



RAMADAN PLANNER 2022



RAMADAN

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillah al-Rahman al-Rahim

In the name of God, the Most Gracious, the Most Merciful

This month is full of blessings, kindness, and worship, and as Muslims, we seek to take full advantage of it, and to reap the most benefits. For students, it can be difficult balancing work and studying as well as making the most of this blessed month.

I've created a planner particularly to help you manage your time properly and optimise your good acts. It includes tools such as food planning, assignment trackers, and daily good acts so you can remain on top of your everyday life and worship.

By keeping track of your progress, you'll be able to see how much you achieved during the month and how to sustain your newly formed habits post-Ramadan as well.

The Messenger of Allah, peace and blessings be upon him, said, "Take up good deeds only as much as you are able, for the best deeds are those done regularly even if they are few."

Sunan Ibn Mājah 4240

FREQUENTLY ASKED QUESTIONS

WHAT IS RAMADAN?

Ramadan is a month of fasting and abstention from things that are deemed impure to the mind and body. It includes fasting between the hours of sunrise (Fajr) and sunset (Maghrib), allowing people to concentrate on prayer and bonding with Allah (SWT).

WHY DO WE FAST?

One of Islam's five pillars is fasting throughout Ramadan (sawm). Fasting is more than simply abstinence of food; it is a act of worship and a way for Muslims to experience a closer and deeper connection with Allah (SWT). Fasting enlightens each person how to be patient with themselves and others, as well as have compassion for those who are less fortunate.

BENEFITS OF FASTING?

Aside from the spiritual gains, fasting in Ramadan offers several health advantages as well. Abstaining from food is a great way to cleanse and detoxify the body; this enhances organ function while fostering a cleaned digestive system - increasing blood circulation and helping to eliminate harmful toxins in the body.

THREE STAGES OF RAMADAN

Day 1 – 10: Mercy

First Ashra of Ramadan (first 10 days): these are the days of seeking mercy and blessings. Recite this dua:

وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Rab-high-fir war-ham wa Anta Khair-ur-Raahimeen

"My Lord! Forgive and have mercy, for You are the best of those who show mercy."

Day 11 – 20: Forgiveness

Second Ashra of Ramadan (second 10 days): these are the days of forgiveness. Recite this dua:

رَبَّنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

Rabbana Fagh-fir-lana dhunoobana wa kaf-fir-'anna sayyi-aatina wa ta-waf-fana ma-'al abraar

"Our Lord! Forgive us our sins and remit from us our evil deeds, and make us die in the state of righteousness along with Al-Abrâr."

Day 21 – 30: Safety

Third Ashra of Ramadan (third 10 days): these are the days of finding refuge in Allah Almighty to avoid the fires of Hell. Laylatul Qadr (the Night of Power) is observed on the odd nights.

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Allahumma Ajirna min-an-naar.

O Allah, protect us from the fire.

DUA LIST

BREAKING THE FAST

لَلّٰهُمَّ اِنِّى لَكَ صُمْتُ وَبِكَ اَمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ اَفْطَرْتُ

Allahumma inni laka sumtu wa bika ammantu wa alayka tawakkaltu wa ala rizq-ika-aftartu

O Allah! For You I have fasted and upon your provision, I have broken my fast.

After studying

اللّٰهُمَّ اِنِّى اَسْتَوْدِعُكَ مَا قَرَأْتُ وَمَا حَفَظْتُ، فَرُضُهُ عَلَى
عِنْدَ حَاجَتِي اِلَيْهِ، اِنَّكَ عَلَى مَا تَشَاءُ قَدِيرٌ وَاَنْتَ حَسْبِي
وَنِعْمَ الْوَكِيلُ

Allahumma inni astaodeeka ma qaratu wama hafaztu. farudduhu'allaya inda hajati elahi. innaka 'ala matasha'-u qadeer wa anra hasbeeya wa na'mal wakeel

Oh Allah! I entrust you with what I have read and I have studied. Oh Allah! Bring it back to me when I am in need of it. Oh Allah! You do whatever you wish, you are my availer and protector and the best of aid

For removing anxiety

لَهُمَّ اِنِّى اَعُوْذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ
وَاَعُوْذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ
وَاَعُوْذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ
وَاَعُوْذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

Allâhumma innî a'ûdhu bika min al-hammi wa al-hazan. Wa a'ûdhu bika min al-'ajzi wa al-kasal. Wa a'ûdhu bika min al-jubni wa al-bukhl. Wa a'ûdhu bika min ghalabat id-dayni wa qahr ir-rijal.

