1. Today, did you observe virtuous intentions before performing some of the permissible acts? Moreover, did you persuade at least two others to do the same?
2. Today, did you offer all the five daily Salah in the first row of the Masjid, with Jama'at (Congregation), achieving the Primary Takbir'? Did you try to take at least one person to the Masjid with you?
3. Today, did you recite Ayat-ul-Kursi Tasbih-e-Fatimah and Surah-tul-lkhlas after offering each of the daily Salah, and before going to sleep? did you recite or listen to Surah-tul-Mulk at night?
4. Today, did you respond to Azan [call for Salah] and Iqamah [call to congregational Salah] discontinuing all activities e.g. talking, walking, picking up and putting down things, talking on the phone, driving car etc? (If Azan starts while you are already eating/drinking, you may continue.)
5. Today, did you recite some Awrad from your Shajarah and invoked Salat-‘Alan-Nabi at least 313 times?
6. Today, whilst going at work or returning home in bus/ train etc. or whilst walking through the lanes, did you greet the Muslims sitting or standing next with Salam?
7. Today, did you converse courteously with everybody (at home and outside) whether younger or older, even with your mother ? [In Urdu, address others by ‘Ap’ instead of Tu’; and say ‘Ji’ instead of ‘Han’].
8. Today, did you say "InshAllah" while intending for any lawful act "Alhamdullillahi ala Quli Haal" on being asked about your health etc. instead of complaining; and "MashAllah" upon seeing some bounty?
9. Today, did you respond by Salam to the Salam paid to you by others? If someone invoked "Alhamdulillah" upon sneezing before you, did you respond by invoking "yar hamukumullah" (in a tone audible to both)?
10. Today, did you offer Salat-ut-Taubah at least once (preferably before going to bed) and repent of the sins committed today as well as in the past? Further, in case some sin gets committed, Allah forbid, did you repent instantly and vow never to commit that sin again?
11. Today, did you offer preceding Sunnah Salah of Fajr, Zuhr, ‘Asr and Isha (before the jammat of Fard Salah) and the succeeding Nafl Salah after the Fard Salah? (Nafl Salah may also be offered after Dars/ Bayén)
12. Today, did you offer the Nafl Salahs of Tahajjud, lshraq, Chasht and Awwabin?
13. Did you offer Nafl Salah’s of Tabiyya-tul-Wudu and Tahiyya-tul- Masjid at least once today?
14. Today, did you recite or listen to at least three verses of the Holy Quran from Kanz-ul-Iman (with their translation and commentary)?
15. Today, did you refrain from borrowing and using other people’s belongings (e.g. shawl, phone, vehicle etc)? (End up the habit of borrowing things from others. Keep your belongings marked and well secured with you).
16. If some responsible brother (or any common Islamic brother) committed a wrongdoing and needs to be rectified, did you attempt to rectify him (in a polite manner) either in writing or by meeting him in person you committed grave sin of backbiting by revealing it to some other without stipulation of Shari’ah?
17. Today, did you observe ‘Purdah over Purdah’ (in household and outside both)? Did you make effort to keep your face towards the Holy Qiblah whilst going to sit?
18. Today, when felt anger on someone (in household and outside), did you react by speaking out or controlled your anger by observing silence? Moreover, did you forgive, or did you keep on seeking opportunities for settling the score?
19. Today, did you refrain from asking such useless questions which usually led to other people committing the major sin of telling lie? (For example, asking ‘Did you like our meal’ needlessly etc.)
20. Today, did you abstain from unlawful act of talking laughingly and in over-interactive manner with Na-Mahram relatives, neighbors and also sister-in-law? Did you avoid coming in front of them and did you observe Shar’i Purdah?
21. Today, did you refrain from laying false blame on others and name calling (in the home and outside) and swearing at others? (Don’t call anybody pig, donkey, thief, lanky, shorty. etc.)
22. Today, did you refrain from intruding into other’s conversation interrupting their words without listening to their point properly?
23. Moreover, despite understanding the point, did you bother others to repeat themselves, by your casual gestures, facial expressions, or by saying words like: ‘what?’, ‘pardon?’ etc.
24. Did you make effort today to refrain from peeping (needlessly) outside from the veranda of your home or peeping inside other’s homes through their doors etc.?
25. Did you succeed in refraining from telling lie, backbiting, tale-telling & slandering, jealousy, arrogance and breaking promises today?
26. Did you remain in the state of Wudfi [Ritual Ablution] for most part of the day today?
27. Whilst talking with others today, did you keep your gaze lower or look straight at them?
28. Did you avoid delay in paying back your debts (despite being capable of paying back) today without the consent of the creditor(s)? Did you return back the (temporarily) borrowed belongings after the fulfilment of their use, within the stipulated time?
29. Have you cooked personal relations with one or a few (bearing no Shar’i purpose) or do you maintain uniform conduct with all? (Personal friendships and grouping usually hinder progress of Sunnah inspiring movement).
30. Did you make an effort to observe fearfulness in body and heart from Allah (Khushbu’ Khudu’) whilst offering Saléh and making Dua today? Also, did you observe manners of raising hands whilst making Dua?