

Taqwa Practice Chart 1

Voluntary Actions. (Nafeelah) Supplications.	Fri	Sat	Sun	Mon	Tues	Wed	Thurs
Recite Qur'an							
Memorized Qur'an							
Du'a after waking up							
Glorifying Allah(swt)							
Du'a before eating anything							
Du'a after eating							
Du'a before leaving the house							
Du'a before entering the wash room							
Du'a when coming out of the wash room							
Du'a when riding the bus or car.							
Du'a for seeking forgiveness.							

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