Task

▼   dev   1

Aa Name	Frequency	Status	≔ Tags
📄 Solve Coding Problem	**Every Day**	**Scheduled**	dev
+ New page			

▼   icsbd   5

Aa Name	Frequency	Status	≔ Tags
📖 Read Quran	**Every Day**	**Scheduled**	icsbd
📕 Read Hadis	**Every Day**	**Scheduled**	icsbd
📄 Read Islamic books	**Every Day**	**Scheduled**	icsbd
📄 Save to report book	**Every Day**	**Scheduled**	icsbd
Academic Study	**Every Day**	**Scheduled**	icsbd
+ New page			

▼   workout   10

Aa Name	Frequency	Status	≔ Tags
Plank (3 sets 30-60 seconds)	**Every Day**	**Scheduled**	workout
Knee push up	**Every Day**	**Scheduled**	workout
Push up	**Every Day**	**Scheduled**	workout
Squats (3 sets 8-12 reps)	**Every Day**	**Scheduled**	workout
Pull up Porgressive	**Every Day**	**Scheduled**	workout
Toes hold stretch	**Every Day**	**Scheduled**	workout
Boat stretch	**Every Day**	**Scheduled**	workout
Leg raise	**Every Day**	**Scheduled**	workout
Crunches	**Every Day**	**Scheduled**	workout
🚴 Cardio	**Every 3 Days**	**Scheduled**	workout