**30 Day Challenger**

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

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

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

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

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

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

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

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

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First ten days (1-10) of the blessed month of Ramadan are the days of **Mercy**.
**Ramadan 30 Day Challenger**

<table>
<thead>
<tr>
<th>Day</th>
<th>Deed of the Day</th>
<th>Sunnah Tracker</th>
<th>Daily Prayers</th>
<th>Taraweeh</th>
<th>Qiyam</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Give food to a fasting person to help break their fast.</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
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<tr>
<td>12</td>
<td>Do some extra dhikr today after each fard prayer.</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
<td></td>
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<tr>
<td>13</td>
<td>Make a donation to a local organization struggling with the shutdown.</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Make dua for someone who has hurt you — ask Allah to guide, forgive and bless them.</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Be extra polite and kind to those who test your patience.</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Waive the debt of someone who owes you money — then ask Allah to forgive them and accept your deed.</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Cancel out your mistakes: for every bad deed (small or big) you commit today, immediately follow it up with a good one.</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
<td></td>
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<tr>
<td>18</td>
<td>Reflect on everything you are thankful for. After this, prostrate to Allah in Sajdat al-Shukr for your blessings.</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
<td></td>
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<tr>
<td>19</td>
<td>Get someone you love a thoughtful gift that will benefit them in this life and the next (a tasbeeh, a dua book, etc).</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Wake up a little before suhoor to get into the habit of praying qiyam. If you already do this, top up your current ibadah.</td>
<td>[Tracker]</td>
<td>5 daily prayers</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SECOND TEN DAYS (11-20) OF THE BLESSED MONTH OF RAMADAN ARE THE DAYS OF Forgiveness**
21 DEED of the DAY
Send a thank you letter or email to someone who made a significant impact in your life!

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

23 DEED of the DAY
Check in on an elderly person in your life and help them set up a video chatting platform.

24 DEED of the DAY
Help your parents with a chore or something that they normally do.

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

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.

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

28 DEED of the DAY
Memorize a new dua.

29 DEED of the DAY
Write out handwritten Eid cards to your closest friends and family.

30 DEED of the DAY
Make an intention to fast for six days, minimum, in Shawwal — write down the days in your calendar.

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