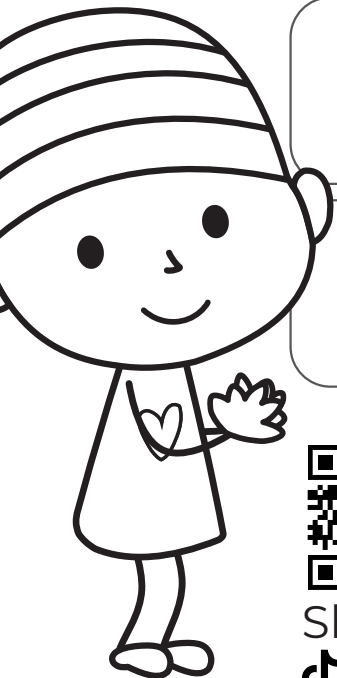# Mealtime Shabad
Tracking Sheet

Name:

Instructions

1. Recite the Shabad before each meal to give thanks.
2. Mark a box with a smiley, tally, or sticker after each recitation.
3. Keep going until all 30 boxes are filled!
4. Watch the Mealtime Shabad Animation at nishaani.com/mealtime to help you learn it by heart!

Streaming On Nishaani

Watch the shabad now at nishaani.com/mealtime

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