



## Examples

### **Spiritual**

- Read x pages of Quran
- Pray x prayers in Mosque
- Attend Tarawih prayer
- Spent x mins making Dua
- Read Islamic book for x mins
- Prayed 5 prayers on time
- Asked for forgiveness x times

### **Physical**

- Had suhoor meal
- Avoided eating too much at iftaar
- Drank plenty of water
- Didn't smoke
- Spent less time on phone
- Watched less TV
- Did not talk bad about someone

### **Social**

- Helped at Mosque
- Visited family or friend
- Gave charity
- Attended iftaar at Mosque
- Advised one person of a good deed
- Gave salaam to 3 people I didn't know
- Made parents smile
- Gave some food to neighbours