			w	eekly Goal Progress			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	E "		F ::	F "	F "	F "	F "
	Fajir	Fajir	Fajir	Fajir	Fajir	Fajir	Fajir
	Islamic studies	Islamic studies	Islamic studies	Islamic studies	Read Surah Kahf - 18	Islamic studies	Islamic studies
	Excercise	Excercise	Excercise	Excercise	Take bath Early	Excercise	Excercise
	Breathing + Relaxation	Breathing + Relaxation	Breathing + Relaxation	Breathing + Relaxation		Breathing + Relaxation	Breathing + Relaxation
	IT Learning	IT Learning	IT Learning				
	Scrum Call 10:30 AM	Scrum Call 9:30 AM	Scrum Call 9:30 AM	Scrum Call 9:30 AM	Scrum Call 9:30 AM		
	Water 2.5 liter	Water 2.5 liter	Water 2.5 liter				
	Mid Meal	Mid Meal	Mid Meal	Mid Meal	Leave at 12:30pm to Masjid		Mid Meal
dditional Notes							
	Excitement + Reading						
	Sleep before 11 PM	Sleep before 11 PM	Sleep before 11 PM				