

Freedom isn't found in perfection - it's found in progress.
Each day you show up is a day closer to clarity, strength, and lasting change. This roadmap isn't about who you were - it's about who you're becoming, by Allah's permission.

PHASE 1: RESET

Days 1-7

Complete system overhaul

PHASE 2: STABILIZE

Days 8-21

Withdrawal & habit building

PHASE 3: BUILD

Days 22-60

System strengthening

PHASE 4: INTEGRATE

Days 61-90

Life domain mastery

13-WEEK ROADMAP

- W1 Reset
- W2 Peak
- W3 Flatline
- W4 Habits
- W5 Energy
- W6 Balance
- W7 Strength
- W8 Mastery
- W9 Integration
- W10 Momentum
- W11 Advanced
- W12 Freedom
- W13 Victory!

DAILY DHIKR & DUA TRACKER

Dhikr	S	M	T	W	T	F	S
100x							
Istighfar							
Surah							
Al-Fatiha							
7x							
Dua							
for Protection							
Durood							
100x							

Dua for protection: اللهم اتْقِنِي تَقْوَاهَا، وَرَكِّنْهَا اَنْتَ حَبْرٌ مِنْ رَّكَابِهَا، اَنْتَ وَلِيُّهَا وَمَوْلَاهَا
Allahumma aati nafsi taqwaha, wa zakkiha anta khayru man zakkaha,
anta waliyyuhu wa mawla.

"O Allah, grant my soul its taqwa and purify it, You are the best to purify it. You are its Guardian and Protector."

TRIGGER TRACKER & MANAGEMENT

Top 5 Personal Triggers:

1. _____
2. _____
3. _____
4. _____
5. _____

High-Risk Times:

- Late night Alone time
 Stressed Bored
 Weekends Travel

WEEK 1

WEEK 2-3

WEEK 4-6

WEEK 7-9

WEEK 10-12

WEEK 13+

Energy fluctuations, skin clearing begins

Flatline starts, libido drops, brain fog

Energy returns, morning erections, skin glow

Confidence boost, muscle pumps, voice deepens

PIED healing, natural arousal, vitality peak

Full restoration, optimal health, warrior state

PHYSICAL RECOVERY TIMELINE

DAILY NON-NEGOTIABLES TRACKER

Habit	S	M	T	W	T	F	S
Fajr Prayer							
Cold Shower							
Combat Training							
No Phone Bedroom							
All 5 Prayers							
Quran Reading							
Door Open Policy							
Family Time							

WEEKLY PROGRESS & REFLECTION

Week _____

Energy Level (1-10): _____

Urge Frequency: _____

Sleep Quality: _____

Confidence: _____

Biggest Win:

Challenge Faced:

Next Week Focus:

DAY 7

DAY 21

DAY 30

DAY 45

DAY 60

DAY 90

First Jumu'ah clean Shukr prayers

3 weeks strong Give sadaqah

One month victory Fast a day of gratitude

Halfway milestone Share story safely

Two months free Visit Islamic center

FREEDOM! Major celebration

ISLAMIC MILESTONE CELEBRATIONS

IMMEDIATE (0-5 min):

- Stand up & leave device
- Cold water on face
- Say A'udhu billah...
- Go to public area

SHORT TERM (5-30 min):

- 20+ push-ups/burpees
- Call accountability partner
- Recite Astaghfirullah
- Activate all blockers

MEDIUM TERM (30+ min):

- Full workout session
- Visit mosque if possible
- Read Quran 30 minutes
- Journal the experience

NEXT DAY:

- Assess what triggered
- Strengthen weak points
- Plan prevention
- Celebrate the victory

OVERALL PROGRESS TRACKING

Days Clean: _____

Longest Streak: _____

Total Urges Defeated: _____

Energy Level (1-10): _____

Confidence Level (1-10): _____

Physical Health (1-10): _____

Spiritual Connection (1-10): _____

Family Relationships (1-10): _____

Life Purpose Clarity (1-10): _____

You were created with purpose - and recovery is part of your path to fulfilling it.

Stay consistent, trust the process, and know that every step, even the hard ones, are building you into someone stronger. One day you'll see how it was all part of Allah's perfect plan for your transformation. RN.