

Dua Practice Week

| | Breakfast | | Lunch | | Dinner | | Snack Times | |
|-----------|-------------------|-------------------------------|-------------------|-------------------------------|-------------------|-------------------------------|-------------------|-------------------------------|
| | Dua before eating | Dua when you forget Bismillah | Dua before eating | Dua when you forget Bismillah | Dua before eating | Dua when you forget Bismillah | Dua before eating | Dua when you forget Bismillah |
| Tuesday | | | | | | | | |
| Wednesday | | | | | | | | |
| Thursday | | | | | | | | |
| Friday | | | | | | | | |
| Saturday | | | | | | | | |
| Sunday | | | | | | | | |
| Monday | | | | | | | | |