

This chart is intended to help those who are davening on their own or with a minyan and either because of pressures of time or familiarity with the text wish to do an abridged davening.

Option 1 is the bare minimum; option 8 is everything.

Please contact your Rabbi or Rebbetzen for more guidance on how to use this chart.

<i>Tefillah or Prayer</i>	1	2	3	4	5	6	7	8
<i>Birkat haTorah and Birchat Hashachar</i> Blessings over the Torah and Morning Blessings Pgs 14 and 16 - 20	✓	✓	✓	✓	✓	✓	✓	✓
<i>Baruch She'amar</i> (Blessed is He who spoke) Pgs 40/326, <i>Ashrei</i> (Happy are those who dwell) Pgs 46/348, & <i>Yishtabach</i> (May Your name be praised) Pgs 58/368					✓	✓	✓	
The entire <i>P'sukei D'zimrah</i> Verses of Praise Pgs 40-60 / 326-370 all inclusive								✓
Blessings preceding <i>Shema</i> Pgs 62-66 / bottom of 370-380 all inclusive						✓	✓	✓
First verse of <i>Shema</i> & <i>Baruch Shem</i> (optional: <i>Ve'ahavta</i>) Listen, Israel & Blessed be the name (optional: Love the Lord) Pgs 68 / 382			✓	✓	✓	✓		
<i>Emet Veyatziv</i> and firm, established and enduring Pgs 70-top of 74 / top of 386				✓	✓	✓	✓	✓
The entire <i>Shema</i> Pgs 68-top of 74 / 382-388 all inclusive							✓	✓
<i>Shemoneh Esrei</i> AKA <i>Amidah</i> The Standing Prayer Pgs 74-middle of 96 / 390-middle of 402		✓	✓	✓	✓	✓	✓	✓

Pages are in green singers. They are listed for weekday and for Shabbat (indicated by /).