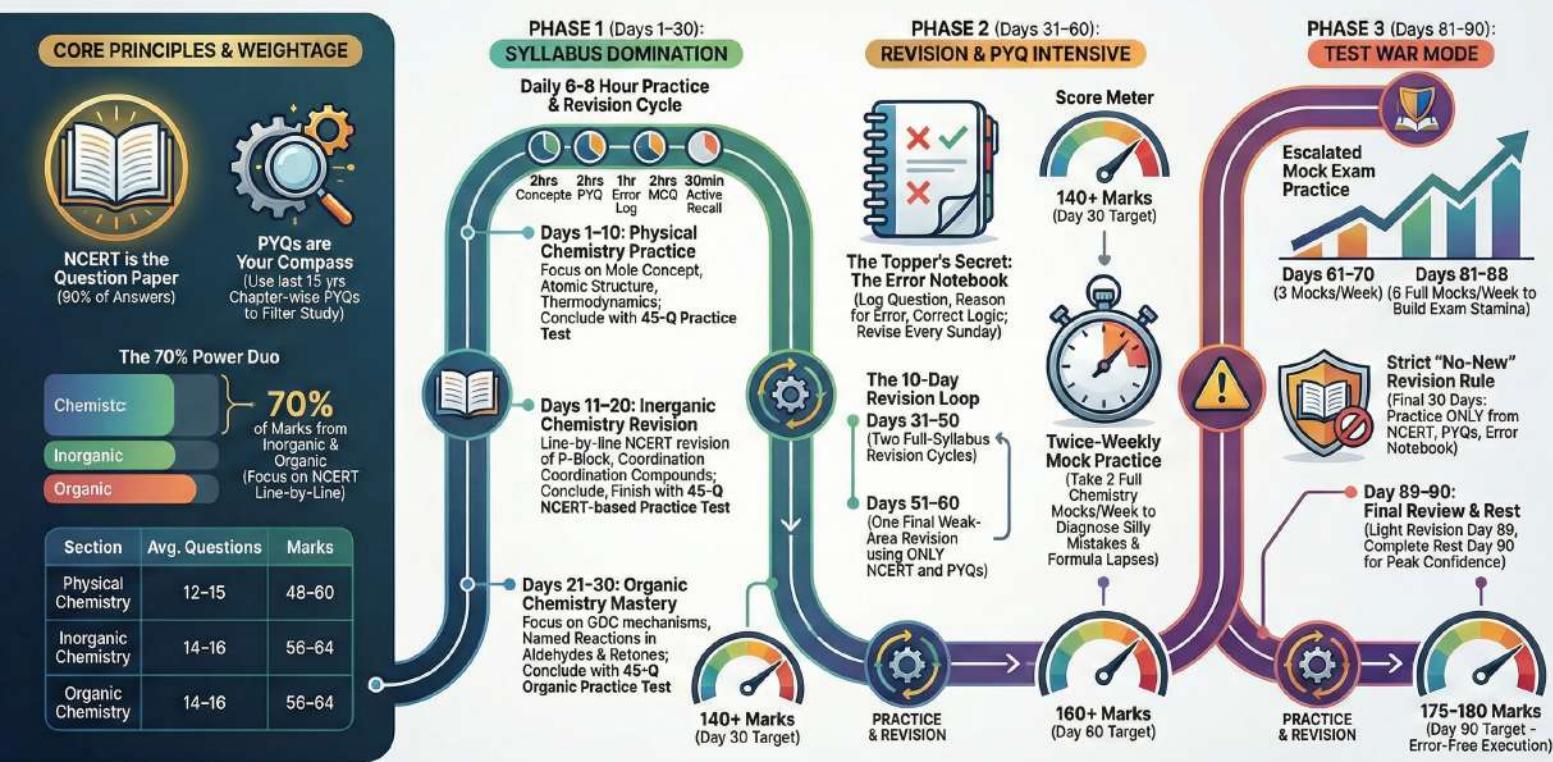


# NEET 2026 Chemistry: The 90-Day Roadmap to 180/180



# NEET 2026: The 10-Hour Daily Mastery Blueprint

**Clear, actionable daily routine:** Balanced study, practice, & recovery for NEET 2026 aspirants.

## 06:00 – 12:00 | Morning Mastery (Bio & Chem)



**Biology:** Study concepts line-by-line from NCERT.



**Chemistry:** Follow with Chemistry theory & PYQs.

## Strategic Success Pillars

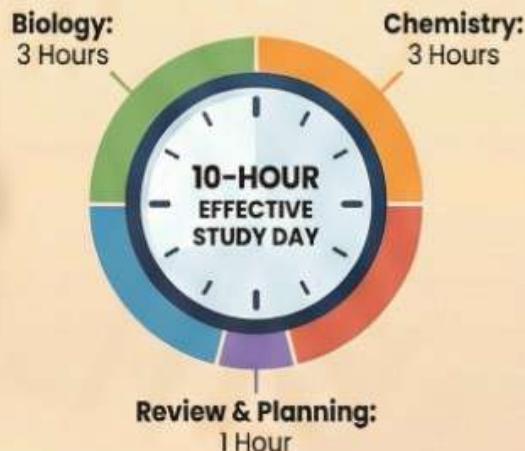
### The AIR-1 Non-Negotiables

- Biology/Chemistry** require word-to-word NCERT mastery.
- Physics** requires concept-driven numerical practice.

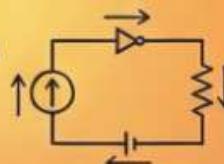
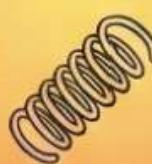
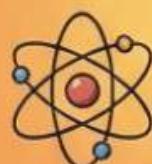
### The AIR-1 Non-Negotiables

- Error Notebook Over New Books:** Prioritize recording & reviewing mistakes in a dedicated notebook.

### The 3-3-3-1 Time Split

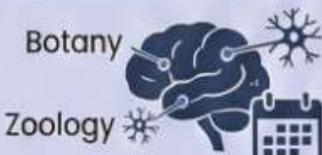


## 14:00 – 17:30 | Evening Power (Physics)



**Physics:** Focus on Mechanics & Electrostatics using the Theory → Derivation → Numericals method

## 19:15 – 22:00 | Nightly Consolidation



Revise opposite subjects (Botany/Zoology) & plan tomorrow's targets.