Oh Allah, I seek refuge in You from worry and grief, from helplessness and laziness, from cowardice and stinginess, and from overpowering of debt and from oppression of men

For studying

لَلّٰهُمَّ اَنْفَعْنِيْ بِمَا عَلَّمْتَنِيْ وَعَلَّمْنِيْ مَا يَنْفَعْنِي
اللّٰهُمَّ اِنِّى اَسْأَلُكَ فَهْمَ النَّبِيِّينَ وَحِفْظَ الْمُرْسَلِينَ الْمُقَرَّبِينَ
اللّٰهُمَّ اجْعَلْ لِّسَانِيْ عَامِرًا بِذِكْرِكَ وَقَلْبِيْ بِخَشْيَتِكَ..
اِنَّكَ عَلَى مَا تَشَاءُ قَدِيرٌ وَاَنْتَ حَسْبُنَا اللّٰهُ وَنِعْمَ الْوَكِيلُ

Allahumma infa'ni bimaa 'allamtani wa 'allimni mayan-fa'uni. Allahumma inni as- aluka fahman-nabiyyeena wa hifdhal- mursaleena al-muqarrabeen. Allahumma ij'allisaani 'aamiran be dhikrika wa qalbi bi- khashyatika. Innaka 'alaa maa tashaa-u qadeer. Wa anta hasbuna-Allahu wa ni'mal wakeel.

Oh Allah! Make useful for me what you have taught me and teach me knowledge that will be useful to me.

Oh Allah! I ask you for the understanding of the prophets and the memory of the messengers, and those nearest to you.

Oh Allah! Make my tongue full of your remembrance and my heart with awe of you.

Oh Allah! You do whatever you wish, and you are my availer and protector and best of aid.

For guidance

لِحَمْدِ اللّٰهِ الَّذِي هَدَانَا لِهَذَا وَمَا كُنَّا لِنَهْتَدِيَ لَوْلَا اَنْ هَدَانَا
اللّٰهُ

Alhamdu lillahi allathee hadaana lihatha wama kunna linahtadiya lawlaa an hadaana Allahu

Praise to Allah , who has guided us to this; and we would never have been guided if Allah had not guided us.



TYPES OF SALAH

TARAWEEH

Taraweeh is sunnah mu'akkadah (a confirmed practice of our beloved Prophet Muhammad, peace and blessings be upon him). It is a voluntary (nafl) night prayer performed only in Ramadan after Isha prayer. Because it is a highly recommended Sunnah, masjids across the world hold congregational Taraweeh prayers on every night of this blessed month.

Taraweeh is prayed in sets of **two rak'at**, just like a normal voluntary prayer.

Some narrations state that a complete Taraweeh is **8 rak'at**, while some state that it is **20 rak'at**. If you are praying in a masjid, the imam will usually pray the full 20 rak'at of prayer, as all four schools of thought support these narrations.

The Prophet Muhammad (peace be upon him) said: "Whoever prayed at night in it (the month of Ramadan) out of sincere Faith and hoping for a reward from Allah, then all his previous sins will be forgiven."

Sahih al-Bukhari 6369

TAHAJJUD

Also known as Qiyam-u-lail, the Tahajjud prayer is a nafl night prayer and is performed after Isha and before Fajr. The word Tahajjud means "to give up sleep," hence this prayer is best performed in the last third of the night.

The Prophet Muhammad (peace be upon him) said: "Our Lord,, descends when one third of the night remains, every night and He says: 'Who will ask of Me, that I may give him? Who will call upon Me, that I may answer him? Who will ask My forgiveness, that I may forgive him?' until dawn comes."

Sunan Ibn Majah 1366

SUHOOR MEALS

TIPS FOR SUHOOR

- Always have a few glasses of **water**
- To stay fuller whilst fasting, consume **more protein** (beans, eggs, greek yogurt) and **healthy fats** (avocado, peanut butter, nuts) with your meals
- Have vitamin supplements if needed, especially **Vitamin D** if you live in the UK
- Consume lots of **fruits and vegetables** (e.g. bananas – rich in potassium and fiber)

OVERNIGHT OATS

In a **jar** add:

- 1/3 **rolled oats**
- 1 tbsp of **chia seeds**

SHAKE, then add the liquids

- 1/2 cup **almond milk** (or regular milk)
- 1 tsp of **honey** to taste or other sweeteners

Add **toppings** of your choice, and **SHAKE** again.

