

قَدْ قَامَتِ الصَّلَاةُ

THE 7-DAY KHUSHU PROTOCOL

Your Digital Sunnah Tracker for Congregational Prayer

The Objective: Treat the Iqamah—specifically the declaration "*Qad qamatis salah*"—as your hard reset. The moment you hear it, deliberately drop all digital and worldly noise to enter a state of absolute divine presence.

How to use this tracker: For each of the five daily prayers, check the top box if you successfully prayed in **Jama'ah** (congregation). Check the bottom box if you consciously used the Iqamah as a **Focus Trigger** to establish Khushu before the opening Takbeer.

DAY	FAJR	DHUHR	ASR	MAGHRIB	ISHA
Day 1	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset
Day 2	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset
Day 3	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset
Day 4	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset
Day 5	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset

DAY	FAJR	DHUHR	ASR	MAGHRIB	ISHA
Day 6	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset
Day 7	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset	☐ Jama'ah ☐ Focus Reset

End of Week Reflection:

What changed in your spiritual habit loop when you actively used the Iqamah as your anchor?
