

NDA preparation planner

A preparation plan is useful only if you can follow it and learn from it. This worksheet turns a broad NDA preparation goal into a small set of study tasks, practice sessions and review decisions. It does not prescribe a fixed timetable for every aspirant.

HOW TO USE THIS WORKSHEET

1. Start with your actual available time and one area where practice showed a gap.
2. Assign specific tasks to study blocks, leaving time to review errors and rest.
3. Compare planned and completed work at the end of the week, then adjust rather than simply adding more hours.

Review your practice

Measure useful work, not just time at a desk. Record a recurring error and what helped you understand it. Use the current official syllabus to select topics; this planner is a study organiser, not an eligibility check or a substitute for the examination notice.

Make your next step specific

Bring the completed plan and a few examples of difficult questions to a guidance session. One-on-one coaching can help you prioritise gaps and set a pace that fits your starting point.

Original academy learning tool. Not an official test paper or selection prediction. Keep personal notes private.

Your working notes

NDA preparation planner | Complete in your own words.

1. My priority this week, based on a recent practice gap:

2. Available study blocks around school, work and other commitments:

3. Mathematics: topic, practice task and review time:

4. English and general knowledge: topic, task and review time:

5. Practice errors I will revisit and the resource I will use:

6. End-of-week review: what worked, what did not, and next week's change:
