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## SHABAAN A'AMAAL - SELF ASSESSMENT FORM

No.	DAILY A'AMAAL (ACTIONS)	DAYS OF SHABAAN MONTH																														POINTS
		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	
1	Observe Fast																															
2	Give Alms/Saqdah																															
3	Recite 70 Times (astaghfirulah wa as-aluhut tawbah)																															
4	Recite 70 Times (astaghfirulah...) see below*																															
5	Recite 35x Dua mentioned below**																															
6	Recite Salawat as often as possible...																															
	Recite Salawat taught by Imam Zain-ul Abideen (as)***																															
	<b>TOTAL POINTS FOR DAILY ACTS</b>																															<b>/210</b>

\*\*\*Recite 70 times daily: *Astagfirullahallad'ee laa ilaaha huwar raheemul h'ayyul qayyoomu wa atoobu ilayhi*

\*\*Recite 35 times daily: *Laa ilaha illalaaahu wa laa naa'- budu illaa iyyahu mukhlis'eena luhud deen wa law karihal mushrikoon*

\*\*\* Please refer to document named "Salawat taught by Imam Zain-ul Abideen (as)"

No.	WEEKLY A'AMAAL (ACTIONS)	WEEK No.				POINTS
		1	2	3	4	
1	Every Thursday read 2 rakat namaz (1x Surah Al-Hamd & 100x Surah Ikhlaas, after salaam recite 100x Salawat)					
2	Dua Kumayl Every Thursday Night					
3	Ziyarat Imam Hussain (as) every Thursday nights					
4	Recite Dua-e-Nudba every Friday morning					
	<b>TOTAL POINTS FOR WEEKLY ACTS</b>					<b>/24</b>

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No	MONTHLY A'AMAAL (ACTIONS)	POINTS
1	If you are not able to fast daily then at least try to fast on the first & last 3 days of this month	
2	Pray 2 rakat namaz on 1 <sup>st</sup> 2 <sup>nd</sup> and 3 <sup>rd</sup> night: Surah Al-Hamd once & Surah Ikhlas 13 times	
3	Perform amaal of Ayyam-e-Bayz (Night of 13, 14 & 15 Shabaan)	
4	Fast on 13 <sup>th</sup> ,14 <sup>th</sup> and 15 <sup>th</sup> of Shabaan	
6	Recite Ziyarat e Imam Hussain on 15 <sup>th</sup> Night of Shabaan	
7	Perform amaal & remain awake in prayers till dawn on night of 15 <sup>th</sup> Shabaan	
8	Recite Dua Kumail & Namaz Jaffer-e-Tayyar (as) especially on night of 15 <sup>th</sup> Shabaan	
9	Recite ziyarat of 12 <sup>th</sup> Imam (atf) on the day of 15 <sup>th</sup> Shabaan	
10	Recite Dua for last night of Shabaan	
11	Recite Namaz-e-Shab as much as possible	
	<b>TOTAL POINTS FOR MONTHLY ACTS</b>	<b>/55</b>

**ONE POINT** FOR EACH **DAILY** ACT  
**TWO POINTS** FOR EACH **WEEKLY** ACT  
**FIVE POINTS** FOR EACH **MONTHLY** ACT

**TOTAL POINTS:** \_\_\_\_/289

**Labaik Ya Zahra (sa)**

**\*\*Inshallah May Bibi Fatima (as) reward all momineen for their ibadat. Ameen\*\***