

SALAH TRACKER

- TAHAJJUD AM
- FAJR AM
- ZUHR PM
- ASR PM
- MAGHRIB PM
- ISHA PM

..... DHIKR

- SUBHAN ALLAH X100
- ALHAMDULILLAH X100
- ALLAHU AKBAR X100
- ASTAGHFIRULLAH X100






DUA OF THE DAY

MEAL PLAN

BREAKFAST

LUNCH

DINNER

QURAN READING

JUZ

SURAH

VERSES

TO DO

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ALHAMDULILLAH

I AM GRATEFUL FOR: