Habit Tracker Bismillah

Taking Baby Steps for Big Change

7 6

Select 3 deeds that you would like to make a consistent habit in your life. Write each deed in a large box and try to complete that deed everyday to make it a habit. When you complete the deed, circle or cross-out its corresponding letter for everyday you perform it. At the end of the week and month, tally up your points to see how many days you were consistent with the deed! Each letter is equal to one point.

70

A		B			С		
The Prophet Muhammed (ﷺ) said, "Do good deeds properly, sincerely and moderately and know that your deeds will not make you enter Paradise, and that the most beloved deed to Allah is the most regular and constant even if, it were little."							
Sunday	Monday	Tuesday			Friday	Saturday	Point Tally
A B C	A B C	A B C	A B C	A B C	A C	A B C	A B C
A B C	ABC	A B C	A B C	A B C	A B C	A B C	A B C
ABC	A B C	A B C	A B C	A B C	A B C	A B C	A B C
ABC	A B C	A B C	ABC	A B C	A B C	A B C	A B C
ABC	ABC	A B C	A B C	A B C	A B C	A B C	A B C
	POINTS EARNED:						

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