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| Tasks | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 01 |
| Day 01 | Day 02 | Day 03 | Day 04 | Day 05 | Day 06 | Day 07 | Day 08 | Day 09 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 | Day 15 |
| Wake Up at 4.00 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pray Thahajjudh |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Subah sunnah |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Brush |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Al-Quran Recitation 2 pages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 Page reading |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Aloe vera |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sleep until 9 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ML Learning 9 – 12 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Luhar on time |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 Sinhala Video – 1 hour |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 English Video – 1 hour |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asar on Time |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bayan about Confidential Heart |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 100 times Isthihfar |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vitamin E/Knee tablet/Balm/Candid |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Recite 2 pages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Magrib on Time |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Free slot – Do workout or skip |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Isha on Time |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Eat Protien |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Prayer of repentence 2rqs |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sleep |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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