

FREE E-BOOK

# CUET 2026

## Last 30 Days Checklist

*Exam Se Pehle Ka Sabse Important Guide*  
Your Day-by-Day Action Plan to Score Better in CUET 2026

**Ek Exam. Ek Goal. 30 Din. Kar Loge!** 

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## Welcome! Ek Message Tumhare Liye 🙏

Sabse pehle — congratulations!

Tumne ye checklist download ki — iska matlab tumhara CUET ko seriously lena bilkul sahi direction mein hai.

Main jaanta hoon ki last 30 days mein pressure bahut hota hai. Social media pe dusron ki preparation dekh ke tension hoti hai. Aisa lagta hai — "Kya main kar paaunga?"

***"Tumhe perfect preparation nahi chahiye. Tumhe sirf consistent preparation chahiye."***

Ye checklist specifically un students ke liye bani hai jo genuinely apna best dena chahte hain — chahe coaching ho ya na ho, chahe bade sheher mein ho ya chhote town mein.


Bas ek kaam karo — daily ek task tick karo. 30 din baad tum khud feel karoge ki tumne kuch real kiya hai. ✨

### 📌 Ye Checklist Kaise Use Karo


- Roz subah ye checklist kholke dekho — aaj ka Day number kaunsa hai
- Woh task karo jo us din ke liye diya gaya hai — ek kaam, clearly
- Task complete hone ke baad checkbox tick karo — ye feeling bahut acchi lagti hai!
- Weekly goal box padho — pura hafte ka direction yaad rahega
- Page 7 ka Study Tracker roz bharao — consistency track karne ka sabse acha tarika
- Apne dost ko bhi share karo — sath prepare karna aur bhi effective hota hai

**⚠️ Important Reminder:** CUET 2026 poora NCERT pe based hai. Baaki sab baad mein — pehle NCERT. Consistency beats perfection. Chhota daily progress = bade results.

## Week 1 — Foundation Week | Days 1–7


 **Is Hafte Ka Goal:** NCERT reading start karo + har subject ke short notes banao. Foundation strong = score strong.

- Day 1** — Apne saare CUET subjects ki list banao. [ncert.nic.in](http://ncert.nic.in) se har subject ki NCERT PDF download karo. Chapter list taiyaar karo — ek paper pe.
- Day 2** — Apne sabse important domain subject ka Chapter 1 padho. Key definitions, dates, aur concepts highlight karo. Sirf 1 page ke notes banao — zyada nahi.
- Day 3** — Aaj 2 chapters complete karo. Har chapter ke 5 important points apni notebook mein likho. Seedha NCERT — koi bhi baaki book nahi.
- Day 4** — Days 1-3 ka revision karo. Jo chapters cover kiye hain unse 20 MCQs solve karo. Galat answers ko samjho — skip mat karo.
- Day 5** — Doosra subject aaj se start karo. Same process — 2 chapters, key notes, important points. Subject 1 ko abandon mat karna!
- Day 6** — Language paper preparation — Reading Comprehension passages practice karo. NTA ki official website se 1 sample language paper attempt karo.
- Day 7** — ☆ Weekly Review: Is hafte ke saare notes revise karo. Completed chapters apni list mein tick karo. Agla hafte plan karo. Aaj 10:30 baje so jaana. Tumne acha kiya! ✨


 **Mentor Tip:** *Don't try to rush NCERT. Ek baar theek se padha hua chapter teen baar bhaag ke padhe se zyada kaam aata hai. Quality over quantity — always.*

