

# Daily Worship Checklist

Tick the fields until you have your day total. Re-use the next day.

Deed / Actions	<input type="checkbox"/>	Deed / Actions	<input type="checkbox"/>
Waking up: Rinse nose 3x, Rub face		Total 12 rak'ah Sunnah	
Waking up supplications (see: Fortress of the Muslim*)		Qiyam al Layl	
Morning dua': Alhamdulillahil-ladhee ahyana ba'da maa amaatanaa wa ilayhin-nushoor		Witr Prayer	
Last ten ayaat Surah Ale 'Imraan		<b>Before Sleeping</b>	
Istighfaar(seek forgiveness) ('astaghfirullah, wa atoobu ilayh')		Make wudhu before sleeping	
Miswaak		'Bismillah' before undressing + Dust bed	
<b>Prayers</b>		Supplications before sleeping (see: Fortress of the Muslim)	
2 rak'ah Sunnah before Fajr (Sunnah tip: 1st rak'ah: Surah al Kaafiroon, 2nd: Surah Al Ikhlaas)		33x SubhanAllah, 33x Alhamdulillah, 34x Allahu akbar	
<b>Fajr Prayer (2 rak'ah fard)</b>		Recite Surah Al Ikhlas, Al Falaq, An-Naas 3x each in cupped hands and wipe over body (total 3 times)	
33x 33x 33x (SubhanAllah, wAlhamdulillah, wAllahu akbar and 1x laa ilaaha illAllah wahdahu laa shareeka lah lahul mulku wa lahul hamdu wa huwa 'alaa kulli shay'in Qadeer)		Ayatul Kursi + Last 2 ayaat Surah Al Baqarah (Qur'an 2:285-286)	
Ayatul Kursi		Surah Al Kaafiroon + Surah Al Mulk + Surah As-Sajdah	
3x Surah Al Ikhlas, Al-Falaq, An-Naas		Make intention for sleeping (eg: to gain strength for good deeds)	
Supplications after prayer*		Forgive others & sleep with a clean heart	
10x laa ilaaha illAllah wahdahu laa shareeka lah, lahul mulku wa lahul hamdu, yuhye wa yumeet, wa huwa alaa kulli shay'in qadeer		<b>Daily life Sunan</b>	
<b>Morning adhkaar** (remembrance)</b>		Supplication for shopping/entering a marketplace (see: Fortress of the Muslim)	
Dua' getting dressed (Alhamdulillahil-ladhee kasaani haadha wa razaqaneehi min ghayri hawlin minnee wa laa quwwah)		Say supplication for entering the house (+give salam)	
Salah Ad-Duha		Say Supplication for leaving the house	
Miswaak		Say supplication for riding a vehicle (eg car)	
4 rak'ah Sunnah before Dhohr (2x 2 rak'ah)		Say supplication at the end of a gathering (Subhanakallahumma wa bi hamdika ashadu anllaa ilaaha illaa anta astaghfiruka wa atoobu ilayk)	
<b>Dhohr Prayer (4 rak'ah fard)</b>		Recite Surah Al 'Asr when parting with others	
2 or 4 rak'ah Sunnah after Dhohr		Bismillah before & dua' after eating (alhamdulillahil-ladhee at'amanee haadha wa razaqaneehi min ghayri hawlin minnee wa laa quwwah) Drink in 3 sips & rinse the mouth after eating	
33x SubhanAllah 33x walhamdulillah 33x wallahu akbar , 1x laa ilaaha illAllah wahdahu..		Say supplication for entering & exiting toilet (ghufranka)	
Ayatul Kursi		Put clothes on starting with right (limbs); take off starting with left	
1x Surah Al Ikhlas, Al-Falaq, An-Naas		Make multiple intentions for daily (worldly) tasks (for (household) work, using phone, caring for children, study etc)	
Supplications after prayer		<b>Sunan for Worship</b>	
Miswaak		Make multiple intentions for acts of worship (for reading Qur'an, prayer, charity etc)	
4 rak'ah Sunnah before 'Asr		Pause reciting surah Al Fatihah	
<b>'Asr Prayer (4 rak'ah fard)</b>		Be in a state of wudhu + recite dua' after wudhu	
33x SubhanAllah 33x walhamdulillah 33x wallahu akbar , 1x laa ilaaha illAllah wahdahu..		<b>10x &amp; 100x dhikr</b>	
Ayatul Kursi		100x ask forgiveness (astaghfirullah, wa atoobu ilayh)	
1x Surah Al Ikhlas, Al-Falaq, An-Naas		100x subhanAllah	
Supplications after prayer		100x subhanAllahi wa bihamdi, subhanAllahil-'Adheem	
<b>Evening adhkaar** (remembrance)</b>		100x laa ilaaha illAllah wahdahu laa shareeka lah lahul mulku wa lahul hamdu wa huwa 'alaa kulli shay'in Qadeer	
Miswaak		10x blessings Prophet (Allahumma salli wa sallim 'alaa nabiyyinaa Muhammad)	
<b>Maghrib Prayer (3 rak'ah fard)</b>		Recite Surah Ikhlaas 10 times	
2 rak'ah Sunnah after Maghrib (Sunnah tip: 1st rak'ah Surah al Kaafiroon, 2nd rak'ah Surah Al Ikhlaas)		Say laa hawla wa laa quwatta illaa billaah	
33x SubhanAllah 33x walhamdulillah 33x wallahu akbar , 1x laa ilaaha illAllah wahdahu..		<b>Daily Dua'</b>	
Ayatul Kursi		Before making dua': 10x SubhanAllah, Alhamdulillah, Allahu akbar	
3x Surah Al Ikhlas, Al-Falaq, An-Naas		Use Prophet's most made dua': Rabbanaa aatina fid dunya hasanah wa fil 'akhirati hasanah wa qinaa 'adhaban naar	
Supplications after prayer		Ask for Paradise 3x , ask protection from Fire 3x	
10x laa ilaaha illAllah wahdahu laa shareeka lah, lahul mulku wa lahul hamdu, yuhye wa yumeet, wa huwa alaa kulli shay'in qadeer		Dua' against shirk	
Miswaak		Dua' for parents (Rabbir-hamhuma kamaa rabbayaani sagheera)	
<b>'Esha Prayer (4 rak'ah fard)</b>		Dua' for others in their absence	
2 rak'ah Sunnah after 'Esha		<b>Knowledge &amp; Action</b>	
33x SubhanAllah 33x walhamdulillah 33x wallahu akbar , 1x laa ilaaha illAllah wahdahu..		Seek knowledge (learn at least 1 ayah/name of Allah/dua'/hadith..)	
Ayatul Kursi		Pick 1 random Ayah & set 1 Action Point	
1x Surah Al Ikhlas, Al-Falaq, An-Naas		Da'wah (share a hadith, ayah, beneficial resource etc)	
Supplications after prayer		Ask for tawfeeq (ability) for good deeds & acceptance of each good deed	

\*All supplications can be found in Fortress of the Muslim (Hisnul Muslim) [www.hisnulmuslim.com](http://www.hisnulmuslim.com)

\*\* See Fortress of the Muslim Chapter 27: Words of remembrance for morning and evening

[www.sistersproject.co.uk](http://www.sistersproject.co.uk)