

Introduction



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



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:



Reflection



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 () or the Sahabah, and consider their qualities you admire.

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



Inspiration



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

Podcast	
IlmFeed Podcast	Miftaah Institute
Halal Tube	After Hours
Yaqeen Institute (Ramadan Special)	Muslim Central
Bayyinah Institute	The Deenspiration Podcast
Qalam Podcast	DoubleTake, Yaqeen Institute
The Deen Show	
Scholars/ Ustadh / Muftis	Syeikha/ Ustadha
Nouman Ali Khan	Yasmin Mogahed Fatima Barkatulla
Mufti Menk	Haifa Younis Haleh Banani
Omar Suleiman	Maryam Lemu Zohra Sarwari

Bilal Assad Yasir Qadhi **Abdel Rahman Murphy Mikaeel Smith** Abdul Nasir Jangda **Majed Mahmoud Abu Bakr Zoud Wael Ibrahim Muhammad Hoblos** Wahaj Tarin

	Haita Younis H	aleh Banani			
	Maryam Lemu Z	ohra Sarwari			
	Dunia Shuaib				
M	Muslimah Podcast				
	Mindful Muslimah Speaks				
	Honest Tea Talk				
	The DiscoverU Life Podcast				
	Smart Muslimah, Farhat Amin				
	Muslim Superdad & Wonderm	om Podcast			
	Layinka Speaks				
	Sincerely, Summaya				
	Recite + Reflect				
	Hadaf Podcast				





Date

MTWTFSS

"God does not burden any soul with more than it can bear." Quran 2:286

To Do list	

S	alah Tra	acker	
	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha			

Challenge of the Day
Visit the Mosque

Fas	ting
Fasting?	■ YES ■ NO
Make Up Fast	■ YES ■ NO
Pay Fidyah	■ YES ■ NO

Habit Tracker		
Quran Recitation Pages read	YES	NO
Morning Adhkar	YES	NO
Evening Adhkar	YES	NO
Istigfar	YES	NO
Taraweeh	YES	NO
Witr	YES	NO
Tahajuud	YES	NO

	Meal Plan	
Sahoor		
lftar		

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Ramadan Vay 2

Date

MTWTFSS

Qur'an of the Day

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

Quran 3:139

To Do list		

Salah Tracker

FARD SUNNAH NAFL
Fajr

Dhuhr

Asr

Maghrib

Isha

Save a portion of your allowance to donate.

Habit Tracker

Challenge of the Day

Quran Recitation YES NO Pages read **Morning Adhkar** YES NO **Evening Adhkar** YES NO Istigfar YES NO **Taraweeh** YES NO

YFS

YES

NO

NO

Fasting

Fasting? ■ YES ■ NO

Make Up Fast ■ YES ■ NO

Pay Fidyah ■ YES ■ NO

Notes

Meal Plan
Sahoor
Iftar



Witr

Tahajuud



Qur'an of the Day
"So truly where there
is hardship there is also ease"
— Quran 94:5

To Do list		
O		

Salah Tracker					
FARD SUNNAH NAFL					
Fajr					
Dhuhr					
Asr					
Maghrib					
Isha					

Challenge of the Day		
Help someone with their groceries.		

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

mabit fracker				
Quran Recitation	YES	NO		
Pages read _	Pages read			
Morning Adhkar YES NO				
Evening Adhkar	YES	NO		
Istigfar	YES	NO		
Taraweeh	YES	NO		
Witr	YES	NO		
Tahajuud	YES	NO		

	Meal Plan	
Sahoor		
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Qur'an of the Day	
"My mercy	
encompasses	
all things"	
— Quran 7:156 —	

To Do list		

Salah Tracker						
FARD SUNNAH NAFL						

Challenge of the Day
Share an inspiring hadith or ayah.

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

Habit Iracker		
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

	Meal Plan
Sahoor	
Iftar	

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Ramadan 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		
117		

Salah Tracker

Fasting

Fasting? ■ YES ■ NO

Make Up Fast ■ YES ■ NO

Pay Fidyah ■ YES ■ NO

Challenge of the Day

Give someone a heartfelt compliment.

Habit Tracker

YES	NO
YES	NO
	YES YES YES YES YES

Meal Plan

Sahoor Iftar





Qur'an of the Day	
"Indeed, I am near."	
Quran 2:186 —	

To Do list		

Salah Tracker			
	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha			

Challenge of the Day
Make dua for those you love

Fast	ing	
Fasting?	■ YES	NO
Make Up Fast	■ YES	NO
Pay Fidyah	■ YES I	NO

Habit Tracker		
Quran Recitation Pages read	YES	NO NO
Morning Adhkar	YES	NO
Evening Adhkar	YES	NO
Istigfar	YES	NO
Taraweeh	YES	NO
Witr	YES	NO
Tahajuud	YES	NO

	Meal Plan	
Sahoor		
lftar		

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Date MTWTFSS

Hadith of the Day

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

Bukhari

Salah Tracker

Fasting

Fasting? ■ YES ■ NO

Make Up Fast ■ YES ■ NO

Pay Fidyah ■ YES ■ NO

Meal Plan

Sahoor Iftar

To Do list

Challenge of the Day

Read surah Kahf.

Habit Tracker

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





Qur'an of the Day
"He knows what is in every heart."
— Quran 67:13

To Do list	

Salah Tracker				
	FARD	SUNNAH	NAFL	
Fajr				
Dhuhr				
Asr				
Maghrib				
Isha				

Challenge of the Day
Donate food anonymously to a needy family.

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

nabit fracker			
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	

	Meal Plan	
Sahoor		
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Qur'an of the Day

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

Quran 2:153

To Do list		
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Salah Tracker

	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			

Fasting

Isha

Fasting? ■ YES ■ NO

Make Up Fast ■ YES ■ NO

Pay Fidyah ■ YES ■ NO

Challenge of the Day

Smile at everyone you meet today.

Habit Tracker

YES	NO
YES	NO
	YES YES YES YES YES

Meal Plan

Sahoor Iftar





Date

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To Do li	ist

S	alah Tra	acker	
	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha			

Challenge of the Day	/
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Read and try to learn the 99 names of Allah.

Fast	ing	
Fasting?	■ YES ■ NO	
Make Up Fast	■ YES ■ NO	
Pay Fidyah	■ YES ■ NO	

Habit Tra	cker	
Quran Recitation	YES	NO
Pages read		72.5
Morning Adhkar	YES	NO
Evening Adhkar	YES	NO
Istigfar	YES	NO
Taraweeh	YES	NO
Witr	YES	NO
Tahajuud	YES	NO

	Meal Plan	
Sahoor		
Iftar		

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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

Salah T	racker
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	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha			

Fasting

Fasting? ■ YES ■ NO

Make Up Fast ■ YES ■ NO

Pay Fidyah ■ YES ■ NO

Meal Plan

Sahoor Iftar

	To Do list	
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PAY SA		

Challenge of the Day

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

Habit Tracker

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



Ramadan Vay 12

Date

MTWTFSS

Qur'an of the Day
"So remember Me; I will remember you."
— Quran 2:152 —

	To Do list	
0		

Salah Tracker				
	FARD	SUNNAH	NAFL	
Fajr				
Dhuhr				
Asr				
Maghrib				
Isha				

Chal	lenge of th	e Day
Salar Sa	THE RESERVE OF THE PERSON NAMED IN COLUMN TWO	

Donate a book to the masjid library.

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

Habit Tracker			
Quran Recitation Pages read	YES	NO	
Morning Adhkar	YES	NO	
Evening Adhkar	YES	NO	
Istigfar	YES	NO	
Taraweeh	YES	NO	
Witr	YES	NO	
Tahajuud	YES	NO	

	Meal Plan	
Sahoor		
lftar		

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Ramadan Vay 13

Date

MTWTFSS

"An	d whoever puts their
tru	ist in Allah, then He
	will suffice him."

	To Do list
17/	

Salah Tracker				
	FARD	SUNNAH	NAFL	
Fajr				
Dhuhr				
Asr				
Maghrib				
Isha				

Chall	lenge of the Day

Say "thank you" to someone who serves you.

Fasting		
Fasting?	■ YES ■ NO	
Make Up Fast	■ YES ■ NO	
Pay Fidyah	■ YES ■ NO	
	The state of the s	

Habit Tracker		
Quran Recitation Pages read _	YES	NO
Morning Adhkar	YES	NO
Evening Adhkar	YES	NO
Istigfar	YES	NO
Taraweeh	YES	NO
Witr	YES	NO
Tahajuud	YES	NO
The state of the s		

	Meal Plan	
Sahoor		
Iftar		

	Notes	
Porte Miles		The second second



Ramadan Vay 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			
Dhuhr			
Asr			
Maghrib			
Isha			

Challenge of the Day
Visit a sick person and bring them

comfort.

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

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	

	Meal Plan	
Sahoor		
lftar		

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Ramadan

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		
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	FARD	SUNNAH	NAFL	
Fajr				
Dhuhr				
Asr				
Maghrib				
Isha				

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Challenge of the Day

Say Alhamdulillah 100 times for blessings.

Pages read

Quran Recitation

Evening Adhkar

Istigfar

Witr

Taraweeh

Habit Tracker

YES

YES

YES

YES

YES

YES

YES

NO

NO

NO

NO

NO

NO

NO

Morning Adhkar

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

Tahajuud

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Meal Plan Sahoor **Iftar**





Date

MTWTFSS

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

To Do list			

Salah Tracker				
	FARD	SUNNAH	NAFL	
Fajr				
Dhuhr				
Asr				
Maghrib				
Isha				

Challenge of the Day	
Sponsor an iftar meal for someone	

Fas	ting
Fasting?	■ YES ■ NO
Make Up Fast	■ YES ■ NO
Pay Fidyah	■ YES ■ NO

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

	Meal Plan	
Sahoor		
Iftar		

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THE PERSON NAMED IN	Bally 1





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						
Dhuhr						
Asr						
Maghrib						
Isha						

Challenge of the Day
Pray an extra sunnah prayer today.

Fasting			
Fasting?	■ YES ■ NO		
Make Up Fast	■ YES ■ NO		
Pay Fidyah	■ YES ■ NO		
	2 18 18 18		

Table Tracket			
Quran Recitation	YES	NO	
Pages read _		12.20	
Morning Adhkar	YES	NO	
Evening Adhkar	YES	NO	
Istigfar	YES	NO	
Taraweeh	YES	NO	
Witr	YES	NO	
Tahajuud	YES	NO	

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Qur'an of the Day	
"So let not this present life deceive you"	
Quran 35:5	

	To Do list	
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Salah Tracker			
	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha			

Challenge of the Day	
Leave a kind note for someone in your family.	

Fas	sting
Fasting?	■ YES ■ NO
Make Up Fast	■ YES ■ NO
Pay Fidyah	■ YES ■ NO

Habit Tracker			
Quran Recitation Pages read	YES	NO	
Morning Adhkar	YES	NO	
Evening Adhkar	YES	NO	
Istigfar	YES	NO	
Taraweeh	YES	NO	
Witr	YES	NO	
Tahajuud	YES	NO	

	Meal Plan	
Sahoor		
Iftar		

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THE PERSON NAMED IN	Bally 1



Ramadan

Date

MTWTFSS

Hadith of the Day
Prophet Muhammad said "The strongest among you is the one who controls his anger."
Bukhari

Salah Tracker						
	FARD SUNNAH NAFL					
Fajr						
Dhuhr						
Asr						
Maghrib						
Isha						

Challenge of the Day
Share dates with your neighbors.

Fasti	ng	
Fasting?	■ YES	NO
Make Up Fast	■ YES	NO
Pay Fidyah	■ YES	NO

Habit Tracker			
Quran Recitation Pages read	YES	NO NO	
Morning Adhkar	YES	NO	
Evening Adhkar	YES	NO	
Istigfar	YES	NO	
Taraweeh	YES	NO	
Witr	YES	NO	
Tahajuud	YES	NO	

	Meal Plan	
Sahoor		
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Ramadan Vay 20

Date

MTWTFSS

Hadith of the Day

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

Bukhari

To Do list			

Salah Tracker

	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha	750		

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

	Meal Plan
Sahoor	
Iftar	

Challenge of the Day

Learn a new hadith and reflect on it.

Habit Tracker					
Quran Recitation Pages read	YES	NO			
Morning Adhkar YES NO					
Evening Adhkar	YES	NO			
Istigfar	YES	NO			
Taraweeh	YES	NO			
Witr	YES	NO			
Tahajuud	YES	NO			

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Ramadan Vay 21

Date

MTWTFSS

Hadith of the Day	
"Actions are judged according to their ending."	
— Bukhari —	

Salah Tracker				
	FARD	SUNNAH	NAFL	
Fajr				
Dhuhr				
Asr				
Maghrib				
Isha				

Challenge of the Day
Write a dua list for everyone you

	care about.
1	Habit Tracke
	Quran Recitation Y
	Pages read

Y	ES	NO

Morning Adhkar	YES	N
Evening Adhkar	YES	N
Istigfar	YES	N

9		
Taraweeh	YES	NO

Witr	YES	NO
Tahajuud	YES	NO

Fasting				
Fasting?	■ YES I	NO		
Make Up Fast	■ YES I	■ NO		
Pay Fidyah	■ YES	NO		

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			17 1	0 7 1	t motor		
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	Meal Plan	
Sahoor		
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Ramadan Vay 22

Qur'an of the Day	
"And Allāh is the best planners."	of
Quran 8:30 -	

	To Do list	
<u> </u>		

Salah Tracker					
FARD	SUNNAH	NAFL			

Challenge of the Day	
Send salawat to the Prophet	

Fast	ting	
Fasting?	■ YES	NO
Make Up Fast	■ YES	NO
Pay Fidyah	■ YES ■	NO

mabit fracker			
Quran Recitation	YES	NO	
Pages read _	<u> </u>		
Morning Adhkar	YES	NO	
Evening Adhkar	YES	NO	
Istigfar	YES	NO	
Taraweeh	YES	NO	
Witr	YES	NO	
Tahajuud	YES	NO	

	Meal Plan	
Sahoor		
Iftar		

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Ramadan Vay 23

Date

MTWTFSS

Qur'an of the Day

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

Quran 84:25

To Do list				

Salah Tracker

	palali II d	ickei	
	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha			

	Quran Recitation
	D. C.

Morning A

Fasting Evening Adhkar Y

Fasting? ■ YES ■ NO Taraweeh

Make Up Fast ■ YES ■ NO Witr

Pay Fidyah ■ YES ■ NO

Challenge of the Day

Help set up or clean the dining area after iftar.

Habit Tracker

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

Meal Plan

Sahoor



Ramadan Vay 24

Date

MTWTFSS

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

To Do list				
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Salah Tracker

FARD SUNNAH NAFL
Fajr

Dhuhr

Asr

Maghrib

Isha

Challenge of the Day

Offer to help your parents or guardians in the kitchen.

Fasting

Fasting? ■ YES ■ NO

Make Up Fast ■ YES ■ NO

Pay Fidyah ■ YES ■ NO

Habit Tracker

Quran Recitation YES NO Pages read **Morning Adhkar** YES NO **Evening Adhkar** YES NO Istigfar YES NO **Taraweeh** YES NO Witr YFS NO **Tahajuud** YES NO

Meal Plan

Sahoor Iftar



Ramadan Vay 25

Date

MTWTFSS

Hadith of the Day

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

Bukhari & Muslim

To Do list

Salah Tracker

	alali IIC	CREI	
	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha			

Fasting

Fasting? ■ YES ■ NO

Make Up Fast ■ YES ■ NO

Pay Fidyah ■ YES ■ NO

Meal Plan

Sahoor

Challenge of the Day

Read surah Mulk before going to bed.

Habit Tracker

NO NO
NO



Ramadan Vay 26

Date

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	ear not. Indeed, I am
N	vith you both; I hear
	and I see."'

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Salah Tracker			
	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha			

Challenge of the Day
Pray tahajjud (even just two raka'at).

Fas	ting
Fasting?	■ YES ■ NO
Make Up Fast	■ YES ■ NO
Pay Fidyah	■ YES ■ NO

Паріста	CKEI	
Quran Recitation Pages read	YES	NO
Morning Adhkar	YES	NO
Evening Adhkar	YES	NO
Istigfar	YES	NO
Taraweeh	YES	NO
Witr	YES	NO
Tahajuud	YES	NO

	Meal Plan	
Sahoor		
lftar		

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Ramadan

Date

MTWTFSS

Hadith of the Day

The Prophet 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

To Do list	

Challenge of the Day

Habit Tracker

Reflect on something you are

grateful for.

Salah Tracker

FARD SUNNAH NAFL Fajr Dhuhr Asr Maghrib Isha

Quran Recitation YES NO Pages read **Morning Adhkar** YES NO **Evening Adhkar** YES NO Istigfar YES NO **Taraweeh** YES NO Witr YFS NO **Tahajuud** YES NO

Fasting

Fasting? YES NO Make Up Fast YES **NO** YES ■ NO Pay Fidyah

Meal Plan

Sahoor Iftar

Notes	





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				
Dhuhr				
Asr				
Maghrib				
Isha				

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

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

Habit Hacker		
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

	Meal Plan	
Sahoor		
lftar		
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	Notes		
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Date MTWTFSS

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

To Do list

Salah Tracker				
FARD SUNNAH NAFL				
Fajr				
Dhuhr				
Asr				
Maghrib				
Isha				

Challenge of the Day
Donate one toy or clothing item you
no longer use.

Habit Tracker

Fas	ting
Fasting?	■ YES ■ NO
Make Up Fast	■ YES ■ NO
Pay Fidyah	■ YES ■ NO
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Habit Hackel		
Quran Recitation Pages read	YES	NO
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Morning Adhkar	YES	NO
Evening Adhkar	YES	NO
Istigfar	YES	NO
Taraweeh	YES	NO
Witr	YES	NO
Tahajuud	YES	NO

	Meal Plan	
Sahoor		
Iftar		

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Ramadan Vay 30

Date

MTWTFSS

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

To Do list	
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S	alah Tra	acker	
	FARD	SUNNAH	NAFL
Fajr			
Dhuhr			
Asr			
Maghrib			
Isha			

Cł	nalleng	je of	the	Day

Fasting?

Fasting?

YES ■ NO

Make Up Fast ■ YES ■ NO

Pay Fidyah ■ YES ■ NO

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

Meal Plan Sahoor Iftar

Habit Tracker			
Quran Recitation Pages read	YES	NO NO	
Morning Adhkar	YES	NO	
Evening Adhkar	YES	NO	
Istigfar	YES	NO	
Taraweeh	YES	NO	
Witr	YES	NO	
Tahajuud	YES	NO	

	Notes	
		Reserve March
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