***"Har roz chhota step lena — yahi CUET crack karne ka formula hai. Start simple, stay consistent!"***

## Week 2 — Practice Week | Days 8–14

 **Is Hafte Ka Goal:** MCQ practice shuru karo + pehla mock test Day 14 ko dena hai. Weak topics identify karo.

- Day 8** — Subject 1 ke baaki NCERT chapters complete karo. Back exercises pe focus karo — bahut saare CUET questions directly NCERT exercises se aate hain.
- Day 9** — Subject 1 se 40 MCQs solve karo (chapter-wise). Har galat answer note karo. "Kyon galat tha" samjho — phir aage badho. Galti ko ignore karna preparation ki sabse badi mistake hai.
- Day 10** — Subject 2 ka NCERT + 30 MCQs. Apne 3 sabse weak chapters identify karo — sabhi subjects mein se. Unhe ek jagah likh lo.
- Day 11** — Poora din apne weakest subject ko do. NCERT chapters dobara padho, fresh short notes banao. Weak topics se bhaagna mat — wahi tumhara score improve karta hai.
- Day 12** — General Aptitude Test (GAT) preparation day — 1 full GAT section practice karo. Current affairs questions, quantitative reasoning, aur logical thinking practice karo.
- Day 13** — Week 1 aur Week 2 ke saare notes revise karo. Har subject ke liye ek 'Formula/Fact Sheet' banao — sirf 1 page pe sabse important points. Yahi exam mein kaam aata hai.
- Day 14** — ☆ PEHLA MOCK TEST — NTA ki official website pe first full-length CUET mock test do. Strictly time karo. Baad mein score analyse karo. Har galat answer note karo. Low score se ghabrao mat — yahi seekhne ka time hai! 🎯

 **Mentor Tip:** Mock test ke baad score dekhke sad mat hona — ye result nahi hai, ye practice hai. Har galat answer ek opportunity hai samajhne ki. Toppers aisi hi sochte hain.

**"Weakness identify karna weakness nahi hai — yahi tumhara sabse bada strength hai!"**

## 🔄 Week 3 — Revision Week | Days 15–21


🎯 **Is Hafte Ka Goal:** 3 full mock tests do is hafte. Har test ke baad analysis karo. Revision = score improvement.

- ❑ **Day 15** — Day 14 ke mock test ki detail analysis karo. Galat answers ko 3 categories mein divide karo — Concept gap? Careless mistake? Time pressure? Har type ko alag tarike se fix karo.
- ❑ **Day 16** — Mock test ke weak chapters wapas NCERT mein dekho — sirf wahi chapters, poori book nahi. Targeted revision zyada effective hai random revision se.
- ❑ **Day 17** — Mock Test 2 do. Time management pe focus — har question pe max 75 seconds. Atke ho? Mark karo aur aage badho. Baad mein analysis karo.
- ❑ **Day 18** — Poora din Formula/Fact Sheets pe. Har subject ke key points revise karo. Self-test karo — sheet band karo aur memory se 10 points likho. Jo yaad nahi, woh dobara padho.
- ❑ **Day 19** — Mock Test 3 do. Is baar track karo — kitne questions attempt kiye? Kitne correct? Kahan time waste hua? Targets set karo improvement ke liye.
- ❑ **Day 20** — Language paper focus day — 3 reading comprehension passages practice karo. Vocabulary, grammar, aur passage-based questions pe kaam karo. Har passage time karo.
- ❑ **Day 21** — ☆ Mid-Point Review: Saari formula sheets revise karo. Check karo — kya tum mock tests mein 80%+ questions attempt kar rahe ho? Agar haan — great! Agar nahi — last week mein speed pe focus karo. 🙌


💡 **Mentor Tip:** Mock tests sirf score check karne ke liye nahi hain. Analysis is the real preparation. Jo students analysis karte hain without shortcuts — wahi improve karte hain.


**"Toppers woh nahi jo zyada padhte hain — woh hain jo samajh ke padhte hain. Tum bhi kar sakte ho!"**

## Week 4 — Final Calm Week | Days 22–30


 **Is Hafte Ka Goal:** Koi naya chapter nahi. Sirf revision, calmness aur confidence. Tumne mehnat ki hai — ab trust karo.

