

# NEW BEGINNINGS 2022

# Daily PLANNER



Date:  /  /   M  T  W  T  F  S  S

## Daily Dua/Hadith:

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## Quran Recitation:

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## To do today:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Salah Tracker:

	Fard	Sunnah
Fajr	<input type="checkbox"/>	<input type="checkbox"/>
Dhur	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>
Magrieb	<input type="checkbox"/>	<input type="checkbox"/>
Esha	<input type="checkbox"/>	<input type="checkbox"/>
Qiyam al Layl/ Tahajud		<input type="checkbox"/>

Alhamdulillah for: \_\_\_\_\_

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## Self-care:

				
glasses of water	healthy meals	hours of sleep	minutes of exercise	minutes of relaxation

Good Deeds: \_\_\_\_\_

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