My good deeds this week

Name: _____ Week of: _____

Colour a box or add a sticker each time you do it. Grown-ups: write two of your own goals in the empty rows.

Good deed	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Said Bismillah before eating							
Said Alhamdulillah after eating							
Said salam to my family							
Brushed my teeth							
Helped at home							
Shared or took turns							
Said kind words							
Said my bedtime dua							

This week I am proud that I _____