Refrigerate overnight

BANANA SMOOTHIE

- 1 frozen **banana**
- 2 tablespoons **peanut or almond** butter
- 2 tablespoons **cacao powder**
- 1/3 cup **water**
- 20g of **protein powder** (keeps you full!)
- a handful of raw **almonds**
- 2 tablespoons of **rolled oats**
- pinch of **cinnamon**

Mix it all in a blender and serve. This recipe serves 1, but you can adjust to your needs.



TOPPING EXAMPLES:

Chocolate-banana:

- Add 1/3 of a banana chopped and a spoon of sugar-free natural cocoa powder (to taste) to the jar

Berry flavoured:

- Add 2 tbsp frozen blueberries & a pinch of vanilla powder into the jar

Date-almond:

- Add 3 chopped dates and 5 almonds to the jar. Add honey before eating

ASSIGNMENT

TRACKER

Assignments:	Deadline:	Status:

Notes:

RAMADAN DAY 1

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "On the Day of Resurrection I will intercede and say, 'O my Lord! Admit into Paradise (even) those who have faith equal to a mustard seed in their hearts.' "

Sahih Al-Bukhari, Volume 9, Hadith 600

Quran Tracker:



JUZ' 1

AL FATIHA 1

-

AL BAQARAH 141



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Laa hawla wa laa quwwata illaa billaah

There is no capability nor is there any power except with Allaah.

RAMADAN DAY 2

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
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HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "Allah will not deprive you of knowledge after he has given it to you, but it will be taken away through the death of the religious learned men with their knowledge. Then there will remain ignorant people who, when consulted, will give verdicts according to their opinions whereby they will mislead others and go astray."

Sahih Al-Bukhari – Book 92 Hadith 410

Quran Tracker:



JUZ' 2

AL BAQARAH 142

–

AL BAQARAH 252



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

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Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana aatina fid-dunya hassanah,wa fil akhirati hassanah, waqina 'adhab an-nar

Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire. [2:201]

RAMADAN DAY 3

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
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HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "'O Allah, I seek refuge in You from anxiety, sorrow, disability, laziness, cowardice, miserliness, the burdens of debt, and the repression of men."

Sahih al-Bukhari 6369

Quran Tracker:



JUZ' 3

AL BAQARAH 253

-

AL IMRAN 92



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Glory be to You [My Lord], there's no deity [worthy of worship] besides You. Surely, I am amongst those who have wronged themselves.

RAMADAN DAY 4

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "The parable of my nation is like the rain. One does not know if the first part is the best or the last."

Sunan al-Tirmidhi 2869

Quran Tracker:



JUZ' 4

AL IMRAN 93

-

AN NISA 23



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

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Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

(Qur'an 28: 24)

"My Lord, I am in dire need of whatever goodness
You send down upon me."

RAMADAN DAY 5

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
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HADITH OF THE DAY

A man passed by the Messenger of Allah, peace and blessings be upon him, and the Prophet said, "What do you say about this man?" They said, "If he proposes in marriage, it should be accepted. If he intercedes, it should be granted. If he speaks, he should be listened to." The Prophet was silent and then a poor man among the Muslims passed by. The Prophet said, "What do you say about this man?" They said, "If he proposes in marriage, it should not be accepted. If he intercedes, it should not be granted. If he speaks, he should not be listened to." The Prophet said, "This man is better than the entire earth filled with the likes of the other."

Sahih al-Bukhari 5091

Quran Tracker:



JUZ' 5

AN NISA 24
-
AN NISA 147



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

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Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

اَللّٰهُ اِلَٰهٌ اَحَدٌ ۚ لَّهٗ لَا شَرِيْكَ لَهٗ ۚ لَهٗ الْمُلْكُ وَلَهٗ الْحَمْدُ ۚ يَحْيٰ وَيُمِيْتُ وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ

Laa ilaaha ill-Allaah wahdahu laa shareeka lah, lahu'l-mulk wa lahu'l-hamd
wa huwa 'ala kulli shay'in qadeer

There is no god except Allaah alone with no partner; to Him be dominion and praise, and He is Able to do all things

RAMADAN DAY 6

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "Whenever a man promises safety for another man's life and then kills him, I disavow myself from him even if the victim was an unbeliever."

Sahih Ibn Hibban 5982

Quran Tracker:



JUZ' 6

AN NISA 148

-

AI MA'IDAH 81



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

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Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

سُبْحَانَ اللَّهِ الْعَظِيمِ ، سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subhaan Allaah wa bi hamdihi Subhaan Allaah il-'Azeem

Glory and praise be to Allaah, glory be to Allaah the Almighty

RAMADAN DAY 7

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
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HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "Verily, a dream will come to pass in the manner it is interpreted. The parable of this is a man who raises his foot until he places it down. Thus, if one of you sees a dream, let him not speak about it unless with one who wishes him well or with a scholar."

al-Mustadrak 'ala al-Sahihayn 8177

Quran Tracker:



JUZ' 7

AL MA'IDAH 82

-

AL AN'AM 110



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

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Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Subhaan Allaah, wa'l-hamdu Lillah, wa laa ilaah ill-Allaah, wa Allaahu akbar

Glory be to Allaah, praise be to Allaah, there is no god except Allaah, and Allaah is Most Great

RAMADAN DAY 8

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
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HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "Verily, Allah Almighty is forbearing, modest, and protective. He loves modesty and protection. Thus, if one of you washes himself, let him protect himself with a screen."

Sunan al-Nasa'i 406

Quran Tracker:



JUZ' 8

AL AN'AM 111

-

AL AR'AF 87



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ رِضًا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ

Subhaan Allaah wa bi hamdih, 'adada khalqihi,
wa ridaa nafsihi, wazinata 'arshihi, wa midaada kalimaatihi

Glory and praise be to Allaah, as much as the number of His creation, as much as pleases Him,
as much as the weight of His Throne and as much as the ink of His words

RAMADAN DAY 9

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
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HADITH OF THE DAY

The Prophet, peace and blessings be upon him, stood in prayer until the morning reciting only one verse. The verse was, "If You punish them, they are indeed Your servants. And if You forgive them, You alone are the Almighty, the Wise." (5:118)

Sunan al-Nasai 1010

Quran Tracker:



JUZ' 9

AL AR'AF 88

-

AL ANFAL 40



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

La ilaha illa anta, Subhanaka, Inni kuntu minaz-zalimin

There is no god but You (O my Lord!). Glory be to You! Verily, I have been of the wrongdoers.

RAMADAN DAY 10

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
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HADITH OF THE DAY

A man came to Zayd ibn Thabit, may Allah be pleased with him, and he said, "How do you view reciting the entire Quran in seven days?" Zayd said, "That is good, but to recite it in half a month or ten days is more beloved to me. Ask me why that is." The man said, "Indeed, I ask you." Zayd said, "That I reflect upon it and pause over it."

al-Muwatta' 4

Quran Tracker:



JUZ' 10

AL ANFAL 41

—

AT TAUBA 92



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْأَعِظِمِ

Subhanallah Walhamdulillah Wa La illaha illallah Allahu Akbar
Wala Howla Wa La Quwata Illah Billah Hil Aliyil Azim

Glory be to Allah and Praise to Allah, and there is no God but Allah, and Allah is the Greatest. And there is no Might or Power except with Allah.

RAMADAN DAY 11

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
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HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: " Acquire the knowledge and impart it to the people. Acquire the knowledge of Fara'id (laws of inheritance) and teach it to the people, learn the Qur'an and teach it to the people; for I am a person who has to depart this world and the knowledge will be taken away and turmoil will appear to such an extent that two people will not agree in regard to a case of inheritance distribution and find none who would decide between them"

Al-Tirmidhi – Hadith 279

Quran Tracker:



JUZ' 11

AT TAUBA 93
–
HUD 5



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

2:127

Our Lord! Accept (this service) from us: for Thou art the All-Hearing, the AllKnowing

RAMADAN DAY 12

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "The Hour (Last Day) will not be established until (religious) knowledge will be taken away (by the death of religious learned men), earthquakes will be very frequent, time will pass quickly, afflictions will appear, murders will increase and money will overflow amongst you."

Sahih Al-Bukhari – Book 17 Hadith 146

Quran Tracker:



JUZ' 12

HUD 6
–
YUSUF 52



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا آتِنَا نُورَنَا وَاغْفِرْ لَنَا إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

66:8

Our Lord! keep perfect Our light for us and grant us Forgiveness. Verily,
You are Able to do All things

RAMADAN DAY 13

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "The knowledge from which no benefit is derived is like a treasure out of which nothing is spent in the cause of Allah.

Al-Tirmidhi – Hadith 280

Quran Tracker:



JUZ' 13

YUSUF 53

–

IBRAHIM 52



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ لَنَا رَبَّنَا إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ

60:5

Our Lord! make us not a (test and) trial for the Unbelievers, but forgive us,
Our Lord! for Thou art the Exalted In Might, the Wise

RAMADAN DAY 14

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: " The seeking of knowledge is obligatory for every Muslim; and the imparting of knowledge to the non-deserving is like putting necklaces of jewels, pearls and gold around the necks of swine.

Al-Tirmidhi – Hadith 218

Quran Tracker:



JUZ' 14

AL HIJR 1

-

AN NAHL 128



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا عَلَيكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ

60:4

Our Lord! In You (Alone) we put Our trust, and to You (Alone) we turn In repentance, and to You (Alone) is (Our) final return"

RAMADAN DAY 15

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Messenger of Allah (peace be upon him) was the best among people in character. On occasions, the time of prayer would come while he was in our house. He would then order to spread the mat lying under him. That was dusted and then water sprinkled over it. The Messenger of Allah (peace be upon him) then led the prayer and we stood behind him, and that mat was made of the leaves of date-palm.

Sahih Muslim – Book 4 Hadith 1388

Quran Tracker:



JUZ' 15

AL ISRA 1
–
AL KAHF 74



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَنَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

21:87

There is no god but thou: glory to thee: I was indeed wrong!

RAMADAN DAY 16

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

Whenever a beggar or a person in need came to the Prophet, the Prophet (peace be upon him) would say "Help and recommend him and you will receive the reward for it, and Allah will bring about what he will through His Prophet's tongue."

Sahih Al-Bukhari – Book 24 Hadith 512

Quran Tracker:



JUZ' 16

AL KAHF 75

–

TA'HA 135



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

25:74

Our Lord! bestow on us from Our wives and Our offspring who will be the comfort of Our eyes, and make us leaders for the Muttaqûn.

RAMADAN DAY 17

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "The most beloved to me amongst you is the one who has the best character and manners."

Sahih Al-Bukhari – Book 57 Hadith 104

Quran Tracker:



JUZ' 17

AL ANBIYAA 1

–

AL HAJJ 78



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

7:126

Our Lord! Pour out on us patience, and Cause us to die as Muslims

RAMADAN DAY 18

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "He who abandons lying, having been false, will have a castle built for him just within Paradise. He who abandons disputing, having been speaking the truth, will have one built for him in the middle of Paradise. He whose character is good will have one built for him in the highest part of it."

Al-Tirmidhi – Hadith 4831

Quran Tracker:



JUZ' 18

AL MUMINUN 1

–

AL FURQAN 20



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ

3:38

My Lord! Grant me—by your grace—righteous offspring.
You are certainly the Hearer of 'all' prayers.

RAMADAN DAY 19

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "...for anyone who is residing in a town in which this disease is present, and remains there and does not leave that town, but has patience and hopes for Allah's reward, and knows that nothing will befall him except what Allah has written for him, then he will get such reward as that of a martyr."

Sahih Al-Bukhari – Book 7 Hadith 616

Quran Tracker:



JUZ' 19

AL FURQAN 21

-

AN NAML 55



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

الَّذِينَ يَقُولُونَ رَبَّنَا إِنَّنَا أَمْنَا فَأَغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

3:16

Our Lord! We have believed, so forgive our sins and protect us from the torment of the Fire

LAST 10 DAYS

The **Night of Power** – also known as **Laylat-al-Qadr** – is considered to be the Holiest night in the Islamic calendar. This was the night when the first verses of the Qur'an were revealed to Prophet Muhammad (PBUH), by Angel Jibrail. This night falls on an odd night within the last 10 days of Ramadan.

Aisha (RA) said, "I asked the Messenger of Allah: 'O Messenger of Allah, if I know what night is the night of Qadr, what should I say during it?'

