

Month : _____ Week:_____		Weekly Goal Progress				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	IT Learning	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	Water 2.5 liter	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	Mid Meal
Excitement + Reading	Excitement + Reading	Excitement + Reading	Excitement + Reading	Excitement + Reading		
Sleep before 11 PM	Sleep before 11 PM	Sleep before 11 PM	Sleep before 11 PM	Sleep before 11 PM	Sleep before 11 PM	Sleep before 11 PM
Additional Notes :						