

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

DAILY RUQYAH & ADHKAR TRACKER

"And We send down of the Qur'an that which is healing and mercy..." (Al-Isra 17:82)

DAY	MORNING ROUTINE (AFTER FAJR)	EVENING ROUTINE (AFTER ASR/MAGHRIB)
Monday	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite over water)	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite 3x/7x)
Tuesday	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite over water)	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite 3x/7x)
Wednesday	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite over water)	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite 3x/7x)
Thursday	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite over water)	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite 3x/7x)
Friday	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite over water)	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite 3x/7x)
Saturday	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite over water)	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite 3x/7x)
Sunday	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite over water)	☐ Ayatul Kursi (1x) ☐ 3 Quls (Ikhlas, Falaq, Nas - 3x each) ☐ Surah Al-Isra Ayat 81-82 (Recite 3x/7x)

THE SPIRITUAL HABIT LOOP (SELF-RUQYAH)

- 1. The Intention (Niyyah):** Before reciting, firmly intend that you are seeking Allah's healing (Shifa) and protection from anxiety, doubt, or illness.
- 2. The Water Method:** In the morning, pour a glass of water. Recite the prescribed verses close to the water, blow lightly into it, and drink it to begin your day.
- 3. Consistency:** Print this sheet weekly. The goal is not perfection, but building an unbreakable habit of reliance on Allah.

Provided by CurrentIslam.com | Print this A4 sheet weekly to build your routine.