

Mutaba'ah Amal Bulan Ramadhan 1432 H

| Amalan / Hari | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
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| Puasa | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat Subuh awal waktu | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat Zuhur awal waktu | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat Asar awal waktu | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat Maghrib awal waktu | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat Isya' awal waktu | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Qiyamuallail / Tahajjud | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat sunat dhuha | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat sunat sebelum Subuh | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat sunat sebelum Zuhur | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat sunat selepas Zuhur | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat sunat selepas Maghrib | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat sunat selepas Isya' | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat sunat tahiyatul masjid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat sunat tarawih | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Solat sunat witr | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tilawah al-Quran | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hafaz ayat al-Quran | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tadabbur ayat al-Quran | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Baca al-Ma'thurat pagi | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Baca al-Ma'thurat petang | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Zikir selepas solat / Munajat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sahur | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iftaar jama'i | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Infaq (sedekah / zakat) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Menghadiri majlis ilmu | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Berkongsi ilmu | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| I'tikaf di masjid | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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* Mutaba'ah ini bertujuan untuk melihat prestasi ibadah diri sendiri. Tidak bertujuan untuk mengira jumlah ibadah atau pahala. Pada penghujung hari, tandakan (/) pada amalan yang telah dibuat. Item amalan boleh ditambah.

Nota: Merujuk kepada sunnah Rasulullah SAW, solat sunat rawatib bilangannya 12 rakaat sehari semalam, iaitu 4 rakaat sebelum solat Zuhur, 2 rakaat selepas solat Zuhur, 2 rakaat selepas solat Maghrib, 2 rakaat selepas solat Isya' dan 2 rakaat sebelum solat Subuh.