



PLANNER

THIRD ÉDITION
HASIYA ALTINÉ NAGODE



Ramadan Planner

3rd Edition.

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THIS EDITION IS NOT FOR SALE.

PREFACE

All praise is for Allah ﷻ, the Lord of the Worlds. May peace and blessings be upon His beloved Messenger, Muhammad ﷺ, and upon his family, the Prophets, the Companions and all those who follow their way. I testify that there is no God but Allah, alone with no partner, and I testify that Muhammad is the slave and Messenger of Allah.

Alhamdulillah for the blessing of witnessing another blessed month of Ramadan - the 9th and holiest month of the Islamic calendar, otherwise known as the month of mercy and forgiveness.

Ramadan holds a special place in a Muslim's heart as it is a month that arrives with the special mercy of Allah. It is the month where the gates of heaven are opened and the gates of hell are closed and the devils are chained. It is the month that holds the night of decree - the night that is better than a thousand months (i.e 83 years). It is also the month the beloved Quran was first revealed.

Regardless of your past, the level of your faith or the amount of knowledge you have attained, Ramadan is a month every Muslim should strive their best to increase in their ibadah, and to rack up as many good deeds as possible. It is indeed a month we cannot treat like every other month in a year, or a month we can afford to miss out on its blessings; for even the great Angel Jibreel (alayhi salam) cursed those who failed to take advantage of the mercy and blessings of the month and gain the forgiveness of Allah.

As we all prepare to welcome this great month, I fully understand the challenges that may come with juggling our normal busy lives, fasting, including all efforts to increase in the quality and quantity of our ibadah during this sacred month. After several years of winging Ramadan without a concrete plan, I discovered that my most rewarding Ramadan and overall fulfilling years were the years I was intentional with my Ramadan, and established a concrete and sustainable plan to follow.

With the support of Allah ﷻ, I have prepared this free and comprehensive Ramadan digital plan, that consists of all the relevant resources and tools that will In Sha Allah help you to attain the greatest success in this holy month. Unlike previous editions, this third edition Ramadan planner is undated and is a planner that one may choose to use every year without its content losing any relevance.

Together let's make the sincere intention to make this Ramadan the most outstanding and rewarding one yet. May Allah ﷻ accept our fasts and all other acts of Ibadah we choose to engage with in this month and count us among His righteous and sincere servants and cause us to witness Laylatul Qadr for as long as we live.

I humbly request your dua for myself and my family if you find the content of this publication beneficial or useful.

Ramadan Kareem.

Hasiya Altiné Nagode
Ramadān 1444/March 2023

O you who believe! Fasting is prescribed for you as it was prescribed for those before you, that you may become Al-Muttaqun (Pious and God-Conscious).

Quran, Surah Al Baqarah, (2:185)



PRE-RAMADAN PREPARATIONS

PRE-RAMADAN CHECKLIST

TIPS TO GET READY FOR THE HOLY MONTH OF RAMADAN

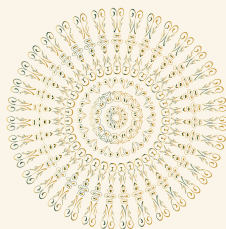
- ☐ Educate yourself/refresh your memory on the purpose and virtues of Ramadan.
- ☐ Seek Forgiveness from Allah ﷻ and repent sincerely from past sins in order to start Ramadan on a clean slate.
- ☐ Surround yourself with righteous companions or people that cause you to remember Allah ﷻ with much love and fear.
- ☐ Set Ramadan goals and prepare Ibadah plan and dua list.
- ☐ Get yourself a Ramadan Accountability Partner and help keep each other accountable to your goals.
- ☐ Complete all outstanding/missed fasts.
- ☐ Fix your salat and start praying on time.
- ☐ Fix your hijab (this is applicable to both men and women).
- ☐ Control your anger, guard your tongue and refrain from gossiping or backbiting.
- ☐ Spend your free time intentionally, limit social media use and engage in more supererogatory ibadah.

PRE-RAMADAN CHECKLIST

- ☐ Establish habit of sleeping early and waking up in the last 1/3 of the night to pray Tahajjud.
- ☐ Recite Quran daily and engage more in tadabbur.
- ☐ Calculate and pay your zakat (if you're eligible).
- ☐ Carry out a deep home cleaning exercise.
- ☐ Review personal calendar and reschedule appointments where possible.
- ☐ Prepare and send out Iftar Invitations to family and friends you would like to host.
- ☐ Finalize Ramadan grocery shopping and Suhoor and Iftar menu plan.
- ☐ Shop for Ramadan and Eid decorations and gifts.
- ☐ Be mindful of eating habits and practice moderation and sustainability.



INTENTION SETTING



RAMADAN NIYYAH

Intentions are the roots of every action.

It is narrated on the authority of Amir al-Mu'minin (Leader of the Believers), Abu Hafs 'Umar bin al-Khattab (may Allah be pleased with him), who said: I heard the Messenger of Allah (peace be upon him), say:

“Actions are according to intentions, and everyone will get what was intended. Whoever migrates with an intention for Allah and His messenger, the migration will be for the sake of Allah and his Messenger. And whoever migrates for worldly gain or to marry a woman, then his migration will be for the sake of whatever he migrated for.”

[Bukhari & Muslim]

SET YOUR INTENTIONS FOR RAMADAN

Note: The most important intention to make is to fast for Allah.

Example of Ramadan Niyyah: **'Oh Allah, I intend to observe the obligatory fast tomorrow and for the rest of the days in Ramadan, in full submission and obedience to Your command and in order to earn Your pleasure and reward.**



HEALTH BENEFITS & BODY METRICS

EVIDENCE BASED

HEALTH BENEFITS OF FASTING

Fasting has been shown to have several health benefits, including weight loss, improved blood sugar control, decreased inflammation, better brain function and enhanced heart health.

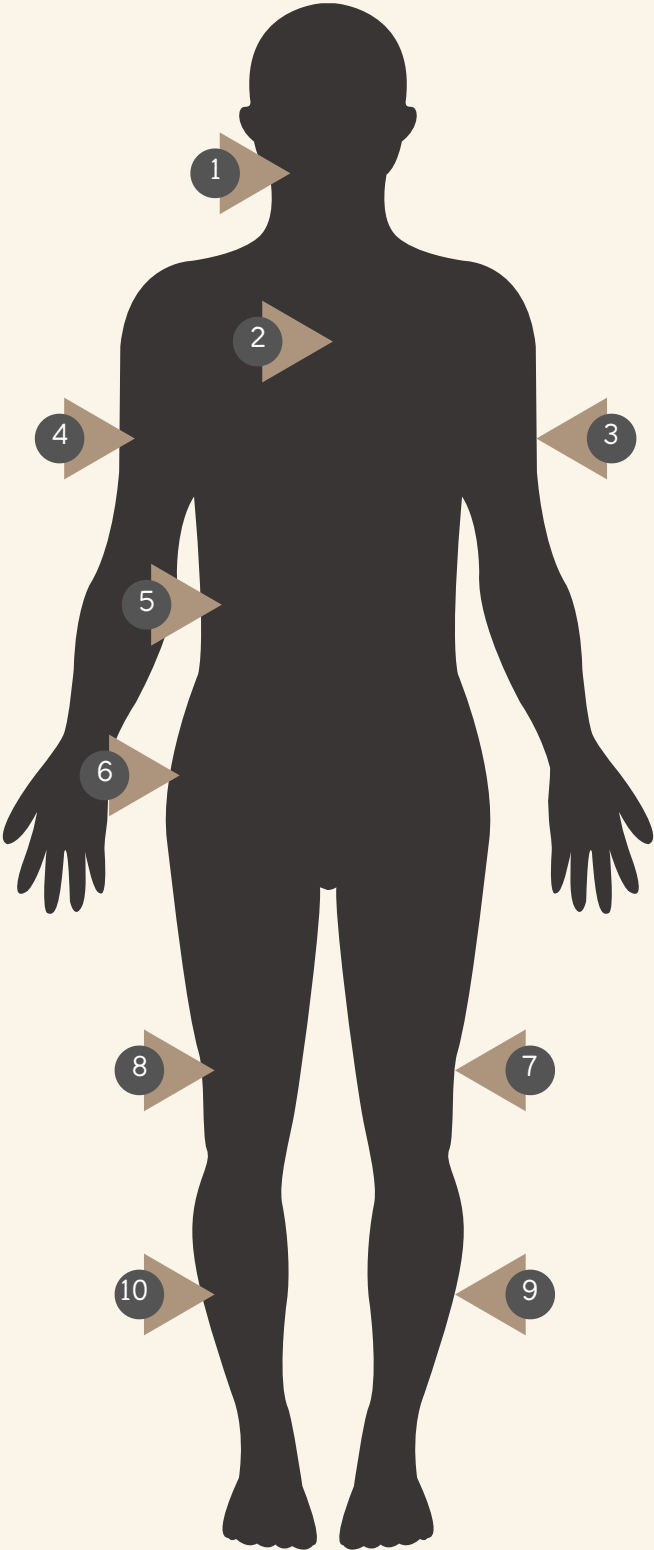
Here are 7 health benefits of fasting – as backed by science.

