



My Name:-----

	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon
Recite la illaha illullah 100 times															
Recite Durud once or 10 times															

أَفْضَلُ الذِّكْرِ لَا إِلَهَ إِلَّا اللَّهُ

The best form of Zikr is "Laa ilaha illallah".

[Tirmidhi]

مَنْ صَلَّى عَلَيَّ وَاحِدَةً صَلَّى اللَّهُ عَلَيْهِ عَشْرًا

One who sends one durood upon me, Allah ﷺ will bless him ten fold.

[Muslim]