

REQUIRED DAILY ACTIVITIES	SA	SU	MO	TU	WE	TH	FRI	COMMENTS
Had my Suhoor <i>before Fajr</i>								
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								
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								
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 and Istighfar 100 times								
Pondered 10 minutes about struggling for this Deen								
Did a special deed that is secret between myself and Allah								
Gave some of the extra food from Iftar to my neighbours								
Made my afternoon Dhikr								
Prayed my taraweeh prayers and 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		
Read Surah Kahf		Took extra care to groom and maintain myself
Attempted to pray Jumah earliest time & best gathering		Made Dua only for Rasulullah (saws)
Pondered 5-10 minutes about the khutbah & its message		

WEEKLY REQUIREMENTS		
Memorized minimum 1/4 page of the Quran		Fed/Clothed one needy person or gave a gift to one
Memorized 1 hadeeth of Rasulullah		Made Istikharah about an important matter
Memorized 1 Dua from the Sunnah		Attempted to join the hearts between 2 Muslims

And Allah is a witness over my all affairs,

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_