

# Mutabaah Harian "Buat Tertib"

| KEGIATAN/TANGGAL                            | MAY 2020 |      |      |      |
|---------------------------------------------|----------|------|------|------|
|                                             | 31/ke    | 1/pe | 2/pe | 3/pe |
| Sholat Tahajjud                             | ✓        | ✓    |      |      |
| Merapikan tempat tidur sendiri              | ✓        | ✓    |      |      |
| Membantu membersihkan rumah                 | ✓        | ✓    |      |      |
| Sholat subuh                                | ✓        | ✓    |      |      |
| Dhuhur                                      | ✓        | ✓    |      |      |
| Ashar                                       | ✓        | ✓    |      |      |
| Maghrib                                     | ✓        | ✓    |      |      |
| Isya                                        | ✓        | ✓    |      |      |
| Infaq Shubuh                                | ✓        | ✓    |      |      |
| Zikir pagi dan petang                       | ✓        | ✓    |      |      |
| Olahraga pagi (minimal 10 menit)            | ✓        | ✓    |      |      |
| Sholat Dhuha                                | ✓        | ✓    |      |      |
| Murajaah hafalan Al-Quran                   | ✓        | ✓    |      |      |
| Mengaji (Membaca Al-Quran)                  | ✓        | ✓    |      |      |
| Makan sayur dan buah                        | ✓        | ✓    |      |      |
| Mencuci & merapikan peralatan makan sendiri | ✓        | ✓    |      |      |
| Membaca materi di buku paket                | ✓        | ✓    |      |      |
| Mengerjakan PR/Soal                         | ✓        | ✓    |      |      |
| Menonton TV kurang dari 1 jam               | ✓        | ✓    |      |      |
| Tidak bermain HP                            | ✓        | ✓    |      |      |
| Tidur sebelum pukul 21.00                   | ✓        | ✓    |      |      |

Bimbel