Ramadan ACTION PLAN

A DAILY PLANNER AND GUIDE FOR ALL AGES!

Make this your best Ramadan yet!
All thanks and praise is due to Allah alone, the Lord of the Worlds. We praise Him, seek refuge with Him, and seek His forgiveness. We seek refuge with Allah from the evils of our souls, and the mistakes in our actions. Whomever Allah Guides, there is none who can misguide him, and whoever Allah misguides, there is none who can guide him. Verily, there is none worthy of being worshipped except Allah, and Muhammad (Peace be upon him) is His servant and Messenger.

Allah (subhanahu wa ta’ala) reminds us in the Qur’an that the month of Ramadan contains limited precious days — with an extraordinary opportunity to reach out and connect to Him. He tells us of this powerfully,

All the actions of people are for them, except for fasting. Fasting is for Me and it is I who rewards it.

Hence the purpose of this month is Allah — and Allah (swt) alone. Fasting is a means to attain nearness to Him. Keeping this in mind, we must make the most of these days. The best way to take advantage of Ramadan is to develop a Ramadan action plan — because a failure to plan is a plan for failure. If you don’t set goals, it gets difficult to measure yourself and assess the current state of your worship. This planner will help you to make the most of your Ramadan and prepare you to maintain the spirit even after Ramadan! Remember, Ramadan gives you a special glimpse into who you can be every day.

In filling out the pages, do not forget to list your daily goals at the top of the page. To make the most use of this blessed month, try not to pile too many tasks into your schedule in hopes that you will fulfill it — but instead allocate time for each goal. Make sure you evaluate the intention and sincerity with which you are entering this holy month, for what we intend is what Allah (subhanahu wa ta’ala) rewards us for.

May Allah make this Ramadan beneficial, productive and rejuvenating for the body and soul. May He answer our prayers, accept our deeds, keep us steadfast and intellectually and spiritually revived until the next Ramadan.

Ameen.

Let’s start planning!
I, ____________________________ (your name),

Solemnly make this pledge to my Lord and Cherisher, Allah the Almighty, seeking His assistance and acceptance. Every single action that I do will depend on the quality of my intention. Therefore, I testify that I will always purify and renew my intention and seek for His Forgiveness solely to earn His pleasures.

I promise I will not compare myself to anyone. I believe that everyone is at a different level and success is when I am better than I was yesterday. This Ramadan, I will bring myself to a better level by improving my character. I intend to always repent, forgive others, stop doing bad habits and replace it with good habits.

I agree to keep track of my daily action, to practice self-control, and to motivate myself to do more everyday with the right intention. I agree to continue doing with what I have learned and practiced this month after Ramadan. May Allah grant me guidance and strength to make this Ramadan productive.

May He make it easy for me to turn to Him completely and perpetually.

Ameen.

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**The Holy Quran (40:60)**

Call upon Me, I will respond to you

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**Best Times to Supplicate**

- The last third of the night
- Between Adhan and Iqamah
- While in sujood
- An hour on Friday
- Laylat Al-Qadr
- After obligatory salah
- When it is raining
- While travelling

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**In this agenda...**

- Prayer Tracker
- Quran Tracker
- Daily Checklist
- Deed of the Day

As well as Tip of the Day, Reflections, Gems, and Goals!
Ashadu alla ilaha illallah, nastaghfirullah, nas'aluk'l-jannata wa na`audhu bika min an-nar
I testify that there is nothing worthy of worship other than Allah and we seek the forgiveness of Allah. We ask You for Paradise and take refuge in You from the Fire.

اللهُمَّ إِنِّي أَسْأَلُكَ بِرَحْمَتِكَ أَنْ تُغْفِرِيْنِيْ
Allahumma inni as'aluka birahmatika fahfiyaan
O God, I ask You by Your mercy which envelopes all things, that You forgive me

منى يَخْلُفُ التِّبيَّنَ، يَثْقِيبُ النَّفْسَ، يَتَّخِذُ الأَجْرَ إِنَّهُ سَيَاءُ اللَّهُ
Ashadu alla ilaha illallah, nastaghfirullah, nas'aluk'l-jannata wa na`audhu bika min an-nar
I testify that there is nothing worthy of worship other than Allah and we seek the forgiveness of Allah. We ask You for Paradise and take refuge in You from the Fire.

لا إِلَهَ إِلَّا الَّذِي صَبَرْتَ عَلَيْهِ وَبَلَدَ مَنْ أَظَالَمْهُمْ
La illaha illa Anta subhanaka inni kuntu minaz-zaalimeen
There is no deity but You. Glory be to You! Verily, I have been among the wrongdoers [21:87]
There has come to you Ramadan, a blessed month, which Allah, the Mighty and Sublime, has enjoined you to fast. In it the gates of heavens are opened and the gates of Hell are closed, and every devil is chained up. In it Allah has a night which is better than a thousand months; whoever is deprived of its goodness is indeed deprived.

Prophet Muhammad
(PBUH)
Ramadan DAY 1

TIP OF THE DAY
Take your multivitamins at suhoor to ensure your body obtains all its required nutrients throughout the day.

PRAYER TRACKER
- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

QURAN TRACKER
- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

DAILY CHECKLIST
- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

DEED OF THE DAY
Share a beneficial Islamic document, video, quote or image to inspire your friends and family.

VERSE(S) | SURAH(S) | CHAPTER(S)
- MEMORIZED
- RECITED

reflections & gems
TODAY’S GOALS

Ramadan DAY 2

TIP OF THE DAY
Avoid eating oily foods after iftar and sour foods during suhoor.

PRAYER TRACKER
- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

QURAN TRACKER
- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

DAILY CHECKLIST
- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

DEED OF THE DAY
Stop yourself from saying anything negative about someone — make dua for them instead!

VERSE(S) | SURAH(S) | CHAPTER(S)
- MEMORIZED
- RECITED

reflections & gems
TODAY’S GOALS

Share a beneficial Islamic document, video, quote or image to inspire your friends and family.
**Ramadan DAY 3**

**TIP of the DAY**

“Truly, Allah loves those who turn to Him constantly and He loves those who keep themselves pure and clean.”

The Holy Quran 2:222

**PRAYER TRACKER**

- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

**QURAN TRACKER**

- MEMORIZED
- RECITED

**DAILY CHECKLIST**

- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHKAAR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

**DEED of the DAY**

Try to remain in a state of wudhu’ for the entire day — refreshing it up immediately when needed.

**reflections & gems**

**TODAY’S GOALS**

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**Ramadan DAY 4**

**TIP of the DAY**

The most beloved people to Allah are those who are most beneficial to the people.

The Prophet Muhammad (PBUH) / Al-Albani

**PRAYER TRACKER**

- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

**QURAN TRACKER**

- MEMORIZED
- RECITED

**DAILY CHECKLIST**

- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHKAAR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

**DEED of the DAY**

Buy a meal for a homeless person — or someone you see in need.

**reflections & gems**

**TODAY’S GOALS**

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TODAY'S GOALS

Don't forget to continue staying active during Ramadan — even if that means going for a short walk after iftaar or suhoor.

The Prophet Muhammad (PBUH) / Muslim

reflections & gems

Be extra kind to your parents/guardians/elders today. Go out of your way for their comfort.

The Prophet Muhammad (PBUH) / Tirmidhi

PRAYER TRACKER

QURAN TRACKER

DAILY CHECKLIST

Ramadan DAY 5

Ramadan DAY 6

A man said, “Messenger of Allah (PBUH) what rights can parents demand from their children?” He replied, “They are your Paradise and your Hell.”

The Prophet Muhammad (PBUH) / Tirmidhi

Be the one serving dates and water to those breaking their fasts around you.

TIP of the DAY

Remember to stay hydrated! Drink plenty of water at suhoor and iftaar.

PRAYER TRACKER

QURAN TRACKER

DAILY CHECKLIST

reflections & gems

TODAY’S GOALS

The two Rak`ah before the Fajr prayer are better than this world and all it contains.