1. Promotes blood sugar control by reducing insulin resistance, which could be especially useful for those at risk of diabetes.
2. Promotes better health by fighting inflammation.
3. May enhance heart health by improving blood pressure, triglycerides, and cholesterol levels.
4. May boost brain function and prevent neurodegenerative disorders.
5. Aids weight loss by limiting calorie intake and boosting metabolism.
6. Increases growth hormone secretion, which is vital for growth, metabolism, weight loss, and muscle strength.
7. May aid in cancer prevention and increase the effectiveness of chemotherapy.

BODY MEASUREMENT

Discover and track the physical changes/impact of the Ramadan fasting on your body.

BEFORE		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF:	
10	RIGHT CALF	



AFTER		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF:	
10	RIGHT CALF	



RAMADAN GOALS AND ROADMAP

VISUALIZE YOUR IDEAL RAMADAN

MY IDEAL RAMADAN

Describe your ideal ramadan. What would your days consist of? What would you do in the mornings, evenings, and nights? Where would you spend your time most of the time and whom would you be with? What experience would you have? What change would you like to experience? Remember, this is just an exercise to give you the vision to work towards - it's not set in stone and can change as you go along.

SET YOUR SMART RAMADAN GOALS

RAMADAN GOALS

This exercise involves doing a brain dump and writing for 10-15 minutes what you want to achieve this Ramadan. Ensure the goals are SMART (see the next page for guidance on how to set smart goals). If you begin to go blank, think of some role models you look up to (i.e the Prophet (saw), the Sahabas, your parents, someone in your community, some of your friends, or some public figure - it doesn't matter) and write down what you admire about them, what is something inspiring that they practice that you'd like to emulate?

SMART GOALS

WHEN SETTING YOUR RAMADAN GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	E.g To complete the recitation of the whole quran in arabic.
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	E.g Read the Quran from cover to cover.
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	E.g Read at least 20 pages of the quran daily.
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	E.g Ramadan is the month the Quran was revealed and the rewards of deeds are multiplied.
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	E.g Within one month (29-30 days).

Ramadan Vision Board

FAMILY & RELATIONSHIP

CHARITY/ZAKAT

QURAN

SALAH & TAHAJJUD

AKHLAQ & PERSONAL
DEVELOPMENT

HEALTH & DIET

HIJAB & HAYA

LEISURE & SOCIAL MEDIA

ACCOUNTABILITY

Achieving our goals is dependent on whether we take action. Taking responsibility for your own actions, emotions and the current situation is the first step toward breaking out of old patterns and changing your life for the better. This is because all the things that you actually take responsibility for are the things that you can change, and if you can't change them, you can improve them going forward. By answering the following questions, you gain some insight into how you can take more responsibility for the things that are holding you back from achieving the goals you set out to achieve in ramadan.

FAMILY & RELATIONSHIP

HOW WOULD TAKING RESPONSIBILITY FOR MY FAMILY AND RELATIONSHIPS IN THIS MONTH LOOK LIKE?



WHAT STEPS MUST I TAKE?



WHAT ARE THE FORESEEABLE THREATS?



HAVE I TRIED EVERYTHING THAT'S IN MY POWER TO IMPROVE THINGS?

ACCOUNTABILITY

SALAH, TAHAJUUD, QURAN

HOW WOULD TAKING RESPONSIBILITY FOR MY MANDATORY AND VOLUNTARY ACTS OF WORSHIP (SALAT, FASTING, TAHAJUUD, QURAN RECITATION) LOOK LIKE?



WHAT STEPS MUST I TAKE?



WHAT ARE THE FORESEEABLE THREATS?



HAVE I TRIED EVERYTHING THAT'S IN MY POWER TO IMPROVE THINGS?

ACCOUNTABILITY

AKHLAQ AND PERSONAL DEVELOPMENT

HOW WOULD TAKING RESPONSIBILITY FOR MY AKHLAQ, CHARACTER AND BEHAVIOUR IN THIS MONTH LOOK LIKE?



WHAT STEPS MUST I TAKE?



WHAT ARE THE FORESEEABLE THREATS?



HAVE I TRIED EVERYTHING THAT'S IN MY POWER TO IMPROVE THINGS?

ACCOUNTABILITY

HEALTH AND DIET

HOW WOULD TAKING RESPONSIBILITY FOR MY HEALTH (MENTAL, EMOTIONAL, FINANCIAL, PHYSICAL AND SPIRITUAL) IN THIS MONTH LOOK LIKE?



WHAT STEPS MUST I TAKE?



WHAT ARE THE FORESEEABLE THREATS?



HAVE I TRIED EVERYTHING THAT'S IN MY POWER TO IMPROVE THINGS?

ACCOUNTABILITY

HIJAB AND HAYA

HOW WOULD TAKING RESPONSIBILITY FOR MY HIHAB (BOTH INWARD AND OUTSIDE) AND HAYA LOOK LIKE?



WHAT STEPS MUST I TAKE?



WHAT ARE THE FORESEEABLE THREATS?



HAVE I TRIED EVERYTHING THAT'S IN MY POWER TO IMPROVE THINGS?

ACCOUNTABILITY

LEISURE & SOCIAL MEDIA

HOW WOULD TAKING RESPONSIBILITY FOR MY SOCIAL MEDIA AND LEISURE TIME LOOK LIKE?



WHAT STEPS MUST I TAKE?



WHAT ARE THE FORESEEABLE THREATS?



HAVE I TRIED EVERYTHING THAT'S IN MY POWER TO IMPROVE THINGS?

LIMITING BELIEFS

MY LIMITING BELIEFS

Try to identify other beliefs that are holding you back and how you can reframe them to be more productive this Ramadan. For example, you may have been taught that to finish reading Quran at least once during ramadan is the ultimate goal. While the Quran was revealed in the month of ramadan and it's the sunnah of the Prophet (saw) to read the Quran as frequently as possible during ramadan, a more productive and healthy way of thinking would be 'to be consistent with reading your Quran'; after all the most beloved deed to Allah is the most regular and constant even if it were little.

Current Belief	Better Alternative

Current Belief	Better Alternative

Current Belief	Better Alternative

MY LIMITING BELIEFS

A Belief that is holding you back:
" ex. I am a 'Ramadan' Muslim, 'Hijab is not for
me' e.t.c

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

PERSONAL VOWS

WRITE DOWN YOUR COMMITMENTS BELOW.
TAKE THE TIME TO REFLECT ON THESE,
THESE ARE PROMISES BETWEEN YOU AND ALLAH.

I WILL STOP
DOING

I WILL DO LESS

I WILL KEEP
DOING

I WILL DO MORE

I WILL START
DOING

PERSONAL VALUES BINGO

Personal Values

This bingo game is designed to help you identify the values which can be essential to you. Circle any of the traits below that apply to you.

Ambitious	Modesty	Respect	Fairness	Humour
Reliability	Sustainability	Honesty	Patience	Gratitude
Resilience	Loyalty	Grace	Humility	Self-Sufficiency
Integrity	Generosity	Altruism	Wisdom	Courage
Forgiveness	Knowledge	Empathy	Morality	Calmness
Trust	Kindness	Harmony	Sincerity	Cleanliness

AKHLAQ & GROWTH

What are your top 5 Strengths

What are your 5 biggest weaknesses

How will your identified strengths help you to achieve your goals In Ramadan?
What other strengths will you need to develop to achieve your goals for Ramadan?

What weaknesses of yours would you need to work on to stop them from hindering you?



HASANAT CHART

30-DAY HASANAT Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Water a tree or plant	Send fruit basket to neighbour	Share something beneficial	Offset someone's debt	Give someone a compliment
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Help someone carry or pay for their groceries	Smile at everyone you see	Buy flowers and gift to someone anonymously	Open the door for someone	Feed Someone
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Remove something harmful from the pathway	Donate a copy of Quran in the Masjid	Be the first to offer the Salam greeting	Visit the sick and pay hospital bill (if possible)	Make dua for anybody that crosses your mind
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Sponsor an orphan	Donate books/clothes that are still in good condition	Keep an elderly person company	Show gratitude to your domestic staff	Feed an animal
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Call and check up on a relative	Send salawat to the Prophet (PBUH)	Donate to a charity	Support a family/friend's business	Deliver dates to local mosque
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Make dua for the dead	Forgive and be kind to yourself	Send a loving message to your siblings & parents	Help someone in need	Buy a Burial shroud and donate to a mortuary



HALAL ACTIVITIES & ENTERTAINMENT

PODCASTS

ISLAMIC PODCASTS/CHANNELS

Below is a list of Islamic podcasts channels and other reputable Male and Female Sheikhs, Sheikhas, Ustadh, Ustadhas, and Muftis that you may listen to throughout the month of Ramadan and beyond to stay inspired and motivated.

PODCASTS

- | | |
|---|--|
| <input type="checkbox"/> Yaqeen Institute (Ramadan Special) | <input type="checkbox"/> AbdelRahman Murphy |
| <input type="checkbox"/> DoubleTake, Yaqeen Institute | <input type="checkbox"/> Hamza Yusuf |
| <input type="checkbox"/> The Firsts, Yaqeen Institute | <input type="checkbox"/> Bilal Philips |
| <input type="checkbox"/> The Deenspiration Podcast | <input type="checkbox"/> Abu Bakr Zoud |
| <input type="checkbox"/> Swisscast with Suhaib Webb | <input type="checkbox"/> Yusuf Estes |
| <input type="checkbox"/> After Hours | <input type="checkbox"/> Abdullah Oduro |
| <input type="checkbox"/> Qalam Podcast | <input type="checkbox"/> Majed Mahmoud |
| <input type="checkbox"/> Halal Tube | <input type="checkbox"/> Wael Ibrahim |
| <input type="checkbox"/> IlmFeed Podcast | <input type="checkbox"/> Abdulfattah Adeyemi |
| <input type="checkbox"/> Miftaah Institute | <input type="checkbox"/> Muhammad Salah |
| <input type="checkbox"/> Bayyinah Institute | <input type="checkbox"/> Wahaj Tarin |
| <input type="checkbox"/> The Deen Show | <input type="checkbox"/> Muiz Bukhary |
| <input type="checkbox"/> Muslim Central | <input type="checkbox"/> Muhammad Alshareef |

SHEIKH/USTADH/MUFTI

- | | |
|--|--|
| <input type="checkbox"/> Mufti Menk | <input type="checkbox"/> Zaid Shakir |
| <input type="checkbox"/> Omar Suleiman | <input type="checkbox"/> Yaser Birjas |
| <input type="checkbox"/> Yasir Qadhi | <input type="checkbox"/> Abu Taymiyyah |
| <input type="checkbox"/> Nouman Ali Khan | <input type="checkbox"/> Hasan Ali |
| <input type="checkbox"/> Bilal Assad | <input type="checkbox"/> Hasib Noor |
| <input type="checkbox"/> Ali Hammuda | <input type="checkbox"/> Muhammad Adam Al-Kawthari |
| <input type="checkbox"/> Muhammad Hoblos | <input type="checkbox"/> Mohammad Elshinawy |
| | <input type="checkbox"/> Sulaiman Moola |
| | <input type="checkbox"/> Daood Butt |
| | <input type="checkbox"/> Ibrahim Menk |

PODCASTS

FEMALE ISLAMIC PODCAST/ CHANNELS

SHEIKHA/USTADHA

- ☐ Haifaa Younis
- ☐ Yasmin Mogahed
- ☐ Maryam Lemu
- ☐ Fatima Barkatulla
- ☐ Dunia Shuaib
- ☐ Haleh Banani
- ☐ Zohra Sarwari

MUSLIMAH PODCAST

- ☐ Honest Tea Talk
- ☐ Mindful Muslimah Speaks
- ☐ The DiscoverU Life Podcast
- ☐ Muslim Superdad and Wondermom Podcast
- ☐ Smart Muslimah, Farhat Amin
- ☐ Layinka Speaks
- ☐ Sincerely, Summaya
- ☐ Recite + Reflect
- ☐ Hadaf Podcast

QURAN RECITERS

QARI/QARIAH

Below is a list of Qaris/Qariahhs (male and female quran reciters) that you may listen to throughout the Month of Ramadan.

QARI

- ☐ Omar Hisham
- ☐ Noreen Mohammad Siddiq
- ☐ Mishary Al-Afasy
- ☐ Muhammad Dibirov
- ☐ Afif Mohammed Taj
- ☐ Abdul Rahman Al-Sudais
- ☐ Hassan Saleh
- ☐ Ahmad Ali Al-Ajmi
- ☐ Saad Al Ghamidi
- ☐ Saud Muhammad Al-Shuraim
- ☐ Abu Bakr Al-Shatri
- ☐ Maher Al-Mueaqly
- ☐ Mohammad Tablawi
- ☐ Saud Al-Shuraim

QARIAH

- ☐ Hajjah Maria Ulfah
- ☐ Madina Javed
- ☐ Atiiqah Suhaimi
- ☐ Maryam Amir
- ☐ Nusaiba Mohammad Timol
- ☐ Farhatul Fairuzah
- ☐ Maryam Masud
- ☐ Wael Ibrahim
- ☐ Samia Mubarak
- ☐ Sumayah Hassan
- ☐ Zainab Talha
- ☐ Faridah Mat Saman
- ☐ Hajar Boussaq
- ☐ Saima Yaqoob

N.B Download the Qariah app to listen to some of the female quran reciters.

ISLAMIC TV SHOWS/MOVIES

TV/SHOWS

- ☐ Omar, 2012
- ☐ Muhammad: The Final Legacy, 2008
- ☐ The Imam (Ahmad bin Hanbal), 2017

MOVIES

- ☐ The Message, 1976
- ☐ Journey to Mecca, 2009

PERSONAL WATCH LIST:

HALAL ACTIVITIES

RECREATIONAL ACTIVITIES

LIST OF ACTIVITIES

- | | |
|--|---|
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Horseback Riding | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Pottery |
| <input type="checkbox"/> Walking/Strolls | <input type="checkbox"/> Candle Making |
| <input type="checkbox"/> Gym/Exercise | <input type="checkbox"/> Yoga/Pilates |
| <input type="checkbox"/> Knitting | <input type="checkbox"/> Attend Halaqahs |
| <input type="checkbox"/> Boardgames | <input type="checkbox"/> Watch Islamic Lectures |
| <input type="checkbox"/> Soccer/Basketball/Baseball/
Tennis/Golf/Volleyball | <input type="checkbox"/> Read/Listen to the Seerah of Prophet (SAW) |
| <input type="checkbox"/> Skating | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Family Islamic Trivia Games | <input type="checkbox"/> Host Friends and Family |

OTHER ACTIVITIES:



SUHOOR & IFTAR MEAL PLAN

SUHOOR MEAL IDEAS

VEGAN/HEALTHY OPTION

Steel-cut oatmeal with soy milk, any fruit, agave/maple syrup

Vegan Pancakes, blueberries, maple syrup, bananas, and creamy peanut butter

Pineapple, Ginger, and Walnut Oatmeal

Peanut Butter and Jelly Chia Pudding

Vegan Chocolate Chip-Oatmeal Cookie Pancakes

Acai Bowl, fruits, seeds, and coconut flakes

Vegan Breakfast Skillet

Avocado-Tofu Toast

Pecan Pie Overnight Oats

Banana, Matcha, and Green Tea Smoothie

NON-VEGAN/NIGERIAN OPTION

Strawberry, Banana Granola Parfait

Fruit Salad

Chicken Club Sandwich/any other sandwich of choice

Oatmeal, Custard, Pap or Fura da nunu

Chicken Cabbage Wrap

Mango Lassi or Smoothie

Pancakes/Crepes/French Toast with topping of choice

Avocado-egg Toast

Plantain Frittata

Tropical Smoothie Bowl

IFTAR MEAL IDEAS

VEGAN/HEALTHY OPTION

Tofu scramble, roasted sweet potatoes, brown rice

Gluten-free pasta, tomato sauce, and roasted veggies

Pumpkin Mac 'n' Cheese/Vegan Alfredo Pasta

Pesto Pasta

Butternut Squash Quinoa Salad + BBQ Tofu Sandwich

Vegan Fried Rice

Lentil Bolognese

Coconut Rice Bowls

Vegetable Biryani

Vegan Sheppards Pie

NON-VEGAN/NIGERIAN OPTION

Jerk Chicken and Caribbean/Mexican Rice + Plantain

Cajun Chicken Pasta + Garlic Bread

Tuwo and Meiyan Kuka or any other swallow of choice

Jollof Rice + Grilled Chicken + Roasted Herb Potatoes

Curry Chicken with Potatoes with Cinnamon rolls

Chicken Oyster Sauce with Basmati Rice + Steamed Vegetables

Spaghetti Bolognese + Bruschetta

Lamb Biryani + Butter Naan

Yam, Plantain and Sweet Potato Porridge

Ewa Agonyin + Agege Bread

Week 1 Meal Plan

Monday

Suhoor

Iftar:

Tuesday

Suhoor

Iftar:

Wednesday

Suhoor

Iftar:

Thursday

Suhoor

Iftar:

Friday

Suhoor

Iftar:

Saturday

Suhoor

Iftar:

Sunday

Suhoor

Iftar:

Shopping List

Week 2 Meal Plan

Monday

Suhoor

Iftar:

Tuesday

Suhoor

Iftar:

Wednesday

Suhoor

Iftar:

Thursday

Suhoor

Iftar:

Friday

Suhoor

Iftar:

Saturday

Suhoor

Iftar:

Sunday

Suhoor

Iftar:

Shopping List

Week 3 Meal Plan

Monday

Suhoor

Iftar:

Tuesday

Suhoor

Iftar:

Wednesday

Suhoor

Iftar:

Thursday

Suhoor

Iftar:

Friday

Suhoor

Iftar:

Saturday

Suhoor

Iftar:

Sunday

Suhoor

Iftar:

Shopping List

Week 4 Meal Plan

Shopping List

Monday

Suhoor

Iftar:

Tuesday

Suhoor

Iftar:

Wednesday

Suhoor

Iftar:

Thursday

Suhoor

Iftar:

Friday

Suhoor

Iftar:

Saturday

Suhoor

Iftar:

Sunday


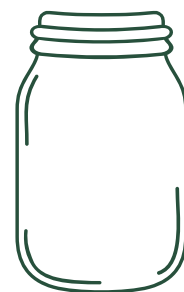
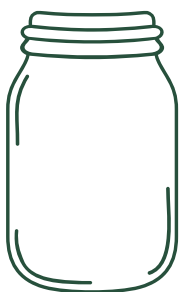
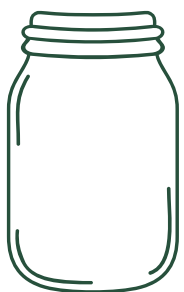
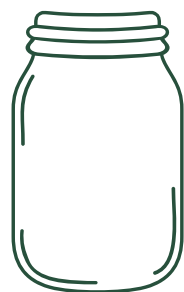




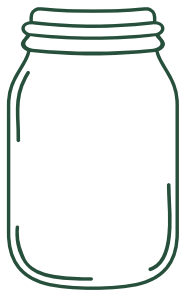
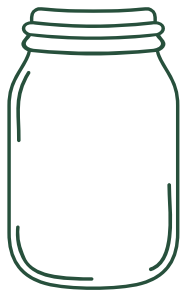

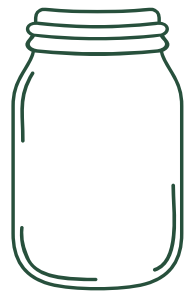
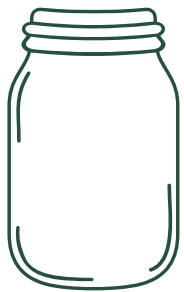
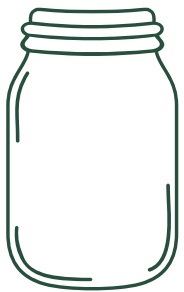
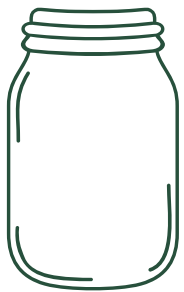
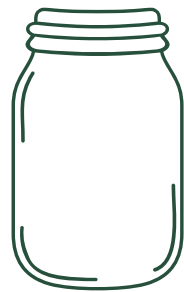

