

JEE Main 90-Day Study Plan & Timetable

A Structured 3-Month Revision Roadmap

Phase-wise Breakdown

Phase	Duration	Focus
Phase 1: Foundation Revision	Days 1-30	Cover full syllabus chapter-by-chapter; solve NCERT-level and basic problems
Phase 2: Weightage-Based Practice	Days 31-60	Focus on high-weightage chapters (see our Weightage Guide); start solving previous year questions
Phase 3: Full Mock Tests	Days 61-80	Attempt full-length timed mock tests every 2-3 days; analyse mistakes and learn from them
Phase 4: Final Revision	Days 81-90	Revise formula sheets and short notes only; light practice; prioritise rest and health

Suggested Daily Structure (Phase 1-2)

- 2.5-3 hours Physics, 2.5-3 hours Chemistry, 2.5-3 hours Mathematics
- End each subject block with 15-20 practice questions on that day's topic
- One weekly full revision day to consolidate the week's learning

Suggested Daily Structure (Phase 3-4)

- Alternate days: one full mock test day, one analysis + weak-topic revision day
- Maintain an error log — note every mistake and its root cause
- Sleep and diet consistency matter more in these final weeks than extra hours of study

Adjust to Your Starting Point

This is a template, not a rulebook. If you're starting with strong basics, compress Phase 1 and spend more time in Phases 2-3. If you're starting late, prioritise high-weightage chapters from day one.

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