

BASIC Daily Dhikr and Duáa Part 1

Name: _____ Score: _____ Reward from Parent/Guardian: _____

Day and Date	Duáa after waking up	Adhan * (Recite aloud, only for boys)	Response during the Adhan * 📄	Duáa after Adhan *	Duáa after Wudu" *	Iqāmah *	Duáa / Dhikr after Salaah **	PFE Duáa 1 ***	PFE Duáa 2 ***	PFE Duáa 3 ***	PFE Duáa 4 ***	Cup hands, blow, 3 Quls & wipe ☞	Ayatul Kursi ☞	Last 2 Ayat of Suratul Baqarah ☞	Suratul Mulk ☞	Duáa before sleeping ☞

*Give 1 tick for every time that you do the duáa or dhikr. For example, if you do it after every Salaah, you tick 5 times! 😊

Give a **star for a complete duáa/dhikr. A **triangle** for a medium-sized duáa/dhikr. A **tick** for a short duáa/dhikr.

*** Protection From Evil (PFE) Duás. We've chosen only 4 duás for you here. Say this once in the morning. Once in the evening. [Ref: "Read these dzikir everyday!

By Mufti Menk" <https://youtu.be/vmyq8ff5i30>]

☞ Do this in bed, just before sleeping

📄 If you are not reciting the Adhan aloud, do respond to the Adhan. If we say this, we will enter Paradise, in shaa Allah! [Ref: "How to respond during the Adhan (Call to Prayer)" https://youtu.be/wlTw_qFpbsk Evidence: <https://islamqa.info/en/answers/7747/when-should-we-say-laa-hawla-wa-laa-quwwata-illa-billaah>]