

Section 2. Thikrullah		Mon	Tue	Wed	Thur	Fri	Sat	Sun
19.	Third Kalimah x100 (How many times?)							
20.	Durood Shareef x100 (How many times?)							
21.	Istighfaar x 100 (How many times?)							
22.	Thikr of Isme-Thaat (Allah) x 100							
23.	Tasbeeh Fatimi (Before sleeping & after every salaah)							

Section 3. Masnoon Surahs and Du'aas								
24.	Surah Yaseen							
25.	Morning Masnoon Du'as (8)							
26.	Surah Wa-qiáh							
27.	After Maghrieb Masnoon Du'as (8)							
28.	Surah Sajdah							
29.	Surah Mulk							
30.	Sajdah-e- Tilawat							

4. Daily Sunnats								
31.	Awakening Sunnats (6)							
32.	Dressing Sunnats (8)							
33.	Bathroom Sunnats (11)							
34.	Entering & Leaving home/boarding (4)							
35.	Eating Sunnats (14)							
36.	Drinking Sunnats (5)							
37.	Sleeping Sunnats (10)							