The Prophet Muhammad (PBUH) / Muslim

Be the one serving dates and water to those breaking their fasts around you.

Remember to stay hydrated! Drink plenty of water at suhoor and iftaar.
### Day 7

**Tip of the Day**

Avoid eating foods that are deep fried and high in sugar and sodium.

**Daily Checklist**

- Smiled at someone
- Gave charity
- Learnt something new
- Fed a hungry person
- Prayed in congregation
- Helped someone out
- Asked for forgiveness
- Did the deed of the day

**Prayer Tracker**

- Fajr: Sunnah
- Dhuhr: Sunnah
- Asr: Sunnah
- Maghrib: Sunnah
- Isha: Sunnah

**Quran Tracker**

**Verse(s)**: Memorized
**Surah(s)**: Recited

**Reflections & Gems**

Ramadan

Pray Salat ul-Ishraq (ref. hadith above) after Fajr prayer.

### Day 8

**Tip of the Day**

If you take a short nap during the day don’t exceed it. Use the majority of your day for ibaadah.

**Daily Checklist**

- Smiled at someone
- Gave charity
- Learnt something new
- Fed a hungry person
- Prayed in congregation
- Helped someone out
- Asked for forgiveness
- Did the deed of the day

**Prayer Tracker**

- Fajr: Sunnah
- Dhuhr: Sunnah
- Asr: Sunnah
- Maghrib: Sunnah
- Isha: Sunnah

**Quran Tracker**

**Verse(s)**: Memorized
**Surah(s)**: Recited

**Reflections & Gems**

Reach out to someone who you are not particularly close to and ask them about their well-being.

### Today’s Goals

**Day 7**

- Pray Salat ul-Ishraq (ref. hadith above) after Fajr prayer.

**Day 8**

- Pray Salat ul-Ishraq (ref. hadith above) after Fajr prayer.

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**Ramadan DAY 9**

**TIP of the DAY**

Whoever suppresses his rage, even though he could fulfill his anger if he wished, then Allah will secure his heart on the Day of Resurrection.

The Prophet Muhammad (PBUH) / Al-Albani

**PRAYER TRACKER**

- FAJR: SUNNAH
- DHUHR: SUNNAH
- ASR: SUNNAH
- MAGHRIB: SUNNAH
- ISHA: SUNNAH

**QURAN TRACKER**

DEED of the DAY

- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHA'AR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

**DAILY CHECKLIST**

**TODAY’S GOALS**

**reflections & gems**

**Ramadan DAY 10**

**TIP of the DAY**

Break your day down into manageable chunks and block off time for worshipping Allah.

The Prophet Muhammad (PBUH) / Bukhari

**PRAYER TRACKER**

- FAJR: SUNNAH
- DHUHR: SUNNAH
- ASR: SUNNAH
- MAGHRIB: SUNNAH
- ISHA: SUNNAH

**QURAN TRACKER**

DEED of the DAY

- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHA’AR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

**DAILY CHECKLIST**

**TODAY’S GOALS**

**reflections & gems**

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The best deeds are those that are small but consistent.

—Prophet Muhammad (PBUH)
Ramadan Day 12

Tip of the Day

Write down your duas — it makes it easier to repeat them multiple times throughout the month.

DAILY CHECKLIST

Φ FAJR | SGHHR | ASR | MAGHRIB | ISHA | SUNNAH

Deed of the Day

Do some extra dhikr today after each fard prayer (ref: hadith above)

TODAY’S GOALS

- Smiled at someone
- Gave charity
- Learned something new
- Fed a hungry person
- Prayed in congregation
- Read my daily adhkaar
- Helped someone out
- Asked for forgiveness
- Did the Deed of the Day

Reflections & Gems

Make a donation to a local organization struggling with the shutdown.

Ramadan Day 13

Tip of the Day

Pray each prayer exactly on time. Make wudhu in advance and wait for each prayer a few minutes before it begins.

DAILY CHECKLIST

Φ FAJR | SGHHR | ASR | MAGHRIB | ISHA | SUNNAH

Deed of the Day

Make a donation to a local organization struggling with the shutdown.

TODAY’S GOALS

- Smiled at someone
- Gave charity
- Learned something new
- Fed a hungry person
- Prayed in congregation
- Read my daily adhkaar
- Helped someone out
- Asked for forgiveness
- Did the Deed of the Day

Reflections & Gems

Whoever builds a mosque for Allah, then Allah will build for him a similar house in Paradise.

The Prophet Muhammad (PBUH) / Bukhari, Muslim

Whoever says SubhanAllaahi wa bihamdihi (Glorified is Allah and praised is He) one hundred times a day, will have his sins forgiven even if they are like the foam of the sea.

The Prophet Muhammad (PBUH) / Bukhari

Pray each prayer exactly on time. Make wudhu in advance and wait for each prayer a few minutes before it begins.
**Ramadan DAY 14**

**TIP of the DAY**
Focus on taking in foods that are rich in complex carbohydrates (ex: barley, whole wheat toast, quinoa, peas, beans, etc.)

**PRAYER TRACKER**
- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

**QURAN TRACKER**
- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

**DAILY CHECKLIST**
- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHKAAR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

**DEED of the DAY**
Make dua for someone who has hurt you — ask Allah to guide, forgive and bless them.

**reflections & gems**

**TODAY’S GOALS**

**Ramadan DAY 15**

**TIP of the DAY**
If someone annoys or even insults you, don’t get into an argument. Instead say, “let’s agree to disagree” — and then change the subject.

**PRAYER TRACKER**
- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

**QURAN TRACKER**
- FAJR
- DHUHR
- ASR
- MAGHRIB
- ISHA

**DAILY CHECKLIST**
- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHKAAR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

**DEED of the DAY**
Be extra polite and kind to those who test your patience.

**reflections & gems**

**TODAY’S GOALS**
### Ramadan Day 16

**Tip of the Day**

> During the hottest part of the day, stay in cool areas (indoors or in the shade) and limit your physical activity.

**Whoever gives relief to his debtor or waives his debt completely, then he will be in the shade of the Throne on the Day of Resurrection.**

*The Prophet Muhammad (PBUH) / Musnad Ahmad*

**Daily Checklist**

- Smiled at Someone
- Gave Charity
- Learned Something New
- Fed a Hungry Person
- Prayed in Congregation
- Read My Daily Adhkaar
- Helped Someone Out
- Asked for Forgiveness
- Did the Deed of the Day

**Reflections & Gems**

- Waive the debt of someone who owes you money — then ask Allah to forgive them and accept your deed.

### Ramadan Day 17

**Tip of the Day**

> Use Allah’s unique names to make your duas extra special and meaningful.

*If you do a bad deed, then follow it up with a good deed.*

*The Prophet Muhammad (PBUH) / Ibn Hibban*

**Daily Checklist**

- Smiled at Someone
- Gave Charity
- Learned Something New
- Fed a Hungry Person
- Prayed in Congregation
- Read My Daily Adhkaar
- Helped Someone Out
- Asked for Forgiveness
- Did the Deed of the Day

**Reflections & Gems**

- Cancel out your mistakes: for every bad deed (small or big) you commit today, immediately follow it up with a good one.
He has not thanked Allah who has not thanked people.

The Prophet Muhammad (PBUH) / Bukhari

You can learn a lot about a person by what they gift to you or others.

The Prophet Muhammad (PBUH) / Tirmidhi

Reflect on everything you are thankful for. After this, prostrate to Allah in Sajdat al-Shukr for your blessings.

Get someone you love a thoughtful gift that will benefit them in this life and the next (a tasbeeh, a dua book, etc).

You can learn a lot about a person by what they gift to you or others.

The Prophet Muhammad (PBUH) / Tirmidhi

Get someone you love a thoughtful gift that will benefit them in this life and the next (a tasbeeh, a dua book, etc).
Search for the Night of Qadr in the odd nights of the last ten days of Ramadan.

The Prophet Muhammad (PBUH) / Bukhari

The best of people are those that bring the most benefit to the rest of mankind

—Prophet Muhammad (PBUH)
Ramadan DAY 21

TIP of the DAY
If one among you shows slackness and weakness (in the earlier part of Ramadan), it should not be allowed to prevail upon him in the last week.
The Prophet Muhammad (PBUH) / Muslim

PRAYER TRACKER

QURAN TRACKER

DAILY CHECKLIST

SMILED AT SOMEONE
GAVE CHARITY
LEARNED SOMETHING NEW
FED A HUNGRY PERSON
PRAYED IN CONGREGATION
READ MY DAILY ADHKAAR
HELPED SOMEONE OUT
ASKED FOR FORGIVENESS
DID THE DEED OF THE DAY

MEMORIZED
RECITED
VERSE(S) SURAH(S) CHAPTER(S)

TODAY’S GOALS

reflections & gems

Ramadan DAY 22

TIP of the DAY
When the last ten nights (of Ramadan) would begin, the Messenger of Allah (sws) would keep awake at night (for prayer and devotion), awaken his family, and prepare himself to be more diligent in worship.
The Prophet Muhammad (PBUH) / Muslim

PRAYER TRACKER

QURAN TRACKER

DAILY CHECKLIST

SMILED AT SOMEONE
GAVE CHARITY
LEARNED SOMETHING NEW
FED A HUNGRY PERSON
PRAYED IN CONGREGATION
READ MY DAILY ADHKAAR
HELPED SOMEONE OUT
ASKED FOR FORGIVENESS
DID THE DEED OF THE DAY

MEMORIZED
RECITED
VERSE(S) SURAH(S) CHAPTER(S)

TODAY’S GOALS

reflections & gems

Send a thank you letter or email to someone who made a significant impact in your life!
Reading Quran after Fajr is a great habit to develop; it builds discipline and spiritual endurance.

Wake up before the rest of your family so you can reap the rewards of waking them for worship.
Sincerely asking Allah to help you wake up early for the purpose of worshipping him does wonders.

When the last ten nights (of Ramadan) would begin, the Messenger of Allah (sws) would keep awake at night (for prayer and devotion), awaken his family, and prepare himself to be more diligent in worship.
The Prophet Muhammad (PBUH) / Muslim
Ramadan DAY 23

TIP OF THE DAY
Get out of bed immediately once you hear your alarm/athaan ring.

LEAFLET

When a Muslim visits his sick brother, he is as if he were there in the Jannah as much as his visit lasts.

The Prophet Muhammad (PBUH) / Muslim

TODAY’S GOALS

- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHA’AR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

REFLECTIONS & GEMS

Help your parents with a chore or something that they normally do.

Whoever died and he ought to have fasted (the missed days of Ramadan) then his guardians must fast on his behalf.

The Prophet Muhammad (PBUH) / Bukhari

Ramadan DAY 24

TIP OF THE DAY
Think of someone who helped shape your life and make sincere dua for them by name today.

LEAFLET

Check in on an elderly person in your life and help them set up a video chatting platform.

TODAY’S GOALS

- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHA’AR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

REFLECTIONS & GEMS

Help your parents with a chore or something that they normally do.

Whoever died and he ought to have fasted (the missed days of Ramadan) then his guardians must fast on his behalf.

The Prophet Muhammad (PBUH) / Bukhari
Ramadan DAY 25

Tip of the Day
To make daily dhikr easier, download a tasbeeh app!

Tasbihah in Ramadan is better than a thousand tasbihah in other than it.
The Prophet Muhammad (PBUH) / Tirmidhi

Daily Checklist
- Smiled at someone
- Gave charity
- Learned something new
- Fed a hungry person
- Prayed in congregation
- Helped someone out
- Asked for forgiveness
- Did the deed of the day

Quran Tracker

Prayer Tracker

Reflections & Gems

Today's Goals

Ramadan DAY 26

Tip of the Day
Try to eat most of your carbohydrates (the complex kind!) for suhoor, and most of your protein (the non-fried kind!) after iftaar.

Eat Sahur, for in Sahur there is blessing.
The Prophet Muhammad (PBUH) / An-Nasai

Daily Checklist
- Smiled at someone
- Gave charity
- Learned something new
- Fed a hungry person
- Prayed in congregation
- Helped someone out
- Asked for forgiveness
- Did the deed of the day

Quran Tracker

Prayer Tracker

Reflections & Gems

Today's Goals

For maximum reward, recite the SubhanAllah, Alhamdulillah, Allahu Akbar (x33) after each prayer.

Buy a bag of good groceries – or other treats you’d normally buy for yourself – and donate it to your local food bank or shelter.

Buy a bag of good groceries – or other treats you’d normally buy for yourself – and donate it to your local food bank or shelter.
TIP OF THE DAY

If you overeat during iftaar, it'll be extremely difficult to stay awake during the night. Try to eat more balanced meals in the last ten nights.

Memorize a new dua.

If possible, spend most of your night in the masjid supplicating and praying. If not, isolate yourself in a separate room at home.

Indeed, We sent the Qur’an down during the Night of Decree. And what can make you know what is the Night of Decree? The Night of Decree is better than a thousand months.

Surah 97, Verses 1-3

Allah, may He be blessed and exalted, says: Fasting is for me & I shall reward for it. The fasting person has two moments of joy: When he breaks his fast and when he meets his Lord.

The Prophet Muhammad (PBUH) / An-Nasai

If possible, spend most of your night in the masjid supplicating and praying. If not, isolate yourself in a separate room at home.

Make a list of all the habits you wish to carry forth and stop after Ramadan ends. Next to each habit, explain how you plan on doing it.

TODAY’S GOALS

SMILED AT SOMEONE
GAVE CHARITY
LEARNED SOMETHING NEW
FED A HUNGRY PERSON
PRAYED IN CONGREGATION
READ MY DAILY ADHKaar
HELPED SOMEONE OUT
ASKED FOR FORGIVENESS
DID THE DEED OF THE DAY

SMILED AT SOMEONE
GAVE CHARITY
LEARNED SOMETHING NEW
FED A HUNGRY PERSON
PRAYED IN CONGREGATION
READ MY DAILY ADHKaar
HELPED SOMEONE OUT
ASKED FOR FORGIVENESS
DID THE DEED OF THE DAY

TODAY’S GOALS
### Ramadan Day 29

#### Tip of the Day
Making a habit of drinking sugary drinks during Ramadan will only cause further problems after the month ends.

#### Prayer Tracker
- **Fajr**: Sunnah
- **Dhuhr**: Sunnah
- **Asr**: Sunnah
- **Maghrib**: Sunnah
- **Isha**: Sunnah

#### Quran Tracker
- Verse(s)
- Surah(s)
- Chapter(s)
- Memorized
- Recited

#### Daily Checklist
- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHAAN
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

#### Deed of the Day
Write out handwritten Eid cards to your closest friends and family.

#### Today’s Goals

#### Reflections & Gems

### Ramadan Day 30

#### Tip of the Day
Positivity is contagious! Spread the joy and have an awesome Eid!

#### Prayer Tracker
- **Fajr**: Sunnah
- **Dhuhr**: Sunnah
- **Asr**: Sunnah
- **Maghrib**: Sunnah
- **Isha**: Sunnah

#### Quran Tracker
- Verse(s)
- Surah(s)
- Chapter(s)
- Memorized
- Recited

#### Daily Checklist
- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHAAN
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

#### Deed of the Day
Make an intention to fast for six days, minimum, in Shawwal — write down the days in your calendar.

#### Today’s Goals

#### Reflections & Gems

Whoever fasts Ramadan, then follows it with six from Shawwal, then that is (equal in reward) to fasting everyday.

The Prophet Muhammad (PBUH) / Tirmidhi
Don’t feel ashamed when giving little for charity. That is because there is always goodness in giving no matter how little.

—Ali Ibn Abi Talib (RA)