



Ramadan

30 DAY CHALLENGER

1 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

2 DEED of the DAY

Stop yourself from saying anything negative about someone — make dua for them instead!

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

3 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

4 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

5 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

6 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

7 DEED of the DAY

Pray Salat ul-Ishraq after Fajr prayer.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

8 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

9 DEED of the DAY

Give your neighbour some company — with some delicious food included!

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

10 DEED of the DAY

Call up someone that you know that is sick and ask them if they need anything.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

FIRST TEN DAYS (1-10) OF THE BLESSED MONTH OF RAMADAN ARE THE DAYS OF *Mercy*



Ramadan

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11 DEED of the DAY

Give food to a fasting person to help break their fast.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

12 DEED of the DAY

Do some extra dhikr today after each fard prayer

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

13 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

14 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

15 DEED of the DAY

Be extra polite and kind to those who test your patience.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

16 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

17 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.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

18 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

19 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

20 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHAA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

SECOND TEN DAYS (11-20) OF THE BLESSED MONTH OF RAMADAN ARE THE DAYS OF *Forgiveness*



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21 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

22 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

23 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

24 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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TARAWEEH QIYAM

25 DEED of the DAY

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

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

26 DEED of the DAY

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.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

27 DEED of the DAY

If possible, isolate yourself in a separate room at home and spend most of your night supplicating and praying.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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TARAWEEH QIYAM

28 DEED of the DAY

Memorize a new dua.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

29 DEED of the DAY

Write out handwritten Eid cards to your closest friends and family.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

30 DEED of the DAY

Make an intention to fast for six days, minimum, in Shawwat — write down the days in your calendar.

5 DAILY PRAYERS

FAJR	THUR	'ASR	MAGRIB	ISHA'
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUNNAH TRACKER

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TARAWEEH QIYAM

SECOND TEN DAYS (21-30) OF THE BLESSED MONTH OF RAMADAN ARE TO SEEK REFUGE IN ALLAH FROM *Hellfire*