

MAMULAT CHART FOR SENIOR BOYS

AR-RAHEEM MAMULAT CHART	MONTH: _____												STUDENT NAME: _____			
	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
I. FARD (Mandatory Activity)	<i>Obligatory is that which the Lawgiver has enjoined by way of it being compulsory</i>															
Fajr with Jama'at -10 points																
Dhuhr with Jama'at -10 points																
Asr with Jama'at -10 points																
Maghreb with Jama'at -10 points																
Isha with Jama'at -10 points																
II. SUNNAH / NAFL (Mandatory Activity)	<i>Encouraged or recommended, is that which is prescribed by the Lawgiver</i>															
Dua for waking up -7 points																
Siwak -7 points																
Zikr of 3rd Kalima (100 times) -7 points																
Reading Surah Yaseen / Kahf -7 points																
Reading Surah Mulk before bed -7 points																
4 Quls, Ayat ul kursi, Dua for sleeping -7 points																
III. AKHLAQ (Mandatory Activity)	<i>A good attitude is the characteristic of the best of the Messengers and is the best action of the righteous</i>															
Home Chores -7 points																
Home Taleem -7 points																
Clean up Room -7 points																
Parents Khidmat (clean Abbu's car, massage Ammi's feet, make Ammi and Abu smile, etc) -7 points																
IV. HEALTHY LIFESTYLE (Extra Credit Activity)	<i>The two most undervalued assets by people are good health and leisure time. -The Prophet Mohammed (PBUH)</i>															
Daily walk (minimum 15 mins) -3 points																
Eat healthy food (Honey, Dates, Black Seed, Milk, Veggies, Fruits) -3 points																
Less than 1 hour screen time -3 points																
Minimum 8 hours sleep -3 points																
V. EXTRA I'BADAH (Extra Credit Activity)																
Reciting Quran (minimum 20 minutes outside of school) -10 points																
2 rakat Tahajjud and dua -15 points																
VI. PARENTS SECTION (Mandatory Activity)																
Parents Comments - +10 or -10 points																