Plan tomorrow's targets before sleeping by 10 PM for recovery.



# NEET CHEMISTRY PYQ FREQUENCY ANALYSIS

(Based on Last 15 Years)



## PHYSICAL CHEMISTRY (~12-15 Questions)

Chapter	Avg Q / Year	Priority
Mole Concept	1-2	★★★★★
Atomic Structure	1	★★★
Thermodynamics	1-2	★★★★★
Solutions (Colligative)	1-2	★★★★★
Ionic Equilibrium	2-3	★★★★★
Electrochemistry	2-3	★★★★★
Chemical Kinetics	1-2	★★★★★



## INORGANIC CHEMISTRY (~14-16 Questions)

Chapter	Avg Q / Year	Priority
Periodic Table & Trends	1-2	★★★★★
Chemical Bonding	2-3	★★★★★
P-Block (Groups 13-18)	4-5	★★★★★
d-Block Elements	2	★★★
Coordination Compounds	3-4	★★★★★
Practical Chemistry	2-3	★★★★★



## ORGANIC CHEMISTRY (~14-16 Questions)

Chapter	Avg Q / Year	Priority
GOC + Isomerism	2-3	★★★★★
Aldehydes & Ketones	2-3	★★★★★
Alcohols, Phenols, Ethers	2	★★★
Amines	1-2	★★★
Biomolecules	2	★★★★★



### MOST ASKED

- ✓ Ionic Equilibrium
- ✓ Chemical Bonding
- ✓ P-Block & Co-ordination



### QUESTION TYPES

- 35% NCERT Line
- 40% Conceptual
- 25% Numerical



### AIR-1 TIPS

- ★★★★★ = Mastered
- ★ NCERT First
- ★ 3x Revision Rule