

Class 12 Pre-Board Daily Timetable

Fill in your own times and subjects. Two subjects a day, never the same pair two days in a row.

School day (about 4-5 hours of self-study)

Block	Time	Duration	What to do	Subject / chapter
Before school	_____	30-45 min	Active recall: yesterday's summary sheet or formula list	
Block 1	_____	90 min	Subject A — harder or higher-weightage subject of the day	
Break	_____	30 min	Food, a walk, no scrolling	
Block 2	_____	90 min	Subject B — question practice on a chapter revised this week	
Night	_____	30 min	Update error log; plan tomorrow's two subjects	

Weekend day (about 8-9 hours of self-study)

Block	Time	Duration	What to do	Subject / chapter
Morning 1	_____	2 hrs	Subject A — new chapter from your Chapter Map	
Morning 2	_____	90 min	Subject B — previous years' questions	
Lunch + rest	_____	60-90 min	Proper break away from the desk	
Afternoon	_____	3 hrs	Timed paper (Weeks 3-6) or Subject C revision	
Evening	_____	60 min	Review the paper against the marking scheme	
Night	_____	30 min	Error log + next week's plan	

Rules that keep the plan working

- Hardest subject in the first block, when your focus is freshest.
- Answer questions, don't just re-read — testing yourself builds recall.
- Phone in another room during every block.
- In pre-board week, keep the same wake-up time and be sharp by 10:30 AM, when CBSE papers start.

Weekly Subject Rotation Grid

Write the two subjects for each day. Check that no subject goes untouched for more than three days.

Week 1 · ____ / ____ to ____ / ____

Slot	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Subject A							
Subject B							
Done ✓							

Week 2 · ____ / ____ to ____ / ____

Slot	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Subject A							
Subject B							
Done ✓							

Week 3 · ____ / ____ to ____ / ____

Slot	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Subject A							
Subject B							
Done ✓							

Week 4 · ____ / ____ to ____ / ____

Slot	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Subject A							
Subject B							
Done ✓							

Week 5 · ____ / ____ to ____ / ____

Slot	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Subject A							
Subject B							
Done ✓							

Week 6 · ____ / ____ to ____ / ____

Slot	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Subject A							
Subject B							
Done ✓							