بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

Daily Deeds Tracker

A weekly ledger of small Sunnah acts

Name _____

Week of _____

Good Deeds *ḥasanāt*

"The deeds most beloved to Allah are those done most consistently, even if they are few."
Bukhari 6464 · Muslim 782

Each night before sleeping, tick what you did on this side and mark any slips on the back. Don't chase a perfect week — chase a consistent one.

		MON	TUE	WED	THU	FRI	SAT	SUN
ṢALĀH & QUR'ĀN								
Five prayers, each on time	Bukhari 527							
12 Sunnah rak'āt with the prayers (rawātib)	Muslim 728							
Tahajjud / Witr — even two rak'āt	Muslim 1163							
Ḍuḥā (Chāsht) — two rak'āt	Muslim 720							
Qur'ān — at least one page, with its meaning	Muslim 804							
Sūrah al-Mulk before sleep	Tirmidhi 2891							
DHIKR & DU'Ā'								
Morning and evening adhkār	Qur'ān 33:41–42							
Tasbīḥ after each prayer (33 · 33 · 34)	Muslim 597							
100× SubḥānAllāhi wa biḥamdihī	Bukhari 6405							
100× Astaghfirullāh	Muslim 2702							
Ṣalawāt on the Prophet ﷺ — ten or more	Muslim 384							
Du'ā' for someone in their absence	Muslim 2733							
CHARACTER & PEOPLE								
Greeted someone first with Salām	Abu Dawud 5197							
Smiled at someone	Tirmidhi 1956							
Spoke good — or stayed silent	Bukhari 6018							
Served or called parents; kept family ties	Bukhari 5986							
Gave charity, even a little	Bukhari 1417							
Helped someone with a need or task	Muslim 2699							
Forgave someone or overlooked a fault	Qur'ān 24:22							
Visited or checked on someone sick or struggling	Muslim 2568							
EVERYDAY SUNNAH								
Miswāk / brushed teeth with wuḍū'	Bukhari 887							
Bismillāh before eating, right hand, Alḥamdulillāh after	Muslim 2020							
Ate moderately — stopped before full	Tirmidhi 2380							
Guarded the gaze (screen and street)	Qur'ān 24:30							
Wuḍū', Āyat al-Kursī & adhkār before sleep; right side	Bukhari 247							
Voluntary fast (Mon / Thu)	Tirmidhi 745							
Learned or revised one āyah or ḥadīth	Bukhari 5027							
Ticks today								

FRIDAY EXTRAS Ghusl & clean clothes (Bukhari 877) · Early to the masjid (Bukhari 881) · Sūrah al-Kahf (al-Ḥākim) · Extra ṣalawāt · Du'ā' in the last hour before Maghrib (Bukhari 935)

✓ done · leave blank if missed · the shaded column is Jumu'ah

References are Qur'ān (sūrah:verse) and ḥadīth numbers from Bukhari, Muslim, Tirmidhi, Abu Dawud and Ibn Majah. Print double-sided (flip on the long edge). Free to print and share.

بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

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A weekly ledger of small Sunnah acts

Name _____

Week of _____

Deeds to Avoid *sayyiʾāt*

"Follow a bad deed with a good deed; it will wipe it out."
Tirmidhi 1987 · "Indeed, good deeds wipe out bad deeds." — Qurʾān 11:114

		MON	TUE	WED	THU	FRI	SAT	SUN
THE TONGUE								
Lied — even as a joke	Bukhari 6094							
Backbit or passed on someone's private matters	Qurʾān 49:12							
Mocked or belittled someone	Qurʾān 49:11							
Swore, cursed or used foul language	Tirmidhi 1977							
Argued to win rather than to understand	Abu Dawud 4800							
Broke a promise or was late without reason	Bukhari 33							
Forwarded news without verifying it	Qurʾān 49:6							
THE HEART								
Lost my temper or spoke in anger	Bukhari 6116							
Envied someone's blessing	Muslim 2563							
Assumed the worst about someone	Qurʾān 49:12							
Acted or spoke with arrogance	Muslim 91							
Did a good deed for show (riyāʾ)	Bukhari 6499							
Held a grudge or refused to reconcile	Bukhari 6076							
EYES, EARS & TIME								
Looked at something ḥarām	Qurʾān 24:30							
Mindless scrolling — wasted time	Bukhari 6412							
Delayed a prayer without excuse	Qurʾān 4:103							
Stayed up late for nothing; Fajr suffered	Bukhari 568							
BODY & DEALINGS								
Overate or wasted food	Qurʾān 7:31							
Wasted water or resources	Ibn Majah 425							
Was dishonest or slack in work or dealings	Muslim 102							
Spoke harshly to parents or family	Qurʾān 17:23							
Slips today								
Closed the day with tawbah	Qurʾān 66:8							

✓ stayed clear · × slipped — then follow it with a good deed from the front

Weekly Muḥāsabah

"Take account of yourselves before you are taken to account." — attributed to ʿUmar (RA)

What went well this week

Where I slipped — and the good deed that followed

One Sunnah to add next week

Week total — good deeds: _____ slips: _____

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