- Day 22** — Sirf revision — koi naya chapter nahi. Weeks 1-3 ke saare notes wapas padho. Jo still unclear lage, underline karo.
- Day 23** — Mock Test 4 — Final full-length practice. Real exam jaisi seriousness ke sath do. Baad mein carefully analyse karo.
- Day 24** — Day 22 ke unclear points — sirf NCERT se fix karo. Koi naya book ya naya source introduce mat karo. Apna known material hi best hai abhi.
- Day 25** — Light revision — formula sheets + 20 MCQs per subject (sirf strong topics se). Aaj confidence build karo, pressure nahi.
- Day 26** — Language paper notes revise karo. Sirf 2 passages practice karo. Raat 10 baje so jao. Khana accha khao. Aaj max 3 ghante study — zyada nahi.
- Day 27** — Quick revision of saari formula/fact sheets — max 2 ghante. Baaki din: walk karo, khao, relax karo. Mental freshness last-minute cramming se zyada important hai.
- Day 28** — Admit card carefully check karo — naam, photo, exam centre address, reporting time. Travel route plan karo. Aaj jaldi so jao — 9:30-10pm.
- Day 29** — ☆ Night Before Exam: Bag pack karo — Admit Card ✓ | Aadhaar/ID ✓ | Pen ✓ | Water bottle ✓ | Light snack ✓. Halka khana khao. 9:30 PM tak so jao. Aaj KUCH BHI mat padho. Bas rest karo. 🌙
- Day 30** — ✨ EXAM DAY: Fresh utha, halka breakfast khao. 45 minute pehle exam centre pahuncho. Instructions carefully padho. Easy questions pehle karo. Time manage karo. Apni preparation pe trust karo. YE TERA DIN HAI. BEST OF LUCK! 🏆

 **Mentor Tip:** Exam ke din ghabrao mat. Deep breath lo. Tumne 30 din mehnat ki hai. Aur ek cheez yaad rakho — ek exam poori zindagi decide nahi karta. Bas apna best do.


**"Dream Big. Prepare Smart. Get Into Your Dream College. Tum kar sakte ho — main full confidence ke sath keh raha hoon!"** 

## 30-Day Study Hour Tracker

Har din ke box mein likho — kitne ghante padha. Goal: Minimum 2-3 ghante daily.  
Consistency track karna motivation deta hai! 

Mon	Tue	Wed	Thu	Fri	Sat	Sun
D1	D2	D3	D4	D5	D6	D7
D8	D9	D10	D11	D12	D13	D14
D15	D16	D17	D18	D19	D20	D21
D22	D23	D24	D25	D26	D27	D28
D29	D30					

## Subject Completion Tracker

Jab koi stage complete ho — woh box tick karo. Poore row complete hone par celebrate karo! 

Subject / Paper	NCERT Done <input type="checkbox"/>	Notes Ready <input type="checkbox"/>	MCQs Done <input type="checkbox"/>	Revised <input type="checkbox"/>
Subject 1 (Domain)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Subject 2 (Domain)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Subject 3 (Domain)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Language Paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
General Test (GAT)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Exam Day Checklist — Kuch Bhulna Nahi Chahiye!

- Admit Card — printed aur safe rakha hai
- Valid Photo ID Proof — Aadhaar / Passport / School ID
- 2 Passport Size Photographs (agar required ho)
- Ball point pen — black ya blue
- Exam centre ka address phone mein save hai
- Travel plan ready — 45 minute pehle pahunchna hai
- 7-8 ghante ki neend li raat ko
- Phone silent / off — exam hall ke andar jaane se pehle

## Tumhara CUET Journey Yahan Khatam Nahi Hota

### Ye Checklist ek starting point hai.

Agar tumhe aur deeply samajhna hai — preparation strategy, DU admission process, career planning, aur common mistakes — toh hamara complete FREE guide abhi download karo.


 **FREE Download: CUET 2026 Success Roadmap PDF** 

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**Dream Big.**  
**Prepare Smart.**  
**Get Into Your Dream College.** 

— Naresh S Yadav, Career Blueprint Guides

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