He said: 'Say:

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَأَعْفُ عَنِّي

Allahumma innaka 'afuwwun tuhibbul 'afwa
fa'fu 'annee

O Allah, You are the Most Forgiving and You love to Forgive, so forgive me.

RAMADAN DAY 20

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "Allah has forbidden you to be undutiful to your mothers, to withhold what you should give or demand what you do not deserve, and to bury your daughters alive. And Allah has disliked that you talk too much about others, ask too many questions (in religion), or waste your property

Sahih Al-Bukhari – Book 73 Hadith 6

Quran Tracker:



JUZ' 20

AN NAML 56

–

AI ANKABUT 45



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

3:8

Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower

RAMADAN DAY 21

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

A man asked the Prophet (peace be upon him) "What deeds are the best?" The Prophet (peace be upon him) said: (1) To perform the (daily compulsory) prayers at their (early) stated fixed times, (2) To be good and dutiful to one's own parents. (3) and to participate in Jihad in Allah's Cause."

Sahih Al-Bukhari – Book 93 Hadith 625

Quran Tracker:



JUZ' 21

AL ANKABUT 46

–

AL AZHAB 30



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of Exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

أَسْتَغْفِرُ اللَّهَ رَبِّي وَأَتُوبُ إِلَيْهِ

Astaghfiru allaha rabbi wa atubu ilayhi

I seek the forgiveness of Allah, my Lord, and I repent before Him

RAMADAN DAY 22

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

A man said to the Prophet, "Shall I participate in Jihad?" The Prophet (peace be upon him) said, "Are your parents living?" The man said, "Yes." The Prophet (peace be upon him) said, "Do Jihad for their benefit."

Sahih Al-Bukhari – Book 73 Hadith 3

Quran Tracker:



JUZ' 22

AL AZHAB 31
–
YASIN 27



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of Exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

اللهم إني أسألك العفو والعافية والمعافاة في الدنيا والآخرة

Allhumma Inni Asaloka Al Afwa wal Afiyata , walmuafata fid-dunya wal akhira

O Allah I ask of you Wellbeing & forgiveness in this world & the hereafter

RAMADAN DAY 23

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "A woman whose three children die will be shielded by them from the Hell fire." On that a woman asked, "If only two die?" He replied, "Even two (will shield her from the Hell-fire)."

Sahih Al-Bukhari – Book 3 Hadith 101

Quran Tracker:



JUZ' 23

YASIN 28

–

AZ ZUMAR 31



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of Exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَیْبًا، وَعَمَلًا مُّتَقَبَّلًا

Allahumma inni as'aluka 'Ilman naafi'an, wa rizqan tayyiban,
wa 'amalan mutaqabbalan

O, Allah! I ask You for knowledge that is of benefit, a good provision
and deeds that will be accepted.

RAMADAN DAY 24

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "The strong-man is not one who wrestles well but the strong man is one who controls himself when he is in a fit of rage.

Sahih Muslim Book 032, 6313

Quran Tracker:



JUZ' 24

AZ ZUMAR 32

-

FUSSILAT 46



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of Exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

Rabbanaa laa taj'alnaa ma'al qawmiz zaalimeen

Our Lord, do not place us with the wrongdoing people.

RAMADAN DAY 25

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

A man said to the Prophet , "Advise me! "The Prophet said, "Do not become angry and furious." The man asked (the same) again and again, and the Prophet said in each case, "Do not become angry and furious."

Sahih Bukhari , Book 073, Hadith 137

Quran Tracker:



JUZ' 25

FUSSILAT 47

-

Al JASIYAH 37



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ ءَامِنُوا بِرَبِّكُمْ فَءَامَنَّا

Rabbanaaaa innanaaa sami'naa munaadiyai yunaadee lil eemaani an
aaminoo bi Rabbikum fa aamannaa

Our Lord, indeed we have heard a caller, calling to faith, [saying],
'Believe in your Lord,' and we have believed

RAMADAN DAY 26

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down."

Abu Dawud Book 036, Hadith Number 4764

Quran Tracker:



JUZ' 26

AL AHQAF 1

-

AZ DHARIYAT 30



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا

Rabbana laa tu'aakhiznaaa in naseenaaa aw akhtaanaaa

Our Lord, do not impose blame upon us if we have forgotten or erred.

