



Sunnah of the Day Checklist

Tick a box each time you follow a sunnah of the Prophet.

Name _____

Date _____

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Smile at someone

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Say salam first

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Say Bismillah before eating

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Eat and drink with my right hand

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Sit down to drink

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Put my right shoe on first

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Brush my teeth or use a miswak

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Say Alhamdulillah when I sneeze

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Help out at home

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Sleep on my right side

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