

DAILY PLANNER				
DAY:		DATE:		
MAIN GOAL:		MEETINGS		TIME
SECONDARY GOAL:				
TIME	TASKS	PROGRESS	CALLS	PROGRESS
TIME	SELF IMPROVEMENT	PROGRESS	OTHER	PROGRESS
TIME	ZIKR – SELF REFLECTION	PROGRESS	LEISURE/EXERCISE	PROGRESS
20m	After Fajr – Quraan		Magazine – 30 mins	
20m	Zikr (after Fajr and after Maghrib)		Social media – 30 mins	
20m	Kitaab reading		Exercise/Walk – 30 mins	
			Reading for pleasure – 30 mins	
			Television – 1 hour	