

WATER**PRAYERS****PREPARATION FOR RAMANDAN WEEK 2**

Day	Litres	Time	Conc.
Monday		/5	/5
Tuesday		/5	/5
Wednesday		/5	/5
Thursday		/5	/5
Friday		/5	/5
Saturday		/5	/5
Sunday		/5	/5

**SOUL
FAST**

**MIND
EMOTIONAL RESPONSES**

Monday
Thursday

BODY SUGAR

WHERE I REDUCED SUGAR

WHERE I REDUCED SUGAR
www.RamadanPrep2013.com