

Tick or colour the fields until you have your day total

| Deed / Days | Mo | Tu | We | Th | Fr | Sa | Su |
|---|----|----|----|----|----|----|----|
| Siwaak *3 | | | | | | | |
| 2 Rak'ah Sunnah before al-Fajr *2 | | | | | | | |
| Salah al-Fajr *1 | | | | | | | |
| 33x33x33 *4 | | | | | | | |
| Ayat ul-Qursi *5 | | | | | | | |
| 3x Surah Al-Ikhlās, Al-Falaq, An-Naas *17 | | | | | | | |
| Stay in the masjid after Salah al-Fajr *6 | | | | | | | |
| Salah ad-Duh'a *7 | | | | | | | |
| Siwaak *3 | | | | | | | |
| 4 Rak'ah Sunnah before ad-Dhohr *2 | | | | | | | |
| Salah ad-Dhohr *1 | | | | | | | |
| 33x33x33 *4 | | | | | | | |
| Ayat ul-Qursi *5 | | | | | | | |
| 1x Surah Al-Ikhlās, Al-Falaq, An-Naas *6 | | | | | | | |
| 2 Rak'ah Sunnah after ad-Dhohr *2 | | | | | | | |
| Siwaak *3 | | | | | | | |
| 4 Rak'ah Sunnah before al-'Asr *2 | | | | | | | |
| Salah al-'Asr *1 | | | | | | | |
| 33x33x33 *4 | | | | | | | |
| Ayat ul-Qursi *5 | | | | | | | |
| 1x Surah Al-Ikhlās, Al-Falaq, An-Naas *6 | | | | | | | |
| Siwaak *3 | | | | | | | |
| Salah al-Maghrib *1 | | | | | | | |
| 33x33x33 *4 | | | | | | | |
| Ayat ul-Qursi *5 | | | | | | | |
| 3x Surah Al-Ikhlās, Al-Falaq, An-Naas *17 | | | | | | | |
| 2 Rak'ah Sunnah after al-Maghrib *2 | | | | | | | |
| Siwaak *3 | | | | | | | |
| Salah al-'Isha *1 | | | | | | | |
| 33x33x33 *4 | | | | | | | |
| Ayat ul-Qursi *5 | | | | | | | |
| 1x Surah Al-Ikhlās, Al-Falaq, An-Naas *6 | | | | | | | |
| 2 Rak'ah Sunnah after al-'Isha *2 | | | | | | | |
| Total 12 Rak'ah Sunnah *2 | | | | | | | |
| Qiyam al-layl *9 | | | | | | | |
| Witr Salah * 9 | | | | | | | |
| Read Qur'an *10 | | | | | | | |
| Da'wah *11 | | | | | | | |
| Seek knowledge *12 | | | | | | | |
| 100x ask Allah for forgiveness*13 | | | | | | | |
| 100x Subhan'Allah *14 | | | | | | | |
| 100x Subhan'Allahi wa bihamdihi *15 | | | | | | | |
| 100x La ilaha illallah, wah'dahu... *16 | | | | | | | |
| Ayat ul-Qursi *5 | | | | | | | |
| 3x Surah Al-Ikhlās, Al-Falaq, An-Naas *17 | | | | | | | |
| 7x Hasbiyallahu... *18 | | | | | | | |
| 4x Allahumma inni... *19 | | | | | | | |
| 1x Allahumma maa asbah'a... *20 | | | | | | | |
| 3x Radeetu billahi Rabban... *21 | | | | | | | |
| 10x blessings for the Prophet [saw] *22 | | | | | | | |
| Dua' against shirk *23 | | | | | | | |
| 3 x Paradise, 3 x Hell *24 | | | | | | | |
| Before sleeping 33x33x34 *25 | | | | | | | |
| Sadaqah *26 | | | | | | | |
| Fasting*27 | | | | | | | |
| Total | | | | | | | |