

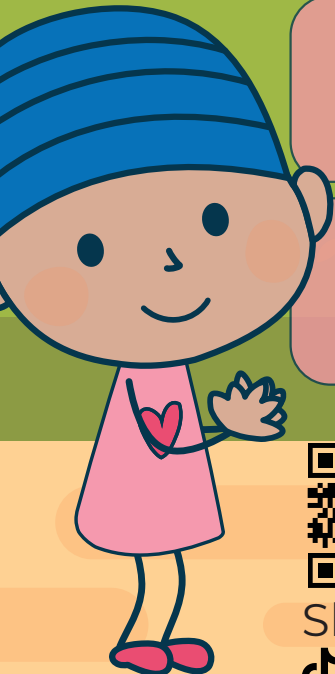
Mealtime Shabad

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

Share, follow & engage @

 /wearenishaani

**Jap
& Jas**