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.
Ashadu alla ilaha illallah, nastaqhipurullah, 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 me

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

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

Zahaba azh-zama'u, wa-btallatil 'urooqu, wa thabata al-arju 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 'asilih 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 taghfa ra 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

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]
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 \textit{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.

\textit{Prophet Muhammad (PBUH)}
**Ramadan DAY 1**

**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

**TIP OF THE DAY**

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

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**Ramadan DAY 2**

**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

**TIP OF THE DAY**

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

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

Prophet Muhammad (PBUH) / Bukhari

Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.)

Prophet Muhammad (PBUH) / Bukhari

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**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!**
**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

**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
- Dhuhr
- Asr
- Maghrib
- Isha

**Quran Tracker**

- Memorized
- Recited

**Reflections & Gems**

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

**Today’s Goals**

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

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**Ramadan Day 4**

**Tip of the Day**

Break your fast with just dates and water — then go to pray Maghrib before you sit down to eat your meal.

Prophet Muhammad (PBUH) / Al-Albani

**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
- Dhuhr
- Asr
- Maghrib
- Isha

**Quran Tracker**

- Memorized
- Recited

**Reflections & Gems**

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

Prophet Muhammad (PBUH) / Al-Albani

**Today’s Goals**

- Break your fast with just dates and water — then go to pray Maghrib before you sit down to eat your meal.

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Ramadan DAY 5

TIP of the DAY

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

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

Prophet Muhammad (PBUH) / Tirmidhi

PRAYER TRACKER

FAJR
DHUHR
ASR
MAGHRIB
ISHA
SUNNAH

QURAN TRACKER

VERE(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

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

reflections & gems

TODAY’S GOALS

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.

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

Prophet Muhammad (PBUH) / Muslim

PRAYER TRACKER

FAJR
DHUHR
ASR
MAGHRIB
ISHA
SUNNAH

QURAN TRACKER

VERE(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

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

reflections & gems

TODAY’S GOALS
TIP OF THE DAY
Avoid eating foods that are deep fried and high in sugar and sodium.

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

Pray Salat ul-Ishraq [ref. hadith above] after Fajr prayer.

Whoever prays Fajr in congregation then sits remembering Allah until sunrise then prays two units of prayer, has a complete reward of Hajj and Umrah.
Prophet Muhammad (PBUH) / Tirmidhi

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

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).
Prophet Muhammad (PBUH) / Bukhari

TODAY’S GOALS

reflections & gems

TODAY’S GOALS

reflections & gems
Ramadan DAY 9

TIP of the DAY

Do not overeat during suhoor and iftaar.

PRAYER TRACKER

FAJR 
SUNNAH

DHUHR 
SUNNAH

ASR 
SUNNAH

MAGHRIB 
SUNNAH

ISHA 
SUNNAH

MEMORIZED

VERSE(S)
SURAH(S)
CHAPTER(S)

QURAN TRACKER

DEED of the DAY

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

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

reflection & gems

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Ramadan DAY 10

TIP of the DAY

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

PRAYER TRACKER

FAJR 
SUNNAH

DHUHR 
SUNNAH

ASR 
SUNNAH

MAGHRIB 
SUNNAH

ISHA 
SUNNAH

MEMORIZED

VERSE(S)
SURAH(S)
CHAPTER(S)

QURAN TRACKER

DEED of the DAY

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

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

reflection & 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.

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

**Reflections & Gems**

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

**QURAN TRACKER**
- Verse(s)
- Surah(s)
- Chapter(s)

**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

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.

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

Prophet Muhammad (PBUH) / Bukhari, Muslim

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

**Reflections & Gems**

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

**QURAN TRACKER**
- Verse(s)
- Surah(s)
- Chapter(s)

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

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

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

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

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

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

Whoever covers the faults of a Muslim, Allah will cover his faults in this world and in the Hereafter. Allah helps the servant as long as he helps his brother.

Prophet Muhammad (PBUH) / Muslim

Politeness with people is charity.

Prophet Muhammad (PBUH) / Sahih Ibn Hibban
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.

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

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

Quran Tracker:
- Verse(s) Memorized
- Surah(s) 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

Todays Goals:

Ramadan Day 17

Tip of the Day:
Use Allah's unique names to make your duas extra special and meaningful.

Reflections & Gems:
If you do a bad deed, then follow it up with a good deed.

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

Quran Tracker:
- Verse(s) Memorized
- Surah(s) 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

Todays Goals:

Day 18

**TIP OF THE DAY**

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

He has not thanked Allah who has not thanked people.

Prophet Muhammad (PBUH) / Bukhari

**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**

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

**TODAY’S GOALS**

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

Prophet Muhammad (PBUH) / Tirmidhi

**REFLECTIONS & GEMS**

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

Give each other gifts and you will love each other.

Prophet Muhammad (PBUH) / Tirmidhi

Day 19

**TIP OF THE DAY**

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

Give each other gifts and you will love each other.

Prophet Muhammad (PBUH) / Tirmidhi

**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**

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**

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

Prophet Muhammad (PBUH) / Tirmidhi

**REFLECTIONS & GEMS**

You can learn a lot about a person by what they gift to you/others.
Ramadan DAY 20

TIP of the DAY

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.

Prophet Muhammad (PBUH) / Bukhari

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

—Prophet Muhammad (PBUH)
Reading Quran after Fajr is a great habit to develop; it builds discipline and spiritual endurance.

Prophet Muhammad (PBUH) / Muslim

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.

Prophet Muhammad (PBUH) / Muslim

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

Sincerely asking Allah to help you wake up early for the purpose of worshiping him does wonders.

Prophet Muhammad (PBUH) / Muslim

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

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.

Prophet Muhammad (PBUH) / Muslim

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
Ramadan DAY 23

TIP of the DAY

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

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

Prophet Muhammad (PBUH) / Muslim

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

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

TODAY’S GOALS

reflections & gems

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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.

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

Prophet Muhammad (PBUH) / Bukhari

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

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

TODAY’S GOALS

reflections & gems

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**Ramadan DAY 25**

**TIP of the DAY**

To make daily dhikr easier, download a tasbeeh app!

**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
- DHUHR
- ASR
- MAGHRIB
- ISHA

**QURAN TRACKER**

- VERSE(S)
- SURAH(S)
- CHAPTER(S)

**DEED of the DAY**

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

**Reflections & Gems**

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

Prophet Muhammad (PBUH) / Tirmidhi

**Today’s Goals**

- 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.

**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

**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.

**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
- DHUHR
- ASR
- MAGHRIB
- ISHA

**QURAN TRACKER**

- VERSE(S)
- SURAH(S)
- CHAPTER(S)

**DEED of the DAY**

Eat Sahur, for in Sahur there is blessing.

Prophet Muhammad (PBUH) / An-Nasai

**Reflections & Gems**

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

**Today’s Goals**

- Eat Sahur, for in Sahur there is blessing.

**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
Ramadan DAY 27

TIP of the DAY
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

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.

TODAY’S GOALS

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Ramadan 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.
Prophet Muhammad (PBUH) / An-Nasai

DEED of the DAY
Memorize a new dua.

TODAY’S GOALS

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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.

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.

Prophet Muhammad (PBUH) / An-Nasai

Ramadan DAY 30

TIP OF THE DAY
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.

Prophet Muhammad (PBUH) / Tirmidhi

TODAY’S GOALS

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

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

Reflections & Gems

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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)
my goals

my goals
my goals