

How to use

Using a habit tracker can be a great way to gain encouragement and accountability in implementing a new habit. It's a tool for you to track your performance and to see immediate progress while you're doing the thing. Once you get a streak going, it will motivate you to continue on and not break the pattern. If you do find yourself missing a single day, it is very important that you do not get discouraged and quit altogether. Be kind to yourself and keep your self-talk constructive and positive. View this tracker as a tool to provide immediate feedback as a prevention measure to avoid missing consecutive days for things you want to make a priority. So, if you miss one day, try not to miss two in a row. If you miss two, don't let it get to three.

The salah tracker's purpose is to help you establish the five daily prayers. You can print the second page twelve times, representing a full calendar year. Circle the current month and put an X or fill in the circle each day after the completion of the task. Over time you'll begin to create a record of your habit streak. We've listed five habits to track which are praying Fajr, Zuhr, Asr, Maghrib, and Isha. We intentionally left some space below if you want to challenge yourself to pick up a new habit or try to eliminate an existing one.

Some Ideas:

- Reading the Qur'an.
- Reading a book for 10 minutes before going to bed.
- Learning a new [du'a a day](#).
- Reciting dhikr after Salah.^[1]
- Making your bed.
- Stop drinking coffee or pop.
- Quit smoking.
- No TV / Netflix before bed.
- Drink a glass of water every morning.
- Contact 1 person every day and ask how they are doing.
- Go for a walk.
- Go to the gym.
- Give a compliment or try to help someone in a small way.
- Practice [gratitude](#), find 5 things you can say Alhamdulillah for every morning.

Here's to a better you!

[1]. It was narrated that Anas bin Malik said: "Umm Sulaim came to the Prophet (ﷺ) and said: 'O Messenger of Allah (ﷺ), teach me some words that I may supplicate with during my prayer.' He said: 'Glorify Allah (by saying SubhanAllah) ten times, and praise Him (by saying Alhamdulillah) ten times, and magnify Him (by saying Allahu Akbar) ten times, then ask Him for what you need; He will say: 'Yes, yes.'

HABIT TRACKER

DUAS OF THE PROPHET

HABIT **JAN** **FEB** **MAR** **APR** **MAY** **JUN** **JUL** **AUG** **SEP** **OCT** **NOV** **DEC**

1 **2** **3** **4** **5** **6** **7** **8** **9** **10** **11** **12** **13** **14** **15** **16** **17** **18** **19** **20** **21** **22** **23** **24** **25** **26** **27** **28** **29** **30** **31**

<u>FAJR</u>	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
<u>ZUHR</u>	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
<u>ASR</u>	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
<u>MAGHRIB</u>	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
<u>ISHA</u>	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
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