

# Rabitah Update Form

Period Covered: \_\_\_/\_\_\_/201\_\_ through \_\_\_/\_\_\_/201\_\_

**Instructions:** Kindly save the file with your initials & period covered: e.g.: **skk\_311212\_150113.doc**. Feel free to add more pages if there is a need. You may write your response in the Urdu language and scan the form if written by hand.

A. Personal Information			
Name			
Phone		Email	
City/Country			

B. Current Lesson Information			
Lesson Number		Approximate Date or Month Started	

C. Assigned Activities or Mamoolaat	
<b>Muraqaba</b> (Prescribed goal for you during last rabitah: ___ minutes)	<i>Average minutes accomplished per day</i>
<b>Wuqoof-e-Qalbi</b> (Prescribed goal: Being constantly attentive towards the heart)	<i>Average %age of time I was able to remain attentive</i>
<b>Recitation of the Holy Qur'an</b> (Prescribed goal for you during last rabitah: ___ Juz)	<i>Juz read per day (Circle the applicable amount)</i> 1/4   1/2   3/4   1   more=
<b>Istighfar</b> (Prescribed goal: 100 repetitions in morning / 100 in evening)	<i>Average repetitions accomplished per day</i> Morning=   ,   Evening=
<b>Salawat (Durood Shareef)</b> (Prescribed goal: 100 repetitions in morning / 100 in evening)	<i>Average repetitions accomplished per day</i> Morning=   ,   Evening=

D. Make up prayers or fasts (if applicable), Additional acts of worship (e.g Tahajjud, Ishraq, Chasht, Awwabeen, Tahiyatul Wudu/Masjid), Sunnah Duas etc.
<i>(Example: I am trying to be regular in tahajjud but was not successful except for 2 nights ...OR...I am memorizing sunnah duas and ...etc.)</i>

E. Other issues or questions that may be related to your spiritual development.
<i>(Example: I feel I am not able to control my anger/gaze/tongue/thoughts ...OR...I don't feel like reading Qur'an except for only a few minutes...OR...I am feeling shy to abide by shariah obligations in front of friends...etc.)</i>