# MAMULAT CHART FOR SENIOR GIRLS

**AR-RAHEEM MAMULAT CHART**

MONTH: _____

STUDENT NAME: _____

| | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: | Date: |
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| **I. FARD (Mandatory Activity)** | *Obligatory is that which the Lawgiver has enjoined by way of it being compulsory* | | | | | | | | | | | | | | | |
| Fajr - 10 points | | | | | | | | | | | | | | | | |
| Dhuhr - 10 points | | | | | | | | | | | | | | | | |
| Asr - 10 points | | | | | | | | | | | | | | | | |
| Maghreb - 10 points | | | | | | | | | | | | | | | | |
| Isha - 10 points | | | | | | | | | | | | | | | | |
| **II. SUNNAH/NAFL (Mandatory Activity)** | *Encouraged or recommended, is that which is prescribed by the Lawgiver* | | | | | | | | | | | | | | | |
| 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)** | *A good attitude is the characteristic of the best of the Messengers and is the best action of the righteous* | | | | | | | | | | | | | | | |
| 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)** | *The two most undervalued assets by people are good health and leisure time. -The Prophet Mohammed (PBUH)* | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | |