

# Ramadan *Planner* 2025



# Introduction

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*All praise is for Allah, the Most Merciful and Most Generous, who has blessed us with the arrival of another Ramadan.*



Ramadan is a sacred month unlike any other—**a time for forgiveness, mercy, and countless blessings.** It is the month of increased ibadah, a chance to renew our connection with Allah, and an opportunity to transform ourselves.

This journal is your companion for Ramadan, designed to help you reflect, grow, and make the most of each precious day. May Allah accept our efforts. Ameen.

# Reminder



*O you who believe, fasting has been decreed for you, as it was for those before you, so that you may attain righteousness.*

**Quran 2:183**

# Intention

# Ramadan Niyyah

Intentions are the foundation of **every action**.

*The Messenger of Allah (peace and blessings be upon him) said:*

*"Actions are judged by intentions, and each person will receive what they intended..."*

**Bukhari & Muslim**

As we step into Ramadan, let's begin with sincere intentions. Reflect on your purpose for fasting, prayer, and acts of kindness. Write your niyyah (intention) below and renew it daily to keep your heart focused on pleasing Allah.

**My Intention for Ramadan:**

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# Reflection

# Ramadan Reflection Goals

Take a moment to reflect and jot down your aspirations for this Ramadan. Use this page to brainstorm your goals—whether spiritual, personal, or community-focused.

What do you hope to achieve during Ramadan?

What specific habits would you like to improve or develop?

If you're unsure, think of role models like the Prophet Muhammad (ﷺ) or the Sahabah, and consider their qualities you admire.

Write how you can emulate their practices in your daily life.

# Inspiration

## Islamic Channels

Here's a list of inspiring Islamic podcasts and reputable scholars to help you stay motivated this **Ramadan and beyond**

### Podcast

- IlmFeed Podcast
- Halal Tube
- Yaqeen Institute (Ramadan Special)
- Bayyinah Institute
- Qalam Podcast
- The Deen Show
- Miftaah Institute
- After Hours
- Muslim Central
- The Deenspiration Podcast
- DoubleTake, Yaqeen Institute

### Scholars/ Ustadh / Muftis

- Nouman Ali Khan
- Mufti Menk
- Omar Suleiman
- Bilal Assad
- Yasir Qadhi
- Abdel Rahman Murphy
- Mikaeel Smith
- Abdul Nasir Jangda
- Majed Mahmoud
- Abu Bakr Zoud
- Wael Ibrahim
- Muhammad Hoblos
- Wahaj Tarin

### Syeikha/ Ustadha

- Yasmin Mogahed
- Haifa Younis
- Maryam Lemu
- Dunia Shuaib
- Fatima Barkatulla
- Haleh Banani
- Zohra Sarwari

### Muslimah Podcast

- Mindful Muslimah Speaks
- Honest Tea Talk
- The DiscoverU Life Podcast
- Smart Muslimah, Farhat Amin
- Muslim Superdad & Wondermom Podcast
- Layinka Speaks
- Sincerely, Summaya
- Recite + Reflect
- Hadaf Podcast

# Ramadan Journal & Activity Plan

## Ramadan Day 1

### Qur'an of the Day

"God does not burden any soul with more than it can bear."

Quran 2:286

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Visit the Mosque

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 2

### Qur'an of the Day

"Do not lose heart or despair- if you are true believers you have the upper hand"

**Quran 3:139**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Save a portion of your allowance to donate.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 3

### Qur'an of the Day

*"So truly where there is hardship there is also ease"*

**Quran 94:5**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Help someone with their groceries.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 4

Date

MTWTFSS

### Qur'an of the Day

*"My mercy encompasses all things"*

**Quran 7:156**

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Share an inspiring hadith or ayah.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 5

Date

MTWTFSS

### Qur'an of the Day

"And will provide for them from an unexpected source; God will be enough for those who put their trust in Him. God achieves His purpose; God has set a due measure for everything."

**Quran 65:3**

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Give someone a heartfelt compliment.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 6

### Qur'an of the Day

*"Indeed, I am near."*

**Quran 2:186**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Make dua for those you love.**

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 7

Date

MTWTFSS

### Hadith of the Day

Prophet Muhammad ﷺ said  
"Worship Allah as if you see  
Him, for if you don't see  
Him, He sees you."

Bukhari

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Read surah Kahf.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 8

### Qur'an of the Day

"He knows what is  
in every heart."

**Quran 67:13**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Donate food anonymously to a needy family.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 9

### Qur'an of the Day

*"You who believe, seek help through steadfastness and prayer, for God is with the steadfast."*

**Quran 2:153**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Smile at everyone you meet today.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 10

### Qur'an of the Day

*"And speak to people good [words] and establish prayer and give zakah."*

**Quran 2:83**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Read and try to learn the 99 names of Allah.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 11

Date

MTWTFSS

### Hadith of the Day

Allah's Messenger said, "When a man dies, his acts come to an end, but three, recurring charity or knowledge (by which people) benefit, or a pious son, who prays for him (for the deceased)"

Sahih Muslim

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Call or text a relative you haven't spoken to in a while.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 12

### Qur'an of the Day

"So remember Me; I will remember you."

Quran 2:152

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Donate a book to the masjid library.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 13

### Qur'an of the Day

*"And whoever puts their trust in Allah, then He will suffice him."*

**Quran 65:3**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Say "thank you" to someone who serves you.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 14

Date

MTWTFSS

### Hadith of the Day

"Allah is truly with those who are patient"

Quran 8:46

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Visit a sick person and bring them comfort.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 15

Date

MTWTFSS

### Hadith of the Day

"Those who spend their wealth [in Allah 's way] by night and by day, secretly and publicly – they will have their reward with their Lord. And no fear will there be concerning them, nor will they grieve."

Quran 2:274

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Say Alhamdulillah 100 times for blessings.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 16

### Qur'an of the Day

*"Be patient. Indeed, the promise of Allah is truth."*

**Quran 30:60**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Sponsor an iftar meal for someone in need.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajuud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 17

Date

MTWTFSS

### Qur'an of the Day

*"If you are grateful, I will surely increase you [in favor]"*

**Quran 14:7**

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Pray an extra sunnah prayer today.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Ramadan Journal & Activity Plan

## Ramadan Day 18

### Qur'an of the Day

"So let not this present  
life deceive you"

Quran 35:5

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Leave a kind note for someone in your family.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 19

Date

MTWTFSS

### Hadith of the Day

Prophet Muhammad ﷺ said  
"The strongest among you is  
the one who controls his  
anger."

Bukhari

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Share dates with your neighbors.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 20

Date

MTWTFSS

### Hadith of the Day

Prophet Muhammad ﷺ said  
"The best amongst you are  
those who have the best  
manners and character."

Bukhari

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Learn a new hadith and reflect on it.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 21

Date

MTWTFSS

### Hadith of the Day

*"Actions are judged according to their ending."*

**Bukhari**

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Write a dua list for everyone you care about.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 22

Date

MTWTFSS

### Qur'an of the Day

"And Allāh is the best of planners."

Quran 8:30

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Send salawat to the Prophet ﷺ.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajuud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 23

### Qur'an of the Day

*"Except for those who believe and do righteous deeds. For them is a reward uninterrupted."*

**Quran 84:25**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Help set up or clean the dining area after iftar.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 24

### Qur'an of the Day

*"Be steadfast in prayer, practice regular charity, and bow down your heads with those who bow down (in worship)"*

**Quran 2:43**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Offer to help your parents or guardians in the kitchen.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 25

### Hadith of the Day

The Prophet ﷺ said : "None of you will believe until you love for your brother what you love for yourself."

**Bukhari & Muslim**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Read surah Mulk before going to bed.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 26

### Qur'an of the Day

*"Fear not. Indeed, I am with you both; I hear and I see."*

Quran 20:46

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Pray tahajjud (even just two raka'at).

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 27

### Hadith of the Day

The Prophet ﷺ said: "Whoever spends Laylat al-Qadr in prayer out of faith and in the hope of reward, will be forgiven his previous sins."

**Bukhari & Muslim**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Reflect on something you are grateful for.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 28

Date

MTWTFSS

### Qur'an of the Day

*"And your Lord is going to give you, and you will be satisfied."*

**Quran 93:5**

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Read a page of the Qur'an and reflect on its meaning.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 29

Date

MTWTFSS

### Hadith of the Day

The Prophet Muhammad ﷺ said: "The believer's shade on the Day of Resurrection will be his charity."

Tirmidhi

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Donate one toy or clothing item you no longer use.

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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# Ramadan Journal & Activity Plan

## Ramadan Day 30

### Qur'an of the Day

"Allah would not punish them while they seek forgiveness."

**Quran 8:33**

Date

MTWTFSS

### To Do list

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salah Tracker

	FARD	SUNNAH	NAFL
Fajr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Challenge of the Day

- Hug your parents and thank them for everything they do for you..

### Habit Tracker

- Quran Recitation  YES  NO  
Pages read \_\_\_\_\_
- Morning Adhkar  YES  NO
- Evening Adhkar  YES  NO
- Istigfar  YES  NO
- Taraweeh  YES  NO
- Witr  YES  NO
- Tahajjud  YES  NO

### Fasting

- Fasting?  YES  NO
- Make Up Fast  YES  NO
- Pay Fidyah  YES  NO

### Meal Plan

Sahoor

Iftar

### Notes

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