

## PREPARATION FOR RAMANDAN WEEK 6

### KEEPING UP WITH THE ROUTINES

	M	T	W	T	F	S	S
Morning Dua							
Qiyyam Al Layl							
Qu'ran							
Fast (Mon/Thurs)							
Sunnah Fajr							
Fajr							
Sunnah before Duhr							
Duhr							
Sunnah after Duhr							
Asr							
Maghrib							
Sunnah Maghrib							
Isha							
Sunnah Isha							
Avoid excessive talking							
Avoid excessive gazing							
Avoid bad company							
Avoid over eating							
Eat well (moderation)							
Reduce sugar							
Reduce caffeine							
Drink 2 L water							
Exercise							
Relaxation							
Evening Duas							
Good sleep							