

SHAA'BAAN A'AMAAL - SELF ASSESSMENT FORM

Holy Prophet said: Shaa'baan is my month

Act No.	Daily A'amaal (Action)	DAYS OF MONTH OF SHABAAN																														Points Acquired	
		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	1																															
2.	GIVE ALMS (even if it is half pc. of date)	1																															
3.	RECITE 70 TIMES (astaghfirulah wa as-aluhut tawbah)																																
4.	RECITE 70 TIMES(astaghfirulah**)																																
5.	RECITE 35 TIMES*(mentioned at bottom of page)																																
6.	RECITE SALAWAT (as much u can)																																
7.	RECITE SALAWAT TAUGHT BY IMAM SAJJAD**																																
TOTAL POINTS FOR DAILY ACTS																																/210	
																																*1 Point per Act	

Act No.		WEEKS OF MONTH OF SHABAAN				Points Acquired
		1	2	3	4	
1.	On every Thursday 2 rakat namaz (Surah Al-Hamd 1 time & Surah Ikhlas 100 times after salaam recite 100 Salwat)					
2.	Ziyarate Imam Hussain (a.s.) on every Thursday nights					
3.	Recite Dua-e-Nudba every Friday morning					
TOTAL POINTS FOR DAILY ACTS						/24
						*2 Point per Act

Act No.	MONTHLY A'AMAAL (ACTIONS)	Points Acquired
1.	if you r not able to fast daily then atleast try to fast first 3 & last 3 days	
2.	pray 2 rakat namaz on 1, 2 & 3 night: surah Al-Hamd once & surah ikhlas 13 time	
3.	perform amaal of ayam e bayz (bright days-13,14 & 15 of shaban)	
4.	Fast on 13TH, 14TH AND 15TH DAY OF Shaban	
5.	Read Biograpy of all imams which are born in this month of shabaan	
6.	Recite ziyarat e imam husain on 15TH NIGHT of Shaaban	
7.	Perform amaal & remain awake in prayers till dawn on night of 15 shaban	
8.	Recite dua kumail & namaz jaffertaiyer specially on night of 15 shaban	
9.	Recite ziyart of 12 TH imam on the day of 15 shaban	
10.	Recite Special Dua of last night of shaban	
11.	Recite namaaz e shab as much as possible	
TOTAL POINTS FOR DAILY ACTS		/55
		*5 Point per Act
TOTAL POINTS ACHIEVED: ____/289		

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

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

** salwat taught by Imam Sajjad can be found at www.duas.org
(refer mafatih/al manac for all