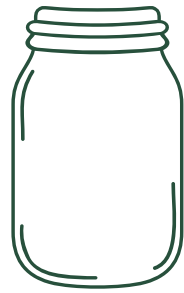
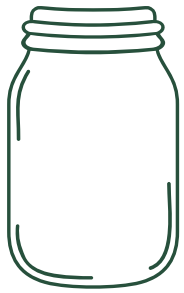
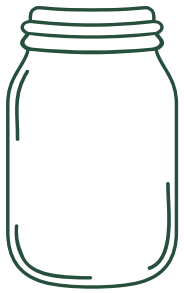
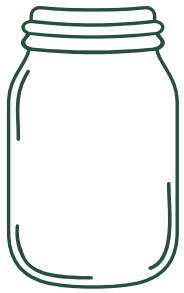
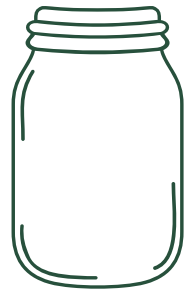
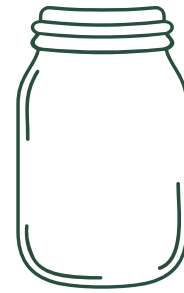

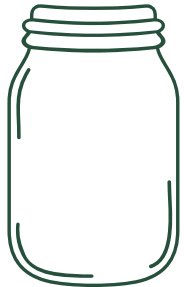
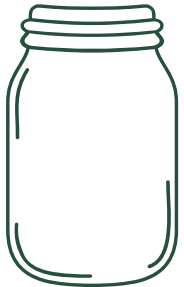
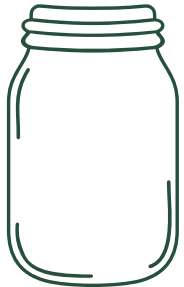
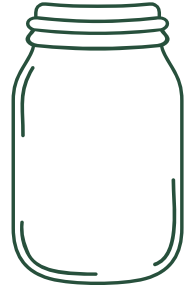
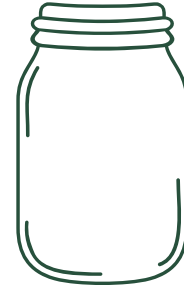
Suhoor

Iftar:



SADAQAH TRACKER

Ramadan Sadaqah Tracker

TOTAL AKHIRA INVESTMENT:



30 DAYS RAMADAN JOURNAL & ACTIVITY PLAN

DAY 1

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, let the best of my lifetime be its ending, and my best deed be that which I seal (my faith with), and the best of my days the Day I meet You.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

DHIKR OF THE DAY

Recite 'Subhanallah' (Glory is to Allah) 100 times

Reward:

Narrated by Sa'd bin Abu Waqqas (RA):
'We were with the Messenger of Allah when he asked, 'Is anyone of you unable to earn a thousand deeds?' One of those present asked: 'How can one earn thousand good deeds in a day?' He (saw) replied, 'By saying Subhannah a hundred times, then one thousand good deeds will be recorded for him or one thousand sins will be blotted out from his record.'

[Muslim]

QURAN VERSE

Call upon me, I will respond to you.

Surah Ghafir (40:60)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 2

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

'Subhannallahi Wa Bihamdihi'
(Glory is Allah and praised is He) × 100 times.

Reward:

Narrated by Abu Hurairah (RA):
"Whoever says 'Subhannallahi wa Bihamdihi',
one hundred times a day, will be forgiven all
his sins even if they were as much as the foam
of the sea."

DUA OF THE DAY

My Lord, my sins are enormous, but a
little of Your forgiveness is greater
than all of them. O Allah, so erase
with a little of Your Forgiveness the
enormity of my sins.

QURAN

Pages read: / 604

QURAN VERSE

'And Allah will not punish them while they
seek forgiveness.' Surah Al-Anfal (8:33)

SALAT TRACKER

	Fard	Sunnah	Nafl
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 3

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, protect me from the greed of my soul.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DATE:

M T W T F S S

DHIKR OF THE DAY

"Laa hawla wa laa quwwata illaa bilaah' (There is no power and no might except by Allah) x 100

Reward:

Narrated by Abu Musa (RA):
'The Messenger of Allah (saw) said to me, 'Shall I not guide you to a treasure from the treasure of Jannah?' I said: 'Yes, O Messenger of Allah!' Thereupon he (saw) said, 'Recite 'Laa hawla wa la quwwata illa billaah'.

[BUKHARI & MUSLIM]

QURAN VERSE

'So remember Me; and I will remember you.'

Surah Al-Baqarah (2:152)

HABIT TRACKER

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Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 4

HASANAT OF THE DAY

DUA OF THE DAY

My God, do not punish a tongue that informs about You, nor an eye that looks upon (Islamic) Sciences which point to You, nor a hand that writes the Traditions of Your Messenger. So by Your honour, do not admit me into the Fire.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

DATE:

M T W T F S S

DHIKR OF THE DAY

"Laa hawla wa laa quwwata illaa bilaah' (There is no power and no might except by Allah) x 100

Reward:

Narrated by Abu Musa (RA):

'The Messenger of Allah (saw) said to me, 'Shall I not guide you to a treasure from the treasure of Jannah?' I said: 'Yes, O Messenger of Allah!' Thereupon he (saw) said, 'Recite 'Laa hawla wa la quwwata illa billaah'.

[BUKHARI & MUSLIM]

QURAN VERSE

"And whoever puts all his trust in Allah (SWT),

He will be enough for him".

Surah At-Talaq (65:1-3)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 5

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, do not make a lesson out of me for others, and do not let there be anyone who benefits more than me from what You have taught me.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

DATE:

M T W T F S S

DHIKR OF THE DAY

"Recite 'Subhaanallahi, Walhamdu lillaahi, wa laa ilaaha illallahu, wallaahu akbar'
(Glory is to Allah, and praise is to Allah, and there is none worthy of worship but Allah, and Allah is the Most Great.)

Reward:

Narrated by Abu Hurairah(RA):
The Messenger of Allah (saw) said: 'The uttering of the words Subhanallah, Alhamdullilah, La ilaha illallah and allahu akbar, is dearer to me than anything over which the sun rises.

[MUSLIM]

QURAN VERSE

"If you are grateful, I will surely increase you

[in favor]'

Surah Ibrahim (14:7)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 6

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, if You have granted any righteous servant of Yours a station because of a trial they faced, then grant it to me while sparing me that trial.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

DHIKR OF THE DAY

Recite 'Subhaanallahi wa bihamdihi Subhaanallahi Adheem' (Glorified is Allah and Praise is He, Glorified is Allah the Most Great.

Reward:

Narrated by Abu Hurairah(RA):
The Messenger of Allah (saw) said: 'There are two statements that are light on the tongue to remember, heavy in the Scales and are dear to the Merciful:

Subhaanalahi wa bihamdhi subhaanalahi adheem

[MUSLIM & BUKHARI]

QURAN VERSE

'And He found you lost and guided [you]' .

Surah Ad-Duhaa (93:7)

HABIT TRACKER

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Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 7

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, do not forbid me from the good
You have, for the evil I have.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

DHIKR OF THE DAY

Recite 'Subhaanallahi wa bihamdihi, Adada Khalgihi wa
ridhaa nafsihi, wa zinata arshihi, wa midaada kalimaatihi'
(Glory is to Allah and praise is to Him, by the multitude I
of His creation, by the weight of His Throne, and by the
extent of His Words) 3 times.

Reward:

Narrated by Juwairiyah pint Al-Harith (RA):
The Prophet (saw) came out from my apartment in the
morning as i was busy in performing the dawn prayer. He
came back in the afternoon and found me sitting there.
The Prophet (saw) said 'Are you still in the same position
as i left you?' I replied in the affirmative. Thereupon the
Prophet said 'I recited four words three times after I had
left you. If these are to be weighed against all you have
recited since morning, these will be
heavier. These are (see above)...

