

# 30-DAY COLLEGE BACKLOG RECOVERY CHECKLIST

Systematic Exam Preparation & Master Execution Plan

AI USE PROTOCOL

Attempt First → Ask AI → Recall → Practice → Verify

SUBJECT: \_\_\_\_\_

EXAM DATE: \_\_\_\_\_

UNITS: \_\_\_\_\_

PRIORITY: ☐ High ☐ Medium ☐ Supplementary

CONFIDENCE: ☐ Low (0-30%) ☐ Medium (30-60%)  
☐ High (60%+)

## 4-WEEK BACKLOG RECOVERY MILESTONES

**WEEK 1: AUDIT & FOUNDATION**

- ☐ List all backlog subjects
- ☐ Record exam dates
- ☐ Collect syllabus
- ☐ Collect previous-year papers
- ☐ Identify weak topics
- ☐ Choose priority subject

**WEEK 2: CORE LEARNING**

- ☐ Complete priority topics
- ☐ Perform closed-book recall
- ☐ Practice immediately
- ☐ Record mistakes
- ☐ Use AI only for specific gaps

**WEEK 3: APPLICATION**

- ☐ Solve previous-year questions
- ☐ Complete timed sections
- ☐ Practice unfamiliar questions
- ☐ Review error log
- ☐ Repeat weak topics

**WEEK 4: SIMULATION**

- ☐ Complete full mock paper
- ☐ Check time management
- ☐ Analyze mistakes
- ☐ Revise weak areas
- ☐ Final recall session

## DAILY EXECUTION & HABIT LOG

| WK        | DAY | PLAN (TOPIC) | LEARN                    | PRACTICE                 | RECALL                   | ERROR REV                | REVISION                 | NOTES / PYQ SCORE |
|-----------|-----|--------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------------|
| 1<br>WEEK | D01 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D02 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D03 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D04 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D05 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D06 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D07 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
| 2<br>WEEK | D08 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D09 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D10 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D11 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D12 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D13 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D14 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
| 3<br>WEEK | D15 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D16 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D17 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D18 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D19 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D20 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D21 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
| 4<br>WEEK | D22 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D23 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D24 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D25 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D26 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D27 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |
|           | D28 |              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                   |

## FINAL READINESS VERIFICATION

- |                                                                   |                                                                 |
|-------------------------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> I can recall core concepts without notes | <input type="checkbox"/> I have completed a realistic mock test |
| <input type="checkbox"/> I can solve unfamiliar PYQ questions     | <input type="checkbox"/> Mock Test Score: ____ / ____           |
| <input type="checkbox"/> I finish questions within exam duration  | <input type="checkbox"/> I know & avoid my common mistakes      |

## CORE PRINCIPLE

***"AI is the assistant. You remain the learner."***

- ☐ I can study & solve exam questions without depending on AI assistance.