RAMADAN DAY 27

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "Each person's every joint must perform a charity every day the sun comes up : to act justly between two people is a charity; to help a man with his mount, lifting him onto it or hoisting up his belongings onto it is a charity: a good word is a charity, every step you take to prayers is a charity and removing a harmful thing from the road is a charity."

An Nawawi Hadith Number 025

Quran Tracker:



JUZ' 27

AZ DHARIYAT 31

—

AL HADID 29



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbana afrigh 'alainaa sabranw wa sabbit aqdaamanaa
wansurnaa 'alal qawmil kaafireen

Our Lord, pour upon us patience and plant firmly our feet
and give us victory over the disbelieving people

RAMADAN DAY 28

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "The real patience is at the first stroke of a calamity."

Sahih Al-Bukhari – Book 23 Hadith 389

Quran Tracker:



JUZ' 28

AL MUJADILAH 1

–

AT TAHRIM 12



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

سُبْحَنَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

Subhaanal lazee Sakh'khara Lana Haaza Wa Maa Kun'na Lahu Muqrineen.
Wa In'na ilaa Rab'bina La Munqaliboon (while travelling)

Glory be to Al'laah who has given us control over this (mode of transport) and without his Grace we would not have been able to control it and undoubtedly we are to return towards our Lord

RAMADAN DAY 29

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "No calamity befalls a Muslim but that Allah expiates some of his sins because of it, even though it were the prick he receives from a thorn."

Sahih Al-Bukhari – Book 70 Hadith 544

Quran Tracker:



JUZ' 29

AL MULK 1

–

AL MURSALAT 50



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

TODAYS DUA

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ ط

Bismil laahi Tawak'altu Alal laahi Wa Laa Hawla Wa Laa Quw'wata il'la bil'laah
(when leaving home)

Allaah's Name we begin with, I place my (full) trust in Allaah
and there is no Might and Power except with Allaah

RAMADAN DAY 30

SALAH TRACKER



Fajr Dhuhr Asr Maghrib Isha Taraweeh
[] [] [] [] [] []

HADITH OF THE DAY

The Prophet Muhammad (peace be upon him) said: "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.)"

Sahih Al-Bukhari – Book 31 Hadith 127

Quran Tracker:



JUZ' 30

AN NABA 1

-

AN NAS 6



TASKS FOR THE DAY

DAILY CHECKLIST



Morning Adhkaar

☐

Evening Adhkaar

☐

Gave to charity

☐

Form of Exercise

☐

Learnt 3-4 names of Allah

☐

Notes:

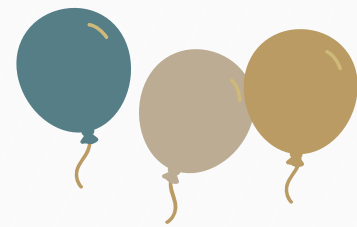
TODAYS DUA

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِيْنَ

Alhumdu lil laahil Lazee At'amana Wa Saqaana Wa Ja'alana Minal Muslimeen
(after eating)

All Praise is due to Allaah, who has blessed us with food and drink
and made us from amongst the Believers (Muslims)

Eid al-Fitr



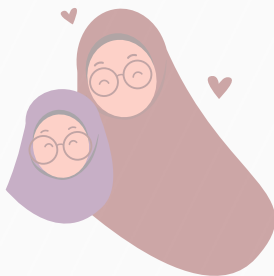
Eid ul-Fitr is celebrated at the end of Ramadan. It is a joining together of family, friends, and communities to feast and enjoy the food that has been provided by Allah (SWT).

Make Ghusl before the Eid Salah - Ibn 'Abbas narrated, 'The Messenger of Allah (saw) used to have a bath on the day of Fitr'. [Ibn Majah]



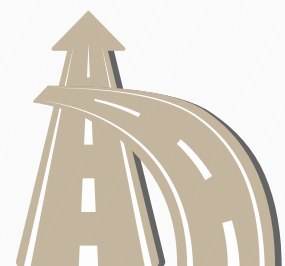
Eating before prayer - it is Sunnah to eat some dates before the prayer so as not to extend the fast. Our Prophet (saw) did not set out on the day of Eid until he had eaten an odd number of dates.

Putting on Attar - Just as our Prophet Muhammad (saw) applied Attar (perfume) on Eid occasions, men are also encouraged to do the same.



Congratulating each other - On Eid day, we often congratulate each other with greetings such as 'Eid Mubarak'.

