

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا ﴿١٠٤﴾

Verily Prayer is enjoined on the believers to be performed at fixed hours. (Surah Nisa, verse 104)



MAJLIS
ATFALUL AHMADIYYA
UNITED KINGDOM

Salaat Diary & Exemplary Tifl Tracker

Week Beginning: ____/____/____

Name of Tifl: _____

Month: _____

Qiadat/Region: _____

WEEK 1

	Fajr	Zuhr	Asr	Maghrib	Ishaa	Tilawat
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week Beginning: ____/____/____

WEEK 2

	Fajr	Zuhr	Asr	Maghrib	Ishaa	Tilawat
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

1. I read the Holy Quran at least 4 days a week: **Y/N**
2. I listened to Huzoor's Khutba on both Fridays: **Y/N**



Have you been an Exemplary Tifl this month?

For every 'yes' – award yourself 5 points
Remember: two weeks = 14 days

1. Did you read 1 ruku or more every day in past two weeks? Yes No
2. Did you attend school everyday on time and behave well? Yes No
3. Did you fully complete any homework which was assigned to you in the past two weeks?
 Yes No
4. Did you play sports outside for at least 6 days in the past two weeks?
 Yes No
5. Did you read a *jamaat* book for atleast 6 days in the past two weeks?
 Yes No
6. Did you sleep on time everyday and not spend too much time on screentime?
 Yes No

Note: **The exemplary Tifl criteria has been made based on the guidance of Huzoor (aba) delivered during the Mulaqat with Huzoor of UK Atfal as can be read here:**

<https://www.pressahmadiyya.com/press-releases/2021/04/members-of-majlis-atfal-ul-ahmadiyya-from-midlands-of-the-uk-have-honour-of-a-virtual-meeting-with-head-of-the-ahmadiyya-muslim-community/>

Score board

Here are what your points mean:

30 points = Exemplary Tifl – MashAllah, keep it up and encourage your other Atfal brothers to do the same

25 points = Nearly there! Fix the one remaining thing you did not perform well in and *inshAllah* you will become an exemplary Tifl.

20 points = You are doing well but need to improve two things that you recorded NO in.

15 points = You are not doing bad. Try making daily targets so you can improve next week.

10 points = Good effort but try making daily targets so you can see what you need to improve on.

5 points = There is some work that can be done. Pray regularly and in your salat, pray to Allah so that He can assist you in achieving your targets. Make regular notes on how you can improve or the things you need to concentrate on.

Remember to submit both sheets to your local Nazim at least twice a month.