[MUSLIM]

QURAN VERSE

This is the Book about which there is no doubt, a
guidance for those conscious of Allah
Surah Al-Baqarah (2:2)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

WEEKLY REVIEW

How has your Ibadah been
this week?

What actions have you
taken this week?

What accomplishments
have you had?

What challenges did
you face?

What limiting beliefs have
you let go of?

What is the #1 thing I need
to accomplish next week?

How do you feel about your
progress this week?

DAY 8

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, write for me a reward with you because of it (the prostration), and remove from me a sin because of it, and stow it for me a treasure with You, and accept it from me as You have accepted it from Your servant David (Dawud), upon him be blessings and peace.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DHIKR OF THE DAY

Recite 'Laa ilaaha illallaahu wahdahu laa shareeka lahu, lahul mulku wa lahulhamdu wa huwa alaa kulli shayin qadeer' (None has the right to be worshipped but Allah alone, Who has no partner. He is the dominion and He is the praise and He is able to do all things x100 times

Reward:

Narrated by Abu Hurairah (RA): The Messenger of Allah (saw) said 'He who utters a hundred times in a day these words (see above) he will have a reward equivalent to that for emancipating ten slaves, a hundred good deeds will be recorded to his credit, hundred of his sins will be blotted out from his scroll, and he will be safeguarded against evil on that day till the evening; and no one will exceed him in doing more excellent good deeds except someone who has recited these words more often than him.

[BUKHARI & MUSLIM]

QURAN VERSE

It may be that you dislike a thing which is good for you and that you like a thing which is bad for you. Allah knows but you do not know.

Surah Al-Baqarah (2:216)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 9

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite 'Astaghfirullaaha wa atoobu ilayhi' (I seek Allah's pardon and turn to him in repentance) x 70 times

Reward:

Narrated by Abu Hurairah (RA):
I heard the Messenger of Allah (saw) saying "I swear by Allah that I seek Allah's pardon and turn to him in repentance more than seventy times a day.

[BUKHARI]

DUA OF THE DAY

O Allah, make better than how they think of me, and forgive me for what they do not know about me, and do not take me to account for what they say about me.

QURAN

Pages read: / 604

QURAN VERSE

'And who despairs from the mercy of his

Lord, except those astray?'

Surah Al-Hijr (15:56)

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 10

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, I was sincere to Your Creation in public but cheated myself in private. Please excuse my disgrace because of my sincerity to Your creation.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DHIKR OF THE DAY

Recite 'Allahumma Anta Rabbee laa ilaaha lila anta, khalaqtanee wa anda abduka, wa anda alaa ahdika wa wadika mastatatu, aoothu bika min sharri maa sanatu, abooo'u laka binimatika alayya wa abooo'u bithanbee faghfir lee fainnahu la yaghfiruth thunooba illaa anta' (O allah, You are my Lord, there is none worthy of worship but you. You created me and I am your slave. I keep Your covenant, I seek refuge in you from the evil of what i have done. I admit to your blessings upon me and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You.

Reward:

Narrated by Shaddah bin Anus (RA): The Prophet (saw) said 'the best supplication for seeking forgiveness (Syed-uk-Istigfar) is to say (see above). He who supplicates in these terms during the day with firm belief in it and dies on the same day (before the evening), he will be one of the dwellers of Jannah; and if anyone supplicates in these terms during the night with firm belief in it and dies before the morning, he will be one of the dwellers of Jannah.

[BUKHARI]

QURAN VERSE

You prefer the life of this world, while the

hereafter is better & more lasting

Surah Al-A'la (87:16)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajuud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 11

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, veil us with Your beautiful veil and place beneath that veil what will please You from us.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DATE:

M T W T F S S

DHIKR OF THE DAY

Recite 'Subhanallah' (Glory is to Allah) 100 times.

Reward:

Narrated by Sa'd bin Abu Waqqas (RA):
We were with the Messenger of Allah when he asked, 'Is anyone of you unable to earn a thousand deeds?' One of those present asked: 'How can one earn thousand good deeds in a day?' He (saw) replied, 'By saying Subhannah a hundred times, then one thousand good deeds will be recorded for him or one thousand sins will be blotted out from his record.'

QURAN VERSE

So when the Qur'an is recited, then listen to it and pay attention that you may receive mercy.

Surah Al-Araf (7:204)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 12

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, You are who You are, and I am who I am; You are the One who keeps forgiving, and I am the one who keeps sinning, so forgive me!

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafl
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DHIKR OF THE DAY

Recite 'Subhannallahi Wa Bihamdihi' (Glory is Allah and praised is He) × 100 times.

Reward:

Narrated by Abu Hurairah (RA):

"Whoever says 'Subhannallahi wa Bihamdihi', one hundred times a day, will be forgiven all his sins even if they were as much as the foam of the sea."

[BUKHARI]

QURAN VERSE

'So whoever does an atom's weight of good will see it'.

Surah Az-Zalzalah (99:7)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 13

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite 'Laa hawla wa laa quwwata illaa bilaah'
(The is no power and no might except
by Allah) x 100

Reward:

Narrated by Abu Musa (RA):

'The Messenger of Allah (saw) said to me, 'Shall I
not guide you to a treasure from the
treasure of Jannah?' I said: 'Yes, O Messenger of
Allah!' Thereupon he (saw) said, 'Recite
"'Laa hawla wa la quwwata illa billaah'.

[BUKHARI & MUSLIM]

DUA OF THE DAY

O Allah, You are who You are, and we are
who we are; We are your sinful servants and
You are our forgiving Lord, so we ask You to
forgive each and every single one of us.

QURAN VERSE

And never say of anything, "Indeed, I will do that
tomorrow," Except [when adding], "If Allah wills"

Surah Al-Kahf (18:23)

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafl
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 14

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, if you have recorded me among the blessed, then affirm it therein, and if You have recorded me among the sinful and the damned, then wipe it away and affirm me among the blessed. Verily, You wipe away and affirm whatever You will, and with You is the mother of the Book.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DHIKR OF THE DAY

Recite 'Subhaanallahi, Walhamdu lillaahi, wa laa ilaaha illallahu, wallaahu akbar' (Glory is to Allah, and praise is to Allah, and there is none worthy of worship but Allah, and Allah is the Most Great.)

Reward:

Narrated by Abu Hurairah(RA):
The Messenger of Allah (saw) said: 'The uttering of the words Subhanallah, Alhamdullilah, La ilaha illallah and allahu akbar, is dearer to me than anything over which the sun rises.

[BUKHARI & MUSLIM]

QURAN VERSE

'There is no compulsion in religion.'

Surah Al-Baqarah (2:256)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

WEEKLY REVIEW

How has your Ibadah been
this week?

What actions have you
taken this week?

What accomplishments
have you had?

What challenges did
you face?

What limiting beliefs have
you let go of?

What is the #1 thing I need
to accomplish next week?

How do you feel about your
progress this week?

DAY 15

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, as You have beautified my external appearance then beautify my character.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

DATE :

M T W T F S S

DHIKR OF THE DAY

Recite 'Subhaanallahi wa bihamdihi Subhaanallahi Adheem' (Glorified is Allah and Praise is He. Glorified is Allah the Most Great.

Reward:

Narrated by Abu Hurairah(RA):
The Messenger of Allah (saw said: 'There are two statements that are light on the tongue to remember, heavy in the Scales and are dear to the Merciful: Subhaanalahi wa bihamdhi subhaanalahi adheem.'

