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.

THE RAMADAN PLEDGE OF INTENTION

Call upon Me, I will respond to you

THE HOLY QURAN (40:60)

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

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.

Allahumma innaka `afuwun tuhibbul `afwa f'afu `anna
O Allah, truly You are all-Pardoning, You love to pardon so pardon me

Allahumma innaka `afuwun tuhibbul `afwa f'afu `anna
O Allah, truly You are all-Pardoning, You love to pardon so pardon me

Allahumma innaka `afuwun tuhibbul `afwa f'afu `anna
O Allah, truly You are all-Pardoning, You love to pardon so pardon me

Ya Hayyu, Ya Qayyum, bi rahmatika astagheeth
O Living, O Sustaining, in Your Mercy I seek relief!

Zahaba azh-zhama'u, wa-btallatil 'urooqu, wa thabata al-ajru in shaa' Allah
The thirst has gone and the veins are quenched, and reward is confirmed, if Allah wills

Allahumma rahmatak `arju fa la takilni `ila nafsi tarfata `ain wa `aslih sha'ni kullahu la ilaha illa Anta
O Allah, I hope for Your mercy, do not leave me for even the duration of an eye blink (duration) and correct my total condition. Besides You there is none worthy of worship

Allahumma inni as'aluka birahmatika al-lati wasi`at kulli shay'in an taghfira li
O God, I ask You by Your mercy which envelopes all things, that You forgive me

Allahumma inni as'aluka birahmatika al-lati wasi`at kulli shay'in an taghfira li
O God, I ask You by Your mercy which envelopes all things, that You forgive me

Rabina atina fid-dunya hasanatan, wa fil-akhirati hasanatan, wa qina 'adhab-annar
Give us in this world that which is good and in the Hereafter that which is good, and save us from the punishment of the Fire

Allahumma inni laka sumtu wa bika aamantu wa `ala rizq-ika aftarthu
O Allah! I fasted for You and I believe in You and I break my fast with Your sustenance

There is no deity but You. Glory be to You! Verily, I have been among the wrongdoers (21:87)
BAD HABIT BREAKER  Use this Ramadan to change for good!

<table>
<thead>
<tr>
<th>MY BAD HABIT</th>
<th>WHAT I’LL DO TO BREAK THE HABIT</th>
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WHAT DO YOU WANT TO **accomplish** THIS RAMADAN?

**Long-term Goals**

**Short-term Goals**

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.

**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

---

**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

---

**HADITH OF THE DAY**

Whoever would like his provision to be increased and his lifespan extended, let him uphold his ties of kinship.

The Prophet Muhammad (PBUH) / Bukhari

**HADITH OF THE DAY**

Avoid eating oily foods after iftar and sour foods during suhoor.

The Prophet Muhammad (PBUH) / Bukhari

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**MEMORIZED**

- Verse(s)
- Surah(s)
- Chapter(s)

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**MEMORIZED**

- Verse(s)
- Surah(s)
- Chapter(s)

---

**RECITED**

- Verse(s)
- Surah(s)
- Chapter(s)

---

**RECITED**

- Verse(s)
- Surah(s)
- Chapter(s)

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**SHARE**

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: SUNNAH
DHUHR: SUNNAH
ASR: SUNNAH
MAGHRIB: SUNNAH
ISHA: SUNNAH

**QURAN TRACKER**

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

**DEED of the DAY**

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

- 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**

- PRAYER TRACKER
- QURAN TRACKER
- DAILY CHECKLIST

**reflections & gems**

**TODAY’S GOALS**

**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: SUNNAH
DHUHR: SUNNAH
ASR: SUNNAH
MAGHRIB: SUNNAH
ISHA: SUNNAH

**QURAN TRACKER**

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

**DEED of the DAY**

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

- 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**

**TODAY’S GOALS**

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**Ramadan DAY 5**

**Tip of the Day**
Remember to stay hydrated! Drink plenty of water at suhoor and iftaar.

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

**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

**Reflections & Gems**

**TODAY’S GOALS**

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**Ramadan DAY 6**

**Tip of the Day**
Don’t forget to continue staying active during Ramadan — even if that means going for a short walk after iftaar or suhoor.

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

**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

**Reflections & Gems**

**TODAY’S GOALS**

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A man said, “Messengers 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

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

The Prophet Muhammad (PBUH) / Muslim

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

Be the one serving dates and water to those breaking their fasts around you.
Day 7

**Tip of the Day**
Avoid eating foods that are deep fried and high in sugar and sodium.

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

**Quran Tracker**
- Fajr: Verse(s), Surah(s), Chapter(s)
- Dhuhr: Verse(s), Surah(s), Chapter(s)
- Asr: Verse(s), Surah(s), Chapter(s)
- Maghrib: Verse(s), Surah(s), Chapter(s)
- Isha: Verse(s), Surah(s), Chapter(s)

**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

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

**TODAY’S GOALS**

**Day 8**

**Tip of the Day**
The signs of a hypocrite are three: Whenever he speaks, he tells a lie; and whenever he promises, he breaks his promise; and whenever he is entrusted, he betrays (proves to be dishonest).

The Prophet Muhammad (PBUH) / Bukhari

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

**Quran Tracker**
- Fajr: Verse(s), Surah(s), Chapter(s)
- Dhuhr: Verse(s), Surah(s), Chapter(s)
- Asr: Verse(s), Surah(s), Chapter(s)
- Maghrib: Verse(s), Surah(s), Chapter(s)
- Isha: Verse(s), Surah(s), Chapter(s)

**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

**Reflections & Gems**

**TODAY’S GOALS**
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 ADHKAAR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

**DAILY CHECKLIST**

**TODAY’S GOALS**

**reflections & gems**

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Ramadan DAY 10

**TIP of the DAY**

Feed the hungry, visit the sick and free the captives.

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 ADHKAAR
- 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)
DAY 12

TIP OF THE DAY

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

PRAYER TRACKER

FAJR | SUNNAH
DHUHR | SUNNAH
ASR | SUNNAH
MAGHRIB | SUNNAH
ISHA | SUNNAH

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

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

TARAWEETH | QIYAM

reflections & gems

TODAY’S GOALS

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Whoever says SubhanAllahi 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

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.

PRAYER TRACKER

FAJR | SUNNAH
DHUHR | SUNNAH
ASR | SUNNAH
MAGHRIB | SUNNAH
ISHA | SUNNAH

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 a donation to a local organization struggling with the shutdown.

TARAWEETH | QIYAM

reflections & gems

TODAY’S GOALS

ISLAMIC RELIEF USA | WWW.IRUSA.ORG

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

The Prophet Muhammad (PBUH) / Bukhari, Muslim
**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.)

**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

**TODAY’S GOALS**

**reflections & gems**
Make dua for someone who has hurt you — ask Allah to guide, forgive and bless them.

**ISLAMIC RELIEF USA | WWW.IRUSA.ORG**

**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.

**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

**TODAY’S GOALS**

**reflections & gems**
Be extra polite and kind to those who test your patience.

**Politeness with people is charity.**
The Prophet Muhammad (PBUH) / Sahih Ibn Hibban

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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.

**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

**DEED OF THE DAY**
Waive the debt of someone who owes you money — then ask Allah to forgive them and accept your deed.

**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

**DEED OF THE DAY**
Cancel out your mistakes: for every bad deed (small or big) you commit today, immediately follow it up with a good one.

**TODAY’S GOALS**

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

**TODAY’S GOALS**

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- Did the Deed of the Day

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**Reflections & Gems**

**Ramadan Day 16**

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

**Ramadan Day 17**

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

The Prophet Muhammad (PBUH) / Ibn Hibban

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**Ramadan Day 16**

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

**Ramadan Day 17**

If you do a bad deed, then follow it up with a good deed.
Ramadan DAY 18

TIP OF THE DAY

Improve your conversational manners by fully listening to what others have to say, instead of waiting to speak.

TODAY’S GOALS

- 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

TIP OF THE DAY

He has not thanked Allah who has not thanked people.
The Prophet Muhammad (PBUH) / Bukhari

DEED OF THE DAY

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

REFLECTIONS & GEMS

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

TODAY’S GOALS

- Smiled at someone
- Gave charity
- Learned something new
- Fed a hungry person
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- Helped someone out
- Asked for forgiveness
- Did the Deed of the Day

REFLECTIONS & GEMS

Give each other gifts and you will love each other.
The Prophet Muhammad (PBUH) / Tirmidhi

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DAY | MONTH | DATE

FAJR | SUNNAH
DHUHR | SUNNAH
ASR | SUNNAH
MAGHRIB | SUNNAH
ISHA | SUNNAH

TIP OF THE DAY

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

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

The Prophet Muhammad (PBUH) / Tirmidhi

TODAY’S GOALS

- Smiled at someone
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TODAY’S GOALS

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ISLAMIC RELIEF USA | WWW.IRUSA.ORG
Search for the Night of Qadr in the odd nights of the last ten days of Ramadan.

The Prophet Muhammad (PBUH) / Bukhari

Wake up a little before suhoor to get into the habit of praying qiyam. If you already do this, top up your current 'ibaadah.

REMIND YOURSELF THAT THE LAST TEN NIGHTS OF RAMADAN ONLY HAPPEN ONCE A YEAR — AND GIVE IT YOUR ALL.

Search for the Night of Qadr in the odd nights of the last ten days of Ramadan.

The Prophet Muhammad (PBUH) / Bukhari

Wake up a little before suhoor to get into the habit of praying qiyam. If you already do this, top up your current 'ibaadah.

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**

Reading Quran after Fajr is a great habit to develop; it builds discipline and spiritual endurance.

**PRAYER TRACKER**
- Fajr: Sunnah
- Dhuhr: Sunnah
- Asr: Sunnah
- Maghrib: Sunnah
- Isha: Sunnah

**QURAN TRACKER**
- Fajr: Verse(s) Memorized
- Dhuhr: Surah(s) Recited
- Asr: Verse(s) Memorized
- Maghrib: Surah(s) Recited
- Isha: Verse(s) Memorized

**DAILY CHECKLIST**
- Smiled at someone
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- Read my Daily Adhkaar
- Helped someone out
- Asked for forgiveness
- Did the Deed of the Day

**reflections & gems**

Send a thank you letter or email to someone who made a significant impact in your life!

**TODAY’S GOALS**

**PRAYER TRACKER**
- Fajr: Sunnah
- Dhuhr: Sunnah
- Asr: Sunnah
- Maghrib: Sunnah
- Isha: Sunnah

**QURAN TRACKER**
- Fajr: Verse(s) Memorized
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- Isha: Verse(s) Memorized

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- Asked for forgiveness
- Did the Deed of the Day

**reflections & gems**

**TODAY’S GOALS**

**Ramadan DAY 22**

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

**QURAN TRACKER**
- Fajr: Verse(s) Memorized
- Dhuhr: Surah(s) Recited
- Asr: Verse(s) Memorized
- Maghrib: Surah(s) Recited
- Isha: Verse(s) Memorized

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- Did the Deed of the Day

**reflections & gems**

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

**TODAY’S GOALS**

**PRAYER TRACKER**
- Fajr: Sunnah
- Dhuhr: Sunnah
- Asr: Sunnah
- Maghrib: Sunnah
- Isha: Sunnah

**QURAN TRACKER**
- Fajr: Verse(s) Memorized
- Dhuhr: Surah(s) Recited
- Asr: Verse(s) Memorized
- Maghrib: Surah(s) Recited
- Isha: Verse(s) Memorized

**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**

Wake up before the rest of your family so you can reap the rewards of waking them for worship.
**Ramadan DAY 23**

**TIP of the DAY**

Get out of the bed immediately once you hear your alarm/ ahaan ring.

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**Reflections & Gems**

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

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**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

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**Prayer Tracker**

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

**Quran Tracker**

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

**Daily Checklist**

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

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**Ramadan DAY 24**

**TIP of the DAY**

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

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**Reflections & Gems**

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

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**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

---

**Prayer Tracker**

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

**Quran Tracker**

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

**Daily checklist**

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

Reflections & gems

Tasbihah in Ramadan is better than a thousand tasbihah in other than it.

The Prophet Muhammad (PBUH) / Tirmidhi

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.

Eat Sahur, for in Sahur there is blessing.

The Prophet Muhammad (PBUH) / An-Nasai

To make daily dhikr easier, download a tasbeeh app!

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

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

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.

Eat Sahur, for in Sahur there is blessing.
Ramadan DAY 27

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.

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

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

PRAYER TRACKER

FAJR | SUNNAH
DHUHR | SUNNAH
ASR | SUNNAH
MAGHRIB | SUNNAH
ISHA | SUNNAH

QURAN TRACKER

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

DEED of the DAY

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

DAY 28

TIP of the DAY

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.

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

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

PRAYER TRACKER

FAJR | SUNNAH
DHUHR | SUNNAH
ASR | SUNNAH
MAGHRIB | SUNNAH
ISHA | SUNNAH

QURAN TRACKER

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

DEED of the DAY

Memorize a new dua.

TODAY’S GOALS

reflections & gems

TODAY’S GOALS

reflections & gems
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 ADHKAAR
- 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.

Ramadan DAY 30

TIP of the DAY

For those who fast there is a gate in Paradise called Ar-Rayyan, through which no one but they will enter. When the last of them has entered it, it will be closed. Whoever enters through it will drink, and whoever drinks will never thirst again.

The Prophet Muhammad (PBUH) / An-Nasai

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 ADHKAAR
- 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.

reflections & gems

TODAY’S GOALS

Positivity is contagious! Spread the joy and have an awesome Eid!

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

The Prophet Muhammad (PBUH) / Tirmidhi

reflections & gems

TODAY’S GOALS

ISLAMIC RELIEF USA | WWW.IRUSA.ORG
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)