

100 BRACHOS A DAY

FOLLOWING IS THE RECOMMENDED LIST OF DAILY BRACHOS ACCORDING TO THE MISHNAH BRURAH (46:14)

BEFORE BED

___ Hamapil (1)

IN THE MORNING



___ Al netilas yadayim (1)
 ___ Asher yatzar (1)
 ___ Elokai neshama (1)
 ___ Morning blessings (15)
 ___ Blessings on Torah study (3)
 ___ Tzitzis (1)
 ___ Tefillin (2)

SHACHARIS



___ Baruch Sheamar (1)
 ___ Yishtabach (1)
 ___ Blessings of Shema (3)
 ___ Shemoneh Esrei (19)

LUNCH

___ Al netilas yadayim (1)
 ___ HaMotzi (1)
 ___ Birkas hamazon (4)

MINCHA

___ Shemoneh Esrei (19)

MAARIV

___ Blessings before Shema (2)
 ___ Blessings after Shema (3)
 ___ Shemoneh Esrei (19)

DINNER



___ Al netilas yadayim (1)
 ___ HaMotzi (1)
 ___ Birkas hamazon (4)

MORE BRACHOS

BEFORE FOOD



___ Shehakol
 ___ Ho'eitz
 ___ Ho'adomah
 ___ Mezonos
 ___ Hagafen

AFTER FOOD

___ Al hamichya
 ___ Borei nefashos

ON MITZVOS



___ Al netilas lulav
 ___ Leishev basuccah
 ___ L'hadlik ner shel Chanukah
 ___ Al tevilas keilim
 ___ Likboa mezuzah
 ___ Al hatvilah

IN PRAYER

___ Hallel (2)
 ___ Musaf on Rosh Chodesh (7)

ADDITIONAL COMMON BRACHOS



___ Asher yatzar (after using the facilities)
 ___ Shehechyanu (on various occasions)
 ___ Oseh maaseh bereishis (on lightning and other phenomena)
 ___ Shekocho u'gvuraso malei olam (on thunder)
 ___ Zocheir habris v'neeman b'vrivo (on a rainbow)
 ___ Borei minei/isvei/atzei besamim (on various fragrances)
 ___ Hanosein reiach tov bapeiros (on fragrant fruits)
 ___ Borei shemen areiv (on fragrant oils)

___ Other: _____