

JEE & NEET REVISION TRACKER

The Revision Rule of Three: Science shows that recall is strongest when concepts are revisited at increasing intervals (e.g., Day 1, Day 7, Day 30). For **NEET**, Biology is strictly NCERT-bound (85-90% direct questions), and Chemistry requires 70-80% NCERT lines. For **JEE**, speed and deep concept integration are tested. Use this tracker to check off key preparation stages for each high-weightage chapter.

1. HIGH-WEIGHTAGE REVISION ROADMAP

Subject & High-Weightage Chapter	Weight / Yield	NCERT Line	Short Notes	PYQs Solved	Revision Rounds R1 / R2 / R3
PHYSICS (Mechanics, Electrodynamics & Optics)					
• Geometrical & Ray Optics	7.37% (JEE Main)	☐	☐	☐	☐ ☐ ☐
• KTG & Thermodynamics	6.53% (JEE Main)	☐	☐	☐	☐ ☐ ☐
• Mechanics (Rotational Dynamics, Laws of Motion, WEP)	35-38% (Core)	☐	☐	☐	☐ ☐ ☐
• Electrostatics & Current Electricity	High Yield	☐	☐	☐	☐ ☐ ☐
• Modern Physics (Atoms, Nuclei, Photoelectric)	High Yield	☐	☐	☐	☐ ☐ ☐
CHEMISTRY (PC, OC & IOC)					
• General Organic Chemistry (GOC) & Reaction Mechanisms	High Yield	☐	☐	☐	☐ ☐ ☐
• Coordination Compounds & Chemical Bonding	High Yield	☐	☐	☐	☐ ☐ ☐
• Chemical Kinetics & Thermodynamics	High Yield	☐	☐	☐	☐ ☐ ☐
• Mole Concept & Stoichiometry (Physical Chem)	Foundation	☐	☐	☐	☐ ☐ ☐
MATHEMATICS (JEE Stream Only)					
• Calculus (Limits, Continuity, Integration, Diff. Equations)	Highest Weight	☐	☐	☐	☐ ☐ ☐
• Vectors & 3D Geometry	High Yield	☐	☐	☐	☐ ☐ ☐
• Algebra (Matrices, Probability, Complex Numbers)	High Yield	☐	☐	☐	☐ ☐ ☐
BIOLOGY (NEET Stream Only)					
• Cell Structure, Division & Biomolecules	Foundation	☐	☐	☐	☐ ☐ ☐
• Genetics & Evolution	High Yield	☐	☐	☐	☐ ☐ ☐
• Human & Plant Physiology	High Yield	☐	☐	☐	☐ ☐ ☐
• Ecology & Environment	High Yield	☐	☐	☐	☐ ☐ ☐

ACTIVE RECALL & SPACED REPETITION LOG

Track study intervals to prevent memory decay and enforce retrieval practice.

2. ACTIVE RECALL & INTERVAL PLANNER

Date	Subject & High-Yield Chapter	Recall Method (Feynman / Quiz / Self-Test)	Review 1 Day +1	Review 2 Day +7	Review 3 Day +30	Status / Next Date
___/___/___		Self-Test / Flashcards / Feynman	☐	☐	☐	
___/___/___		Self-Test / Flashcards / Feynman	☐	☐	☐	
___/___/___		Self-Test / Flashcards / Feynman	☐	☐	☐	
___/___/___		Self-Test / Flashcards / Feynman	☐	☐	☐	
___/___/___		Self-Test / Flashcards / Feynman	☐	☐	☐	
___/___/___		Self-Test / Flashcards / Feynman	☐	☐	☐	
___/___/___		Self-Test / Flashcards / Feynman	☐	☐	☐	
___/___/___		Self-Test / Flashcards / Feynman	☐	☐	☐	

3. WEEKLY REVISION & ASSESSMENT TRACKER

Week	Chapters Revised	MCQs Solved	Test Accuracy %	Weak Areas / Traps Identified	Error Logged
W 1		Target: 100/day	Target: >80%		☐
W 2		Target: 100/day	Target: >80%		☐
W 3		Target: 100/day	Target: >80%		☐
W 4		Target: 100/day	Target: >80%		☐
W 5		Target: 100/day	Target: >80%		☐

4. REVISION BEST PRACTICES

- 1. Never Skip NCERT:** Up to 90% of Biology questions and 80% of Chemistry questions in NEET are taken directly from NCERT textbook lines. Highlight conceptual diagrams and read summaries.
- 2. Maintain an Active Error Log:** Don't just tick off a solved chapter. Log questions you missed due to conceptual gaps or silly calculation errors. Attempt them again exactly 7 days later.
- 3. Interleaved Practice:** Instead of practicing 100 questions of the same type, mix chapters together. This simulates real exam environments where your brain must adapt to rapid context switching across Physics, Chemistry, and Math/Biology.