

# Bismillah Habit Tracker

Taking Baby Steps for Big Change

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.

|   |   |   |
|---|---|---|
| A | B | C |
|---|---|---|

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."

Month: \_\_\_\_\_



Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

|                                   |                                   |                                   |                                   |                                   |                                   |                                   |                                   |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C |
| A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C |
| A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C |
| A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C |
| A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C | A <input type="checkbox"/><br>B C |

POINTS EARNED: \_\_\_\_\_