



Mamulat Chart for Lower Grades



This chart belongs to:



TASK		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
I offered at least 3 prayers (Salah) today.		☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	
I woke up and slept reciting Dua today.		☆☆	☆☆	☆☆	☆☆	☆☆	☆☆	☆☆	
I read 3 small Surahs from the Quran today.		☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	
I read 4 Quls today.		☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	
I made my bed today.		☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	☆☆☆	
I ate healthy food today. (Fruits, Veggies, Dates etc.)		☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	
I had less than 1 hour of screen time today.		☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	
I made my Parents smile today.		☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	

