TASK	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Said Subhan Allahi wa bihamdihi100x before sunset															
Recited Evening Adhkar															
Helped someone break their fast															
Had Iftar promptly															
Made du'a before Iftar															
Ate dates and water for Iftar															
Ate a moderate and healthy Iftar															
Prayed complete Tarawih behind the Imam															
Prayed qiyam ul-layl alone (instead of Tarawih in congregation)															
Prayed Tahajjud															
Ate Suhur															
Had dates and water in Suhur															
Did Istighfar at Suhur time															
Said Subhan Allahi wa bihamdihi100x before sunrise															
Recited Morning Adhkar															
Recited one juz' of the Qur'an															
Listened to recitation of one juz'															
Listened to or read 1 juz' of tafsir of Quran															
Memorized Qur'an / Reviewed previous memorization															
Performed Fard prayers on time with khushu'															
Performed Sunnah prayers															
Performed Nafl Salawat (e.g. duha)															
Did Istighfar in ruku', sajdah & otherwise															
Read Adhkar after Salah															
Kept tongue moist with dhikr															
Read Qur'anic and Masnun Du'as															
Said <i>Laa ilaaha illAllahu wahdahu</i> 100x															
Prayed for Taqwa															
Prayed for protection from the nafs															
Prayed for myself & others															
Guarded the tongue															
Avoided idle talk & useless activities															
Controlled anger & exercised patience															
Did not complain of thirst, hunger, fatigue, masjid, etc.															
Gave charity															
Made someone happy / helped someone															
Used Miswak															
Took afternoon nap / qayloolah															
Performed a secret good deed															

TASK	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Said Subhan Allahi wa bihamdihi100x before sunset															
Recited Evening Adhkar															
Helped someone break their fast															
Had Iftar promptly															
Made du'a before Iftar															
Ate dates and water for Iftar															
Ate a moderate and healthy Iftar															
Prayed complete Tarawih behind the Imam															
Prayed qiyam ul-layl alone (instead of Tarawih in congregation)															
Prayed Tahajjud															
Ate Suhur															
Had dates and water in Suhur															
Did Istighfar at Suhur time															
Said Subhan Allahi wa bihamdihi100x before sunrise															
Recited Morning Adhkar															
Recited one juz' of the Qur'an															
Listened to recitation of one juz'															
Listened to or read 1 juz' of tafsir of Quran															
Memorized Qur'an / Reviewed previous memorization															
Performed Fard prayers on time with khushu															
Performed Sunnah prayers															
Performed Nafl Salawat (e.g. duha)															
Did Istighfar in ruku', sajdah & otherwise															
Read Adhkar after Salah															
Kept tongue moist with dhikr															
Read Qur'anic and Masnun Du'as															
Said <i>Laa ilaaha illAllahu wahdahu</i> 100x															
Prayed for Taqwa															
Prayed for protection from the nafs															
Prayed for myself & others															
Guarded the tongue															
Avoided idle talk & useless activities															
Controlled anger & exercised patience															
Did not complain of thirst, hunger, fatigue, masjid, etc.															
Gave charity															
Made someone happy / helped someone															
Used Miswak															
Took afternoon nap / qayloolah															
Performed a secret good deed															