

PREPARATION FOR RAMANDAN WEEK 1

BODY WATER

SOUL 5 DAILY PRAYERS

MIND EXCUSES

Day	Litres of Water	Other Drinks
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

On time	With Concentration
/5	/5
/5	/5
/5	/5
/5	/5
/5	/5
/5	/5
/5	/5

Excuses	Reasons

If you run out of room before you run out of excuses, just keep writing on the back!