

WEEKLY PROGRESS DIARY®

This diary is an essential tool to help you manage your spiritual progress. Here, you can keep track of all your religious commitments, essential duties, important tasks & learning targets.

Use this diary everyday and continue to reflect upon your performance. E-mail to progress@zikr.co.uk when complete.

Khatam Sharif:

11 x Durood Sharif

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ
 وَعَلَى آلِهِ وَارْحَمْهُمُ

25 x Ayat Kareema

إِنَّ رَحْمَتَ اللَّهِ قَرِيبٌ مِّنَ الْمُحْسِنِينَ

11 x Durood Sharif
(same as above)

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَنِ الرَّحِيمِ الْمَلِكِ الْيَوْمِ الْدِّينِ
 إِلَهِكَ فَعْبُدْ وَإِلَيْكَ تُسْتَعِينُ هَذَا الصَّلَاةُ الْمُسْتَقِيمُ
 صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ خُذْ الْعَفْوَ وَرَأْفَةَ الْكَلْبِينَ

1 x Surah Fatiha

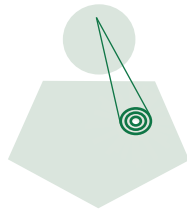
11 x Surah Ikhlas

قُلْ هُوَ اللَّهُ أَحَدٌ اللَّهُ الصَّمَدُ لَمْ يَلِدْ وَلَمْ يُولَدْ
 لَهُ كُنُوفٌ أَلْفٌ لَمْ يَلِدْ وَلَمْ يُولَدْ

11 x Surah Quraish

إِنِّي لَأَكْفُرُ بِكُفْرَانِكَ الْيَوْمِ رِحْلَةَ الْبَيْتِ وَالْقَابِئِ غَلِيظِ الْعِقَابِ
 رَبِّ هَذَا الْبَيْتِ الَّذِي أَطْعَمْتُم مِّنْ جُوعٍ وَأَسْقَيْتُم مِّنْ ظَمْثٍ

Meditation Technique



1. Whilst in wudhu, read the Khatam Sharif opposite.
2. Make dua & send, the reward gained, as Isaale Sawab
3. Sit comfortably, cover your face, close your eyes & relax
4. Focus on your heart & feel your heart beating Al-lah
5. Breathe steadily & continue meditating as long as you can
6. End with dua but continue doing Zikr within the heart

MEDITATION:

Time in mins	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Evening							

RECITATION:

Tick if Read	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Quran Sharif							
Shijra Sharif							

SALAAT OBSERVANCE:

Optional Prayers: I = Ishraq C = Chasht A = Awabeen T = Tahajjud (Star the triangle if optional prayer was observed)
 Fill Using This Key: 1 = Prayed On Time & Used Miswaak / Imamah Sharif 2 = Prayed On Time 3 = Prayed Late 4 = Forgot/Overslept

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fajar	I						
Zohar	C						
Asar							
Maghrib	A						
Isha	T						

PRIORITY SUNNATS: Tick only when wholly adopted within your life

- Miswaak (During Wudhu & Ghusl) Beard | Imamah Sharif During Salaah (Male)
 Hijab (Female) Personal Care (Using Fragrance, Surma, Hair Oil & Comb)

TASBIHAT:

No. of Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Istighfar							
Durood							
Kalimah							

Comments: Fill in according to number of repetitions i.e 100, 250, 500, 1000 etc

WILL POWER:

Your personal power will improve as you meditate for longer periods & engage in Qalbi Zikr more often

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Abstained from Haram food, clothes, drink & intoxicants							
Abstained from contributing to or indulging in Major Sins							
Remained in good company & away from bad/evil influences.							
Subdued an evil thought / habit							

Comments: Remain positive and only tick days that proved successful

BASIC ESSENTIALS:

GAIN KNOWLEDGE	LEARN & ADOPT THE SUNNAH	MEMORISE FOLLOWING: DUAS etc
General Islamic Beliefs	Entering & Leaving Bathroom	Entering & Leaving Toilet
Essentials of Ghusl & Wudhu	Wudhu & Self Adornment	Beginning & Completing Wudhu
Fardh Wajib Sunnah in Salaat	Performing Ghusl (Bath)	Names / Significance of Islamic Months
Importance of Zikr & Salaat	Wearing Clothes, Socks & Shoes	Wearing & Removing Clothes
Method of Performing Salaat	Eating & Drinking	Before & After Eating / Drinking
Halaal & Haraam Food/Drink	Sleeping & Waking up	Sleeping & Waking
Major & Minor Sins	Entering & Leaving Home / Mosque	Entering & Leaving Home / Mosque
Virtues of Salaat & Zikr	Clipping Finger & Toe Nails	Hearing of Someone's Death
Basics of Fasting, Zakat & Hajj	Meeting & Departing Family/Social	Greeting, Reply to Greeting & Thanking
Virtues of Ramadan & Fasting	Beard, Facial, Body & Pubic Hair	Last Ten Surahs of Qur'an Sharif
Virtues of Charity & Hajj	Celebrations: Marriage / Eid / Birth	Sneezing & Replying to others sneeze
Virtues of Qur'an & Durood	Janazah (Funeral) Prayer	Surah Fatiha & Ayatul Qursi
Sins of the Tongue & Heart	Wearing an Imamah Sharif / Purdah	Tashahud (At-Tahiyaat)
Respect, Love & Humility	Using Miswaak	Durood-e-Ibrahim
Rights of Parents & Elders	Salaat in Jamaat (male)	Dua-e-Qunoot (Used in Witr Salaah)
Rights of Spouse & Children	Adhaan/Iqaamat (male)	Thana & Kalimahs (Used in all Salaah)

LEARNING TARGETS: Select any three from the essentials list above.

1. _____ Gave Food/Wealth to Charity
2. _____ Attended a Group Zikr Majlis
3. _____ Visited/Called Hadhrat Sahib

When complete, e-mail a copy to progress@zikr.co.uk