



MARKAZ UD DAWAT WAL IRSHAD

MARKAZ UD DAWAT WALIRSHAD DAILY DEEDS TRACKER

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MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Fajar Salaat																															
Zohar Salaat																															
Asar Salaat																															
Maghreb Salaat																															
Esha Salaat																															
1/4 Juzj Quran																															
Surah Sajdah																															
Surah Yasin																															
Surah Mulk																															
Surah Waqiah																															
Kalimah Dhikr 100 times																															
Istighfaar 100 times																															
Durood 100 times																															
Sadaqah																															
Good Deed																															
Muhassabah*																															
Muraqabah*																															
DUA																															

MUHASSABAH IS TO ASSESS YOUR OWN ACTIONS AT THE END OF THE DAY FOR AT LEAST 5 MINUTES

MURAQABAH IS TO PONDER OVER DEATH AND THE HEREAFTER FOR AT LEAST 5 MINUTES.