

	DAILY ACTI	VIIY PLANNER		
To Do's				Deadline
		My Deen		
Prayers	Sunnahs	Daily Dua	Qur	an
Fajr				
Dhur				
Asr				
Magrieb				

Self-Care

Exercise

Healthy Meals

Glasses of

Water

 z^z

Sleep

Qiyam al Layl/Tahajud

Esha