



Ayah of the day

Today is _____

I prayed

F D A M I

Quran Reading

Memorization

Exercise!


Chores

cccccccccc

★ Sleep _____

Siesta

Hydrated

Alhamdulillah for _____

idea! _____



Doodle! _____

School

Assignment

Book Reading

News Reading

Islamic Studies

Today, I made one better choice... _____



Best part of my day... _____

Remember to

- _____
- _____
- _____



Self care

Health note

