

REQUIRED DAILY ACTIVITIES

	SA	SU	MO	TU	WE	TH	FRI	COMMENTS
Got up for Fajr on time and prayed Fajr with its Sunnah							
Made my morning Dhikr							
Prayed all prayers on time and on earliest time possible							
Made the recommended Dhikr after every prayer							
Prayed all the 13 rakah of Sunnah prayers							
Made Qunut/Dua for the Muslim Ummah in a prayer							
Made Dua for my parents							
Commanded one good							
Forbade one evil							
Prayed more than 1 fard prayer in a mosque (males)							
Read the Tafsir of one verse of the Quran							
Read one new Hadeeth and its meaning							
Read 1 page of the Quran as a minimum (with understanding)							
Attempted to increase in knowledge (reading/listening)							
Attempted to practise one rare Sunnah of Rasulullah							
Made one Muslim smile							
Made my parents smile, hugged and kissed them							
Did not argue, nor backbite with anyone							
Did not harbour ill feelings in my heart against anyone							
Did not do anything I was unsure about its permissibility							
Tried my best to take care of my body							
Gave charity (monetary)							
Preserved or removed a harm from the environment							
Made Dua for the Prophet (SAWS)							
Make Tawbah & Istighfaar 100 times							
Pondered 10 minutes about struggling for this Deen							
Did a special deed that is secret between myself & Allah							
Gave some of the extra food from Iftar to my neighbours							
Made my afternoon Dhikr							
Prayed my taraweeh prayers							
Prayed the Witr prayer							
Read Surah Mulk before going to sleep							
Wrote down/updated my will							
Pondered about my Death and of the Day of Judgement							
Prayed absolute minimum 2 rakah Tahajjud prayer							
Asked Allah for Jannah and refuge from Jahannam (X3)							
Went to sleep in a state of Wudu							
Went to sleep without ill feelings towards any Muslim							

REQUIRED SPECIFICALLY ON FRIDAYS

	SA	SU	MO	TU	WE	TH	FRI	COMMENTS
Read Surah Kahf							
Attempted to pray Jumah earliest time & best gathering							
Pondered 5-10 minutes about the khutbah & its message							
Took extra care to groom & maintain myself							
Made Dua only for Rasulullah (SAWS)							

WEEKLY REQUIREMENTS

	SA	SU	MO	TU	WE	TH	FRI	COMMENTS
Memorized minimum 1/4 page of the Quran (with understanding)							
Memorized 1 hadeeth of Rasulullah							
Memorized 1 Dua from the Sunnah							
Fed/Clothed one needy person or gave a gift to one							
Made Istikharah about an important matter							
Attempted to join the hearts between two Muslims							



Week beginning Ending

And Allah is a witness over my all affairs,

Name

Signature

Date