

# Complete Study Timetables

30/60/90 Day Preparation Plans for Major Competitive Exams

*A comprehensive guide by GovtCareerHub.com*

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# General Preparation Guidelines

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## Daily Study Hours Recommendation

- **30-Day Plan:** 8-10 hours/day (Intensive)
- **60-Day Plan:** 6-8 hours/day (Moderate)
- **90-Day Plan:** 4-6 hours/day (Balanced)

## Universal Study Structure

- **Morning Session:** 3-4 hours (Peak concentration subjects)
- **Afternoon Session:** 2-3 hours (Practice/Revision)
- **Evening Session:** 2-3 hours (Reading/Current Affairs)

## Weekly Pattern

- **Monday-Friday:** Regular study schedule
- **Saturday:** Mock tests and performance analysis
- **Sunday:** Revision and recreational reading

# UPSC Civil Services Exam

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## 90-Day Preparation Plan

*Phase 1: Foundation Building (Days 1-30)*

### Week 1-2: History & Polity

- **Daily Schedule (6 hours)**
  - 6:00-8:00 AM: Ancient/Medieval History (2 hours)
  - 2:00-4:00 PM: Constitutional Framework (2 hours)
  - 7:00-9:00 PM: Current Affairs & Notes Making (2 hours)

### Week 3-4: Geography & Economics

- **Daily Schedule (6 hours)**
  - 6:00-8:00 AM: Physical Geography (2 hours)
  - 2:00-4:00 PM: Indian Economy Basics (2 hours)
  - 7:00-9:00 PM: Economic Survey/Budget Analysis (2 hours)

*Phase 2: Core Strengthening (Days 31-60)*

**Week 5-6: Science & Technology + Environment**

- **Daily Schedule (7 hours)**
  - 6:00-8:30 AM: General Science (2.5 hours)
  - 2:00-4:30 PM: Environment & Ecology (2.5 hours)
  - 7:00-9:00 PM: Science & Tech Current Affairs (2 hours)

**Week 7-8: International Relations + Ethics**

- **Daily Schedule (7 hours)**
  - 6:00-8:30 AM: IR Concepts & Case Studies (2.5 hours)
  - 2:00-4:30 PM: Ethics Theory & Case Studies (2.5 hours)
  - 7:00-9:00 PM: Editorial Analysis (2 hours)

*Phase 3: Integration & Practice (Days 61-90)*

**Week 9-10: Answer Writing Practice**

- **Daily Schedule (8 hours)**
  - 6:00-9:00 AM: Mock Test (3 hours)
  - 2:00-5:00 PM: Answer Writing Practice (3 hours)
  - 7:00-9:00 PM: Performance Analysis (2 hours)

**Week 11-12: Final Revision**

- **Daily Schedule (8 hours)**
  - 6:00-9:00 AM: Subject-wise Revision (3 hours)
  - 2:00-5:00 PM: Previous Year Questions (3 hours)
  - 7:00-9:00 PM: Current Affairs Consolidation (2 hours)

60-Day Intensive Plan

**Phase 1 (Days 1-20): Foundation - 8 hours/day**

- History & Polity: 4 hours
- Geography & Economics: 3 hours
- Current Affairs: 1 hour

**Phase 2 (Days 21-40): Core Subjects - 8 hours/day**

- Science & Environment: 4 hours
- IR & Ethics: 3 hours
- Answer Writing: 1 hour

### Phase 3 (Days 41-60): Practice & Revision - 9 hours/day

- Mock Tests: 3 hours
- Answer Writing: 3 hours
- Revision: 3 hours

### 30-Day Crash Course

**Week 1:** Core Subjects Overview (10 hours/day) **Week 2:** Answer Writing Intensive (10 hours/day) **Week 3:** Mock Tests & Analysis (10 hours/day) **Week 4:** Final Revision & Strategy (8 hours/day)

## SSC CGL/CHSL

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### 90-Day Preparation Plan

#### Mathematics Focus Schedule

##### Daily Allocation: 2.5 hours

- Arithmetic: 45 minutes
- Algebra & Geometry: 45 minutes
- Data Interpretation: 45 minutes
- Practice Questions: 15 minutes

#### English Focus Schedule

##### Daily Allocation: 1.5 hours

- Grammar Rules: 30 minutes
- Vocabulary Building: 30 minutes
- Reading Comprehension: 30 minutes

