

DUA AND KALIMA TRACKER

Dua's		
Stage 1	Ta'awwudh	
	Tasmiyah	
	Before Eating	
	After Eating	
	forgetting Eating Dua'	
	After drinking Milk	
	After drinking Water	
	On entering Toilet	
	On leaving the Toilet	
	going to Sleep	
	Waking up	
	Greeting a Muslim	
	Reply to greeting	
	Hear/Read/Say name of P(saw)	
	On Sneezing	
	Reply of sneezing	
Words to Remember Allah (swt)		

Dua's		
Stage 2	When boarding a vehicle	
	returning from a Journey	
	entering the Marketplace	
	eating as a Guest	
	Time of Rainfall	
	Seeing the Moon	
	Increase of Knowledge	

Dua's		
Stage 3	entering the House	
	leaving the House	
	Wearing Clothes	
	looking in the Mirror	
	starting Wudhu	
	finishing Wudhu	
	entering the House	

Dua's		
Stage 4	Thanaa	
	Tasbeeh of Ruku'	
	Tasbeeh of Sajdah	
	Tashahhud	
	Durood-e-Ibraheem	
	Dua' after Durood	

Dua's		
Stage 5	Dua'-e-Qunoot	
	Ayatul Kursi	
	For Parents	
	breaking Fast	
	entering the Masjid	
	leaving the Masjid	
	After Adhaan	

Dua's		
Stage 6	seeing someone in Distress	
	experiencing something bad	
	facing Difficulty	
	having Evil Thoughts	
	safety from Calamities	
	seeing someone Smile	
	On leaving a Gathering	
	Bidding Farewell	

Dua's		
Stage 7	On feeling Pain	
	visiting a Sick Person	
	entering the Cemetery	
	Janaazah Dua' for Adult	
	Janaazah Dua' for Boy	
	Janaazah Dua' for Girl	

Dua's		
Stage 8	Sayyid Al-Istighfaar	
	Most Comprehensive Dua'	

Dua's		
Stage 9	Dua' of Istikhaara	
	When in a Dilemma	

Dua's		
Stage 10	Talbiyah	
	On drinking Zamzam	
	Names of Allah 1-20	
	Names of Allah 21-40	
	Names of Allah 41-60	
	Names of Allah 61-80	
	Names of Allah 81-99	

Kalima's		
Stage 1	Tayyibah	
	Shahaadah	
	Tamjeed	

Kalima's		
Stage 2	Tawheed	
	Radd-e-Kufr	

Kalima's		
Stage 3	Mujmal	
	Mufassal	