

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							