#### Reasoning Focus Schedule

##### Daily Allocation: 1.5 hours

- Logical Reasoning: 45 minutes
- Non-Verbal Reasoning: 45 minutes

#### General Knowledge Focus Schedule

##### Daily Allocation: 1 hour

- Static GK: 30 minutes
- Current Affairs: 30 minutes

Week-wise Breakdown (90 Days)

*Weeks 1-4: Foundation Phase*

### **Monday-Friday Schedule (6 hours/day)**

- 6:00-8:30 AM: Mathematics (2.5 hours)
- 10:00-11:30 AM: English (1.5 hours)
- 2:00-3:30 PM: Reasoning (1.5 hours)
- 7:00-8:00 PM: General Knowledge (1 hour)

**Saturday:** Mock Test + Analysis (4 hours) **Sunday:** Revision of weak areas (3 hours)

*Weeks 5-8: Strengthening Phase*

### **Enhanced daily practice with speed building**

- Same subject allocation but with timed practice
- Introduction of sectional tests
- Performance tracking and improvement

*Weeks 9-12: Mastery Phase*

### **Daily Schedule (7 hours/day)**

- 6:00-9:00 AM: Full Mock Test (3 hours)
- 2:00-4:00 PM: Weak Area Practice (2 hours)
- 7:00-9:00 PM: Revision & Strategy (2 hours)

60-Day Plan

**Phase 1 (20 days): Foundation - 7 hours/day** **Phase 2 (20 days): Practice - 8 hours/day**  
**Phase 3 (20 days): Perfection - 8 hours/day**

30-Day Plan

**Week 1:** Concept clearing (9 hours/day) **Week 2:** Speed building (9 hours/day) **Week 3:** Mock test marathon (10 hours/day) **Week 4:** Final preparation (8 hours/day)

# Banking Exams

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## 90-Day Preparation Plan

### Core Subject Schedule

#### Quantitative Aptitude: 2 hours daily

- Number Systems & Simplification: 30 minutes
- Data Interpretation: 45 minutes
- Advanced Mathematics: 45 minutes

#### Reasoning Ability: 2 hours daily

- Puzzles & Seating Arrangement: 60 minutes
- Logical Reasoning: 60 minutes

#### English Language: 1.5 hours daily

- Grammar & Vocabulary: 45 minutes
- Reading Comprehension: 45 minutes

#### General Awareness: 1 hour daily

- Banking Awareness: 30 minutes
- Current Affairs: 30 minutes

### Weekly Structure

**Monday-Thursday:** Subject-wise study (6.5 hours/day) **Friday:** Sectional tests (4 hours)

**Saturday:** Full mock test (3 hours) + Analysis (2 hours) **Sunday:** Revision and current affairs (3 hours)

### 60-Day Intensive Plan

**Days 1-20:** Foundation building (7 hours/day) **Days 21-40:** Skill enhancement (8 hours/day)

**Days 41-60:** Test series and fine-tuning (8 hours/day)

### 30-Day Final Preparation

**Week 1-2:** Rapid revision of all concepts (8 hours/day) **Week 3:** Daily mock tests with analysis (9 hours/day) **Week 4:** Strategy refinement and confidence building (7 hours/day)



# Railway Exams (RRB NTPC/Group D)

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## 90-Day Preparation Plan

### *Subject Distribution*

**Mathematics: 1.5 hours daily General Intelligence: 1.5 hours daily General Science: 1.5 hours daily General Awareness: 1 hour daily**

### Daily Schedule Template

**6:00-7:30 AM:** Mathematics (1.5 hours) **8:00-9:30 AM:** General Intelligence (1.5 hours) **2:00-3:30 PM:** General Science (1.5 hours) **7:00-8:00 PM:** General Awareness (1 hour)

### Phase-wise Approach

**Phase 1 (30 days):** Basic concept building **Phase 2 (30 days):** Practice and speed development  
**Phase 3 (30 days):** Mock tests and revision

### 60-Day Plan

Compressed version with 7 hours daily study **Days 1-30:** Foundation (3.5 hours) + Practice (3.5 hours) **Days 31-60:** Advanced practice (4 hours) + Tests (3 hours)

### 30-Day Plan

**10 hours daily intensive preparation Week 1:** Rapid concept coverage **Week 2:** Intensive practice **Week 3:** Mock test series **Week 4:** Final revision

# State PSC Exams

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## 90-Day Preparation Plan

**(Adaptable for various state PSCs)**

### *Core Areas (Daily 6 hours)*

**History & Culture: 1.5 hours**

- State history: 45 minutes
- Cultural heritage: 45 minutes

### **Geography & Economy: 1.5 hours**

- Physical geography: 45 minutes
- Economic development: 45 minutes

### **Polity & Governance: 1.5 hours**

- Constitutional provisions: 45 minutes
- State governance: 45 minutes

### **Current Affairs: 1.5 hours**

- National: 45 minutes
- State-specific: 45 minutes

Customization by State

### **Regional Focus Areas:**

- Local language literature
- State-specific schemes
- Regional issues and development
- Local governance structures

## Defense Exams (NDA/CDS)

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90-Day Preparation Plan

*NDA Pattern Focus*

**Mathematics: 2.5 hours daily General Ability Test: 2 hours daily Current Affairs: 1 hour daily**

Daily Schedule

**6:00-8:30 AM:** Mathematics (2.5 hours) **10:00-12:00 PM:** English & General Knowledge (2 hours) **7:00-8:00 PM:** Current Affairs & Revision (1 hour)

**English: 1.5 hours daily General Knowledge: 2 hours daily Mathematics: 2 hours daily**

# Agniveer Recruitment

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90-Day Preparation Plan

*Agniveer Navy/Air Force Focus Areas*

## Phase-wise Subject Distribution:

*Mathematics & Physics: 2.5 hours daily*

## Core Topics Coverage:

- Algebra & Trigonometry: 45 minutes
- Geometry & Mensuration: 45 minutes
- Physics (Mechanics, Heat, Light): 80 minutes

*English & General Awareness: 2 hours daily*

## English Components:

- Grammar & Vocabulary: 60 minutes
- Comprehension & Writing: 60 minutes

*Computer Science/Technical: 1.5 hours daily*

## For Technical Trades:

- Basic Computer Knowledge: 45 minutes
- Technical Aptitude: 45 minutes

Daily Schedule Template (6 hours study)

## 6:00-8:30 AM: Mathematics & Physics (2.5 hours)

- 6:00-6:45 AM: Algebra/Trigonometry
- 6:45-7:30 AM: Geometry/Mensuration
- 7:30-8:30 AM: Physics concepts

## 10:00-12:00 PM: English (2 hours)

- 10:00-11:00 AM: Grammar & Vocabulary
- 11:00-12:00 PM: Reading & Comprehension

#### **4:00-5:30 PM: Technical/Computer Science (1.5 hours)**

- 4:00-4:45 PM: Computer Basics
- 4:45-5:30 PM: Technical Aptitude

#### **7:00-8:00 PM: General Awareness & Current Affairs (1 hour)**

Agniveer Army Preparation

*Core Subject Focus (Different Pattern)*

#### **General Knowledge: 2 hours daily**

- Indian History & Culture: 40 minutes
- Geography & Economy: 40 minutes
- Current Affairs: 40 minutes

#### **Mathematics: 2 hours daily**

- Arithmetic & Algebra: 60 minutes
- Geometry & Trigonometry: 60 minutes

#### **Reasoning: 1.5 hours daily**

- Logical Reasoning: 45 minutes
- Verbal Reasoning: 45 minutes

#### **General Science: 1.5 hours daily**

- Physics concepts: 30 minutes
- Chemistry basics: 30 minutes
- Biology fundamentals: 30 minutes

Weekly Structure for All Agniveer Branches

#### **Monday-Friday: Regular Study (7 hours/day)**

- Subject-wise focused study
- Daily practice questions
- Concept strengthening

#### **Saturday: Assessment Day (5 hours)**

- Full mock test: 3 hours
- Performance analysis: 2 hours

### **Sunday: Revision & Physical Prep (4 hours)**

- Weak area revision: 2 hours
- Physical fitness training: 2 hours

### Physical Fitness Integration

### **Daily Physical Training: 1.5 hours**

- 5:30-6:30 AM: Running & Cardio (1 hour)
- 6:30-7:00 PM: Strength training (30 minutes)

### **Weekly Fitness Goals:**

- 1.6 km run in under 7 minutes (gradually improving)
- Push-ups, sit-ups, chin-ups practice
- Basic drill movements

### 60-Day Intensive Plan

#### *Phase 1: Foundation (Days 1-20)*

### **Daily Schedule: 8 hours study + 1.5 hours PT**

- Mathematics/Physics: 3 hours
- English/GK: 2.5 hours
- Technical/Science: 2.5 hours
- Physical Training: 1.5 hours

#### *Phase 2: Skill Development (Days 21-40)*

### **Daily Schedule: 8 hours study + 1.5 hours PT**

- Increased practice questions ratio
- Speed building exercises
- Mock test introduction
- Enhanced physical training

#### *Phase 3: Final Preparation (Days 41-60)*

### **Daily Schedule: 9 hours study + 1.5 hours PT**

- Daily mock tests: 3 hours
- Analysis and improvement: 3 hours
- Revision: 3 hours
- Peak physical conditioning

### 30-Day Crash Preparation

*Week 1: Rapid Concept Building (10 hours/day)*

#### **Study Distribution:**

- Math/Physics: 4 hours
- English/GK: 3 hours
- Technical: 2 hours
- Mock practice: 1 hour
- Physical Training: 1.5 hours

*Week 2: Speed & Accuracy (10 hours/day)*

#### **Focus Areas:**

- Timed practice sessions
- Error analysis and correction
- Physical fitness milestones
- Interview preparation basics

*Week 3: Mock Test Marathon (11 hours/day)*

#### **Daily Routine:**

- Morning mock test: 3 hours
- Analysis and improvement: 4 hours
- Evening revision: 3 hours
- Physical training: 1.5 hours

*Week 4: Final Tune-up (8 hours/day)*

#### **Preparation Focus:**

- Light revision of strong areas
- Final doubt clearing
- Physical fitness peak
- Mental preparation and confidence building

Branch-Specific Customization  
*Agniveer Technical (Navy/Air Force)*

### Additional Focus Areas:

- Engineering Drawing basics: 30 mins/day
- Workshop Technology: 30 mins/day
- Basic Electronics: 45 mins/day

*Agniveer Clerk/Store Keeper*

### Enhanced Focus:

- Computer Applications: 1 hour/day
- Office Procedures: 30 mins/day
- Business Mathematics: 45 mins/day

*Agniveer Tradesman*

### Specialized Preparation:

- Trade-specific technical knowledge
- Practical problem solving
- Tool and equipment familiarity

Success Strategy for Agniveer

### Academic Preparation:

1. **Strong Mathematics Foundation:** Essential for all branches
2. **English Proficiency:** Critical for communication roles
3. **Current Affairs:** Focus on defense and national issues
4. **Technical Aptitude:** For technical trade selections

### Physical Preparation:

1. **Cardiovascular Endurance:** Daily running routine
2. **Muscular Strength:** Bodyweight exercises
3. **Flexibility:** Regular stretching and yoga
4. **Mental Toughness:** Meditation and stress management

### Interview & SSB Preparation:

1. **Personality Development:** Communication skills

2. **General Awareness:** Defense knowledge
3. **Leadership Qualities:** Group activities
4. **Patriotic Values:** Understanding of military ethos

Common Topics for All Agniveer Branches

**Mathematics (High Priority):**

- Number Systems and Basic Operations
- Percentages, Profit & Loss, SI & CI
- Time, Speed & Distance
- Geometry and Mensuration
- Algebra and Linear Equations

**English (Medium Priority):**

- Parts of Speech and Grammar
- Sentence Formation
- Synonyms and Antonyms
- Reading Comprehension
- Error Detection

**General Knowledge (High Priority):**

- Indian Armed Forces History
- Recent Defense Developments
- Sports and Awards
- Books and Authors
- Important Dates and Events

**Science (Variable by Branch):**

- Basic Physics Laws
- Chemistry in Daily Life
- Human Body Systems
- Environmental Science
- Space and Technology

Daily Motivation & Mental Preparation

**Morning Routine (30 minutes):**

- Physical exercises: 20 minutes
- Motivational reading: 5 minutes
- Goal visualization: 5 minutes



