.
- Focus on mechanics, electricity, and thermodynamics.

Weekly Targets:

- Monday to Friday: Cover 1 chapter each from Biology, Chemistry, and Physics.
- Saturday: Revise a full Biology chapter + solve 50 MCQs from all subjects.
- Sunday: Attempt a mock test, analyze mistakes, and revise weak areas.

Mindset Practices:

- Review what you'll learn before every session.
- Summarize key points in a notebook after studying.
- Reward yourself for a productive day.