

Multi Challenge 2023

Tasks																														
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Thahajjud																														
Subah sunnah 2																														
Aloe Vera																														
Al – Quran Recitation																														
Aayathul Kurshi																														
Sun Screen protection																														
Zhuha 2																														
2 hours of learning ML																														
Luhar before 4																														
Luhar after 2																														
Read 2 pages																														
Sinhala video 1																														
English Video 1																														
Typing 5 mints																														
Maintaining Wuzhu																														
Dua before Ifthar																														
Sathaqa																														
Magrib sunnah 2																														
Isha sunnah 2																														
Pull up 50																														
Squat 50 with weight																														
Bicep Curl 50																														
Aloe vera 9t																														
Listen Quaran																														
Listen Bayan																														
																				</										