Routes to Eid Salah - As narrated by Jabir bin Abdullah, 'On the Day of Eid, the Prophet (saw) used to return after offering the Eid prayer through a way different from that by which he went'. (Bukhari)



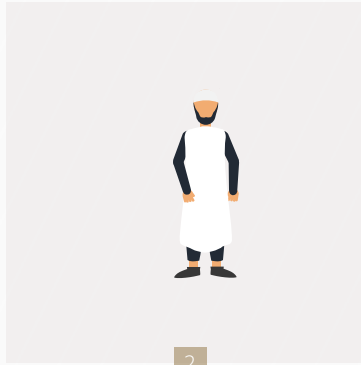
HOW TO PERFORM EID PRAYER

(Hanafi School)



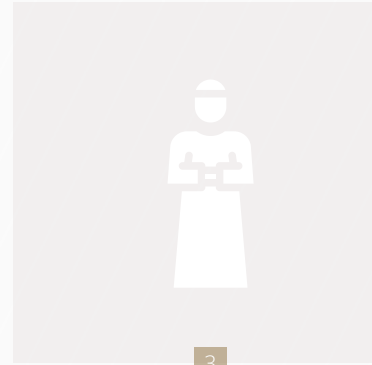
1

Make intention to perform Eid Prayer



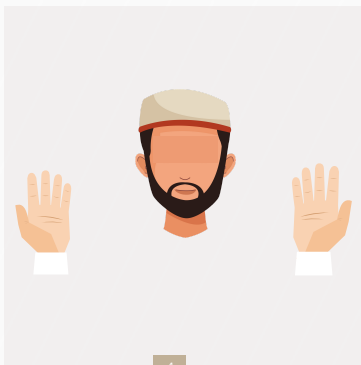
2

Say the first takbir 'Allahu Akbar'



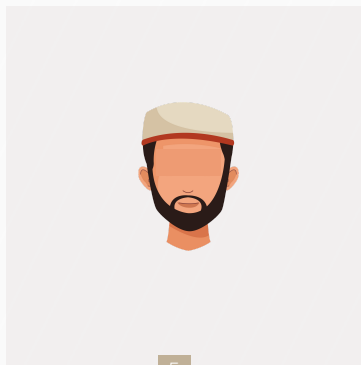
3

Recite the opening supplication (Thana)



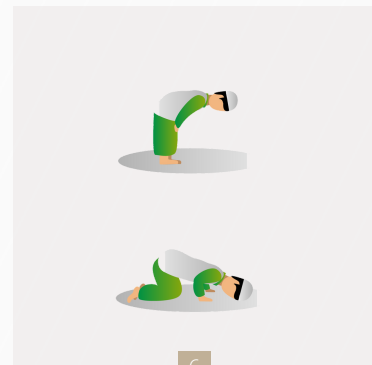
4

Give **three** takbirs with the Imam. Then cross hands



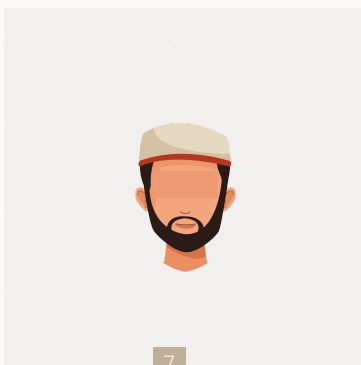
5

Listen whilst Imam recites Surah Fatiha & a Surah



6

Complete first rakat as normal



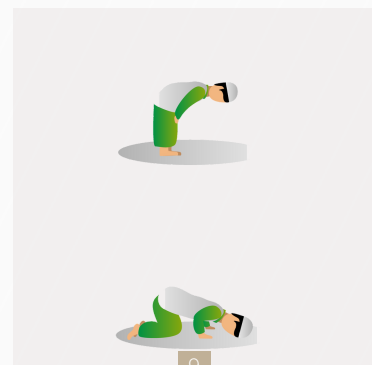
7

2nd Rakat, listen to Imam recites Surah Fatiha & a Surah



8

Give **three** more takbirs with the Imam.



9

Say 'Allahu Akbar' whilst moving into Ruko and finish prayer

NOTES:

Write down some reflections to ensure that you are continuing some good habits you have built during this month.

What was your favourite thing about Ramadan

What did you find most difficult

List 5 habits that you will be continuing