[BUKHARI & MUSLIM]

QURAN VERSE

'Do not follow that of which you have no knowledge. Indeed! The hearing, the sight and the heart – about each of these you will be questioned'.

Surah Al-Baqarah (2:256)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 16

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, show me the truth as truth, and guide me to follow it; and show me the false as false, and guide me to avoid it.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafl
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DHIKR OF THE DAY

Recite 'Subhaanallahi wa bihamdihi, Adada Khalgihi wa ridhaa nafsihi, wa zinata arshihi, wa midaada kalimaatihi' (Glory is to Allah and praise is to Him, by the multitude of His creation, by the weight of His Throne, and by the extent of His Words) 3 times.

Reward:

Narrated by Juwairiyah pint Al-Harith (RA):

The Prophet (saw) came out from my apartment in the morning as I was busy in performing the dawn prayer. He came back in the afternoon and found me sitting there. The Prophet (saw) said 'Are you still in the same position as I left you?' I replied in the affirmative. Thereupon the Prophet said 'I recited four words three times after I had left you. If these are to be weighed against all you have recited since morning, these will be heavier. These are (see above).

[MUSLIM]

QURAN VERSE

'And do not let your dislike of a people lead you to be unjust'

Surah Al-Ma-idah (5:8)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 17

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, forgive me my sins and all my blunders. O Allah, enliven me and rectify me, and guide me to righteous deeds and character, for no one guides to the righteous deeds or puts off the evil deeds except You.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DHIKR OF THE DAY

Recite 'Laa ilaaha illallaahu wahdahu la shareeka lahu, lahul mulku wa lahulhamdu wa huwa alaa kulli shayin qadeer' (None has the right to be worshipped but Allah alone, Who has no partner. He is the dominion and He is the praise and He is able to do all things x100 times

Reward:

Narrated by Abu Hurairah (RA): The Messenger of Allah (saw) said 'He who utters a hundred times in a day these words (see above) he will have a reward equivalent to that for emancipating ten slaves, a hundred good deeds will be recorded to his credit, hundred of his sins will be blotted out from his scroll, and he will be safeguarded against evil on that day till the evening; and no one will exceed him in doing more excellent good deeds except someone who has recited these words more often than him

[BUKHARI & MUSLIM]

QURAN VERSE

'And speak to people kindly'

Surah Al-Baqarah (2:83)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 18

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, forgive me all my sins, great and small, the first and the last, those that are apparent and those that are hidden.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

DHIKR OF THE DAY

Recite 'Astaghfirullaaha wa atoobu ilayhi' (I seek Allah's pardon and turn to him in repentance x 70 times

Reward:

Narrated by Abu Hurairah (RA):
I heard the Messenger of Allah (saw) saying 'I swear by Allah that I seek Allah's pardon and turn to him in repentance more than seventy times a day.

[BUKHARI]

QURAN VERSE

'Allah (SWT) wants to lighten for you your difficulties,
and mankind was created weak'

Surah An-Nisa (4:28)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 19

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite Lā ilāha illallāh

(None has the right to be worshipped but Allah)

Reward:

The most fortunate person who will have the intercession of the Prophet Muhammed (SAW) will be the one who said 'Lā ilāha illallāh' sincerely from his heart.

Reference: Sahih al-Bukhari

[BUKHARI]

DUA OF THE DAY

'O Allah, forgive me, have mercy on me, guide me, support me, protect me, provide for me and elevate me.'

QURAN

Pages read: / 604

QURAN VERSE

'Allah (SWT) will not change the condition of a people until they change what is in their hearts.'

Surah Ar-Ra'd (13:11)

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

HABIT TRACKER

☒ YES ☒ NO

Quran Recitation ☐ YES ☐ NO

Morning Adhkar ☐ YES ☐ NO

Evening Adhkar ☐ YES ☐ NO

Istighfar ☐ YES ☐ NO

Taraweeh ☐ YES ☐ NO

Witr ☐ YES ☐ NO

Tahajjud ☐ YES ☐ NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 20

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite 'Laa hawla wa laa quwwata illaa bilaah' (The is no power and no might except by Allah) × 100

Reward:

Narrated by Abu Musa (RA):

'The Messenger of Allah (saw) said to me, 'Shall I not guide you to a treasure from the treasure of Jannah?' I said: 'Yes, O Messenger of Allah!'

Thereupon he (saw) said, 'Recite
'''Laa hawla wa la quwwata illa billaah'.

[BUKHARI & MUSLIM]

DUA OF THE DAY

'O Allah, I seek refuge in You from anxiety and grief; from inability and laziness; from stinginess and cowardice; and from the burden of debt and oppression of men.

QURAN VERSE

'So endure patiently, with beautiful patience'

Surah Al-Ma'arij (70:5)

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 21

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite 'Subhannallahi Wa Bihamdihi' (Glory is Allah and praised is He) × 100 times.

Narrated by Abu Hurairah (RA):

"Whoever says 'Subhannallahi wa Bihamdihi', one hundred times a day, will be forgiven all his sins even if they were as much as the foam of the sea."

Reward:

[BUKHARI]

DUA OF THE DAY

'O Allah, I seek refuge in You from the punishment of the grave and I seek refuge in You from the punishment of the Fire; and I seek refuge in You from turmoil, its visible and invisible (aspects), and I seek refuge in You from the Trial of the one eyed liar.

QURAN

Pages read: / 604

QURAN VERSE

Do not be afraid; I am with you all the time, listening
and seeing'

Surah Taha (20:46)

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

HABIT TRACKER

☒ YES ☒ NO

Quran Recitation ☐ YES ☐ NO

Morning Adhkar ☐ YES ☐ NO

Evening Adhkar ☐ YES ☐ NO

Istighfar ☐ YES ☐ NO

Taraweeh ☐ YES ☐ NO

Witr ☐ YES ☐ NO

Tahajjud ☐ YES ☐ NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

WEEKLY REVIEW

How has your Ibadah been
this week?

What actions have you
taken this week?

What accomplishments
have you had?

What challenges did
you face?

What limiting beliefs have
you let go of?

What is the #1 thing I need
to accomplish next week?

How do you feel about your
progress this week?

DAY 22

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite 'Laa hawla wa laa quwwata illaa bilaah' (The is no power and no might except by Allah) x 100

Narrated by Abu Musa (RA):

'The Messenger of Allah (saw) said to me, 'Shall I not guide you to a treasure from the treasure of Jannah?' I said: 'Yes, O Messenger of Allah!'

Thereupon he (saw) said, 'Recite "'Laa hawla wa la quwwata illa billaah'.

Reward:

[BUKHARI & MUSLIM]

DUA OF THE DAY

'O Allah, I seek refuge in You from poverty, insufficiency and disgrace; and I seek refuge with You from wronging anyone or being wronged.

QURAN

Pages read: / 604

QURAN VERSE

'When you have taken a decision put your trust in Allah (SWT).'

Surah Al-'Imran (3:159)

SALAT TRACKER

	Fard	Sunnah	Nafl
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 23

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

'O Allah, I seek refuge in You from the evil of my actions and from the evil of what i have not done.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DHIKR OF THE DAY

Recite 'Subhaanallahi, Walhamdu lillaahi, wa laa ilaaha illallahu, wallaahu akbar' (Glory is to Allah, and praise is to Allah, and there is none worthy of worship but Allah, and Allah is the Most Great.'

Narrated by Abu Hurairah(RA):

The Messenger of Allah (saw) said: 'The uttering of the words Subhanallah, Alhamdullilah, La ilaha illallah and allahu akbar, is dearer to me than anything over which the sun rises.