### **Evening Routine (30 minutes):**

- Progress review: 15 minutes
- Next day planning: 10 minutes
- Relaxation/meditation: 5 minutes

### Mock Test Strategy

#### **Week 1-4: Foundation Tests**

- Subject-wise tests
- Focus on concept clarity
- No time pressure initially

#### **Week 5-8: Speed Building Tests**

- Timed sectional tests
- Accuracy improvement
- Speed enhancement

#### **Week 9-12: Full Mock Tests**

- Complete exam simulation
- Time management practice
- Performance analysis

### Emergency Preparation (15 Days)

#### **Days 1-5: Core Concepts (12 hours/day)**

- Mathematics: 4 hours
- English: 3 hours
- GK/Science: 3 hours
- Physical Training: 2 hours

#### **Days 6-10: Intensive Practice (12 hours/day)**

- Mock tests: 6 hours
- Analysis: 3 hours
- Weak area focus: 3 hours

#### **Days 11-15: Final Preparation (10 hours/day)**

- Light revision: 4 hours
- Confidence building: 2 hours

- Physical peak maintenance: 2 hours
- Mental preparation: 2 hours

## Resource Recommendations

### Books for Agniveer:

- Mathematics: RS Aggarwal, Kiran Publications
- English: Wren & Martin, SP Bakshi
- GK: Lucent, Arihant Current Affairs
- Reasoning: RS Aggarwal Verbal & Non-Verbal

### Online Resources:

- Official Indian Army/Navy/Air Force websites
- YouTube channels for concept videos
- Online mock test platforms
- Current affairs apps and websites

### Physical Training Apps:

- Fitness tracking applications
- Running pace calculators
- Workout routine timers
- Nutrition tracking tools

## Teaching Exams (CTET/TET)

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### 90-Day Preparation Plan

#### *Paper-I (Primary Level)*

**Child Development: 1.5 hours Language-I: 1 hour Language-II: 1 hour Mathematics: 1.5 hours Environmental Studies: 1 hour**

#### *Paper-II (Elementary Level)*

**Child Development: 1.5 hours Language-I: 1 hour Language-II: 1 hour Mathematics/Science/Social Studies: 2 hours**

### Teaching Methodology Focus

### Daily 30 minutes dedicated to:

- Pedagogical approaches
- Teaching techniques
- Classroom management
- Assessment methods

# Implementation Tips

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## Creating Your Personal Schedule

1. **Assessment Phase (Day 1)**
  - Take a diagnostic test
  - Identify strong and weak areas
  - Set realistic daily targets
2. **Customization Guidelines**
  - Allocate more time to weak subjects
  - Adjust timing based on your peak productivity hours
  - Include buffer time for unexpected delays
3. **Weekly Review Process**
  - Analyze mock test performance
  - Adjust subject time allocation
  - Update study materials if needed

## Success Mantras

**Consistency Over Intensity:** Better to study 5 hours daily for 90 days than 10 hours for 45 days

**Quality Over Quantity:** Focus on understanding concepts rather than just covering syllabus

**Regular Assessment:** Weekly mock tests are non-negotiable

**Healthy Lifestyle:** Maintain proper sleep, nutrition, and exercise

**Stress Management:** Include relaxation and recreational activities

## Common Pitfalls to Avoid

1. **Overambitious Planning:** Keep targets achievable
2. **Neglecting Revision:** Allocate 30% time for revision
3. **Ignoring Current Affairs:** Daily 1-hour minimum requirement
4. **Skipping Mock Tests:** Essential for exam temperament
5. **Isolation:** Join study groups or online communities

## Emergency Adjustments

### **If You Fall Behind:**

- Prioritize high-weightage topics
- Increase daily study hours temporarily
- Skip low-priority subjects
- Focus on previous year question patterns

### **If You're Ahead of Schedule:**

- Add advanced level questions
- Include additional mock tests
- Start optional subject preparation (for UPSC)
- Help others (teaching reinforces learning)

## Conclusion

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These timetables are frameworks that should be adapted to your specific needs, exam pattern, and personal circumstances. The key to success lies in consistent implementation, regular assessment, and timely adjustments. Remember, the best timetable is the one you can follow consistently.

*For more resources and updates, visit [GovtCareerHub.com](https://GovtCareerHub.com)*

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