



FREE STUDY PLANNER

The Exam Prep Planner

A syllabus tracker, a weekly timetable, and a mock-test log to run a calm, consistent prep. Works for JEE (Physics, Chemistry, Maths) and NEET (Physics, Chemistry, Biology).

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A printable planner from gauravtiwari.org. Fill it in pencil; revise it weekly.

The study rhythm

Consistency beats cramming. Map the syllabus once, set weekly targets, protect daily deep-work blocks, and let a weekly mock tell you what to revise. Repeat until the exam.

1 Map the syllabus

List every subject and chapter in the tracker. Seeing the whole thing kills the panic and shows what's left.

2 Set weekly targets

Pick the chapters for the week. Fewer, finished beats many, half-done.

3 Protect daily blocks

Two or three focused blocks a day in the timetable. Same times daily builds the habit.

4 Take one weekly mock

Full-length, timed. Log it. Your score matters less than which topics leaked.

5 Revise the weak topics

Feed the mock's weak areas back into next week's targets. That loop is the whole method.

Track confidence, not just "done." A chapter you read once isn't learned. Rate each topic 1–5 and keep returning to the 1s and 2s.

Syllabus Tracker

Topic by topic

One row per chapter. Fill your subjects (JEE: Physics, Chemistry, Maths · NEET: Physics, Chemistry, Biology). Mark studied, revised, and how confident you honestly feel.

SUBJECT	CHAPTER / TOPIC	STUDIED	REVISED	CONFIDENCE 1-5

Weekly Timetable

Blank grid

Block your study times for the week. Same slots every day beats a heroic plan you can't keep. Leave real breaks in.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN

Mock-Test Tracker

Learn from every test

The score is feedback, not a verdict. Log the weak areas and turn them into next week's targets.

DATE	TEST	SCORE	WEAK AREAS TO REVISE	NEXT ACTION

Every mock feeds the tracker. After each test, copy the weak areas into your syllabus tracker as confidence 1s and 2s. That's how a bad mock becomes next week's win.