

30 Day Challenge

- ☐ **Praying Fazr Salat.**
- ☐ **Quran Atleast 1 Page.**
- ☐ **Attend in every Class.**
- ☐ **Power Napping for 30 Minutes.**
- ☐ **Eating in 10 Minutes Max.**
- ☐ **4 times Other Praying Salat.**
- ☐ **Two Hour Reading (Academic).**
- ☐ **Two Hour Programming.**
- ☐ **Atleast (5+) Problem solving a day.**
- ☐ **Pushup+Squat(10 Daily)**
- ☐ **No MB.**
- ☐ **Use FANG APPS Min.**
- ☐ **Daily English Speaking Practice.**
- ☐ **No Relationship.**
- ☐ **Hanging Out With Family & Friends a bit.**
- ☐ **Sleep before 12 AM At Night.**

Improving Challenge

- ☐ **Get Out From Comfortzone**
- ☐ **Hygiene(Shower,Nail,Haircut,Brush)**
- ☐ **Hair and Beard(Grooming)**
- ☐ **Workout/Playing**
- ☐ **Good Cloths (Perfume,WristWatch,Moneybag)**
- ☐ **Study**
- ☐ **Money Making**
- ☐ **Becoming Confident**
- ☐ **Knowing Your Value**
- ☐ **Good Diet**
- ☐ **Introduce with others**