FolarraStudio

Dhikr Tracker

remember · repeat · find peace

PRINTABLE · DAILY, MONTHLY & COUNTS

This Tracker Belongs To

for Muslims building a daily dhikr habit

NAME _____

STARTED ON _____

TEACHER / CLASS _____

DAILY GOAL _____

YEAR _____

How to use this tracker

- Print the whole planner once, then print extra copies of the pages you use most, such as the Daily and Monthly pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Tick your daily remembrance and use the counters for longer goals.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My intention for this year

What brings me closer

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Daily Dhikr

tick each day

WEEK OF _____ FOCUS _____

DHIKR	MON	TUE	WED	THU	FRI	SAT	SUN
Morning adhkar							
Evening adhkar							
After salah							
SubhanAllah							
Alhamdulillah							
Allahu Akbar							
Istighfar							
Salawat							

Monthly Tracker

color each day

MONTH _____ GOAL _____

DHIKR	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	31

Count Tracker

color one per 100

DHIKR _____ GOAL _____

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
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

My Dhikr List

meaning and when

DHIKR	MEANING	WHEN

Reflections

how it changes my day

DATE	REFLECTION

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this tracker makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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