QA Test Amol

১. Drink 2L Water

Aim for 2 litres of water **today**. Tick Yes once you have finished it.

২. Free Time Activities

Pick how you spent your free time today. Choose the option that fits best.

৩. Quran Recitation

Read at least one page of the **Quran** today, then tick Yes.

৪. Learning

Learn something new today, such as a hadith, a lesson, or a skill, and tick Yes.

৫. Family Time

Call or visit a family member today and tick Yes once you have done it.