



NEET EXAM PREPARATION TRACKER

★ Plan Today • Study Smart • Stay Consistent • Crack NEET ★



STUDENT NAME : _____

TARGET NEET YEAR : _____

START DATE : _____

ROLL NUMBER : _____

DAYS LEFT FOR NEET : _____ Days

TARGET SCORE : _____ / 720



SUBJECT WISE SYLLABUS & STUDY TRACKER

SUBJECT	SYLLABUS COMPLETION (%)	NOTES COMPLETION (%)	PRACTICE QUESTIONS (%)	TESTS COMPLETED (% or count)	OVERALL PROGRESS (%)
PHYSICS	____%	____%	____%	____%	____%
CHEMISTRY	____%	____%	____%	____%	____%
BOTANY	____%	____%	____%	____%	____%
ZOOLOGY	____%	____%	____%	____%	____%
OVERALL	____%	____%	____%	____%	____%



DAILY STUDY TRACKER

DATE : _____ DAY : _____

SUBJECT	STUDY HOURS (HH:MM)	TOPICS STUDIED
PHYSICS		
CHEMISTRY		
BOTANY		
ZOOLOGY		
TOTAL STUDY TIME		



WEEKLY GOALS

- ☐ Complete syllabus target _____%
- ☐ Revise important topics _____
- ☐ Solve practice questions _____
- ☐ Take tests regularly _____
- ☐ Analyze & improve weak areas _____



SYLLABUS PROGRESS (TOPIC WISE)

SUBJECT	TOPIC / UNIT	STATUS	IMPORTANCE (H/M/L)	COMPLETION (%)	REVISION (DATE)
PHYSICS	1.	☐	H / M / L	____%	_____
	2.	☐	H / M / L	____%	_____
	3.	☐	H / M / L	____%	_____
CHEMISTRY	1.	☐	H / M / L	____%	_____
	2.	☐	H / M / L	____%	_____
	3.	☐	H / M / L	____%	_____
BOTANY	1.	☐	H / M / L	____%	_____
	2.	☐	H / M / L	____%	_____
	3.	☐	H / M / L	____%	_____
ZOOLOGY	1.	☐	H / M / L	____%	_____
	2.	☐	H / M / L	____%	_____
	3.	☐	H / M / L	____%	_____

STATUS: ☐ Not Started ☐ In Progress ☐ Completed ☐ Revised



TEST TRACKER

TEST TYPE	DATE	SCORE (/720)	PERCENTILE (%)	ANALYSIS (✓/✗)
NCERT Test 1				
NCERT Test 2				
Minor Test 1				
Minor Test 2				
Major Test 1				
Major Test 2				
Full Syllabus Test 1				
Full Syllabus Test 2				



WEAK TOPICS & IMPROVEMENT PLAN

SUBJECT	WEAK TOPICS	REASON	ACTION PLAN	REVIEW DATE



STUDY PLAN (WEEKLY OVERVIEW)

	MON	TUE	WED	THU	FRI	SAT	SUN
PHYSICS							
CHEMISTRY							
BOTANY							
ZOOLOGY							
TEST / REVISION							



MONTHLY PROGRESS

MONTH	SYLLABUS (%)	TEST AVG (%)	REMARKS
MONTH 1			
MONTH 2			
MONTH 3			
MONTH 4			
MONTH 5			
MONTH 6			



NOTES / MOTIVATION

"The harder you work today, the closer you are to your NEET dream." ♥



DAILY SELF-REVIEW

How was my study today? ☆☆☆☆☆
How well did I focus? ☆☆☆☆☆
Did I complete my targets? ☆☆☆☆☆
What can I improve tomorrow? _____



IMPORTANT REMINDERS

- ☐ Stick to the plan
- ☐ NCERT is must
- ☐ Give tests & analyze
- ☐ Revise regularly
- ☐ Stay healthy & positive



NEXT BIG GOAL

GOAL : _____
TARGET DATE : _____
WHY THIS GOAL MATTERS TO ME: _____

