

NEET High-Yield Chapters Checklist

Use this one-page guide to track your progress on the most important chapters in Biology, Physics, and Chemistry. Tick off completion, accuracy, and revision cycles.

Biology

Biology Chapters	Done?	Revised?	Strong/Weak
Genetics & Evolution			
Human Physiology			
Ecology			
Cell & Cell Cycle			
Reproduction (Plants & Humans)			
Biotechnology			

Physics

Physics Chapters	Done?	Revised?	Strong/Weak
Mechanics Core			
Current Electricity + Electrostatics			
Optics			
Thermodynamics			
Modern Physics			
Oscillations & Waves			

Chemistry

Chemistry Chapters	Done?	Revised?	Strong/Weak
Mole Concept & Atomic Structure			
Chemical Bonding			
Equilibrium + Electrochemistry			
GOC + Hydrocarbons + Carbonyls			
Kinetics + Thermodynamics			
p/d/f Block + Coordination			

✓ Tip: Review each chapter at least 3 times (initial, 1 week later, 1 month later). Practice 40–60 MCQs per chapter.