Reward:

[MUSLIM]

QURAN VERSE

'If Allah (SWT) knows any good in your hearts, He will give you something better than what has been taken from you.'

Surah Al-Anfal (8:70)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 24

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite 'Subhaanallahi wa bihamdihi Subhaanallahi Adheem' (Glorified is Allah and Praise is He. Glorified is Allah the Most Great.

Narrated by Abu Hurairah(RA):

The Messenger of Allah (saw said: 'There are two statements that are light on the tongue to remember, heavy in the Scales and are dear to the Merciful: Subhaanalahi wa bihamdhi subhaanalahi adheem.'

Reward:

DUA OF THE DAY

'O Allah, I seek refuge in You from atrocious character, deeds, yearnings and illnesses.

QURAN

Pages read: / 604

QURAN VERSE

'Do not claim yourselves to be pure. He is Most Knowing of who is pious.'

Surah An-Najm (53:32)

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 25

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

'O Allah, I seek refuge with You from a bad day, a bad night, a bad moment, and from a bad companion and a bad neighbor in the long-lasting abode.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

DHIKR OF THE DAY

Recite 'Subhaanallahi wa bihamdihi, Adada Khalgihi wa ridhaa nafsihi, wa zinata arshihi, wa midaada kalimaatihi' (Glory is to Allah and praise is to Him, by the multitude of His creation, by the weight of His Throne, and by the extent of His Words) 3 times.

Narrated by Juwairiyah pint Al-Harith (RA):

The Prophet (saw) came out from my apartment in the morning as i was busy in performing the dawn prayer. He came back in the afternoon and found me sitting there. The Prophet (saw) said 'Are you still in the same position as i left you?' I replied in the affirmative. Thereupon the Prophet said 'I recited four words three times after I had left you. If these are to be weighed against all you have recited since morning, these will be heavier. These are (see above).

[MUSLIM]

QURAN VERSE

“He created the heavens and earth in truth and formed you and perfected your forms; and to Him is the [final] destination”

Surah At-Taghabun (64:3)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 26

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, forgive my sins, make my home spacious and bless me in what You have granted me.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

DHIKR OF THE DAY

Recite 'Subhaanallahi wa bihamdihi, Adada Khalgihi wa ridhaa nafsihi, wa zinata arshihi, wa midaada kalimaatihi' (Glory is to Allah and praise is to Him, by the multitude of His creation, by the weight of His Throne, and by the extent of His Words) 3 times.

Narrated by Juwairiyah pint Al-Harith (RA):

The Prophet (saw) came out from my apartment in the morning as i was busy in performing the dawn prayer. He came back in the afternoon and found me sitting there. The Prophet (saw) said 'Are you still in the same position as i left you?' I replied in the affirmative. Thereupon the Prophet said 'I recited four words three times after I had left you. If these are to be weighed against all you have recited since morning, these will be heavier. These are (see above).

[MUSLIM]

QURAN VERSE

'Allah does not burden a soul beyond that it can bear.'

Surah Al-Baqarah (2:286)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 27

DATE :

M T W T F S S

HASANAT OF THE DAY

DUA OF THE DAY

O Allah, inspire me with sound guidance and protect me from the evil of myself.

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP
FAST ☐

PAY
FIDYAH ☐

DHIKR OF THE DAY

Recite 'Laa ilaaha illallaahu wahdahu la shareeka lahu, lahu mulku wa lahu hamdu wa huwa alaa kulli shayin qadeer' (None has the right to be worshipped but Allah alone, Who has no partner. He is the dominion and He is the praise and He is able to do all things x100 times

Reward:

Narrated by Abu Hurairah (RA): The Messenger of Allah (saw) said 'He who utters a hundred times in a day these words (see above) he will have a reward equivalent to that for emancipating ten slaves, a hundred good deeds will be recorded to his credit, hundred of his sins will be blotted out from his scroll, and he will be safeguarded against evil on that day till the evening; and no one will exceed him in doing more excellent good deeds except someone who has recited these words more often than him.

[BUKHARI & MUSLIM]

QURAN VERSE

'The truth is from your Lord, so do not be among the doubters.'

Surah Al Imran (3:60)

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 28

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite 'Astaghfirullaaha wa atoobu ilayhi' (I seek Allah's pardon and turn to him in repentance x 70 times

Reward:

Narrated by Abu Hurairah (RA): I heard the Messenger of Allah (saw) saying 'I swear by Allah that I seek Allah's pardon and turn to him in repentance more than seventy times a day.

[BUKHARI]

DUA OF THE DAY

'O Allah, suffice me with Your lawful against Your prohibited, and make me independent of all others besides You.'

QURAN

Pages read: / 604

QURAN VERSE

'Is there any reward for good other than good? '

Surah Ar Rahman (55:60)

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

WEEKLY REVIEW

How has your Ibadah been
this week?

What actions have you
taken this week?

What accomplishments
have you had?

What challenges did
you face?

What limiting beliefs have
you let go of?

What do you wish to
accomplish for the
remainder of Ramadan?

How do you feel about your
progress this week?

DAY 29

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite Lā ilāha illallāh

(None has the right to be worshipped but Allah)

Reward:

The most fortunate person who will have the intercession of the Prophet Muhammed (SAW) will be the one who said 'Lā ilāha illallāh' sincerely from his heart.

Reference: Sahih al-Bukhari

[BUKHARI]

DUA OF THE DAY

O Allah, grant me a deep understanding of the religion

QURAN

Pages read: / 604

QURAN VERSE

'And hold firmly to the rope of Allah all together and do not become divided'.

Surah Al-Imran (3:103)

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

HABIT TRACKER

	<input checked="" type="checkbox"/> YES	<input checked="" type="checkbox"/> NO
Quran Recitation	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Morning Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Evening Adhkar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Istighfar	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Taraweeh	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Witr	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Tahajjud	<input type="checkbox"/> YES	<input type="checkbox"/> NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?

DAY 30

DATE :

M T W T F S S

HASANAT OF THE DAY

DHIKR OF THE DAY

Recite 'Laa hawla wa laa quwwata illaa bilaah' (The is no power and no might except by Allah) × 100

Reward:

Narrated by Abu Musa (RA):

'The Messenger of Allah (saw) said to me, 'Shall I not guide you to a treasure from the treasure of Jannah?' I said: 'Yes, O Messenger of Allah!' Thereupon he (saw) said, 'Recite "'Laa hawla wa la quwwata illa billaah'.

[BUKHARI & MUSLIM]

DUA OF THE DAY

O my Lord, Grant me from You, a good offspring, You are indeed the All-Hearer of invocation.'

QURAN VERSE

And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive [to Allah].

Surah Al Baqarah (2:45)

QURAN

Pages read: / 604

SALAT TRACKER

	Fard	Sunnah	Nafil
Fajr	<input type="radio"/>	<input type="radio"/>	
Dhur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>		
Maghreb	<input type="radio"/>	<input type="radio"/>	
Isha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FASTING

FASTING? ☐ YES ☐ NO

MAKE UP FAST ☐

PAY FIDYAH ☐

HABIT TRACKER

☒ YES ☒ NO

Quran Recitation ☐ YES ☐ NO

Morning Adhkar ☐ YES ☐ NO

Evening Adhkar ☐ YES ☐ NO

Istighfar ☐ YES ☐ NO

Taraweeh ☐ YES ☐ NO

Witr ☐ YES ☐ NO

Tahajjud ☐ YES ☐ NO

RAMADAN

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

TODAY'S MOOD



ACTIVITY OF THE DAY

TODAY I AM GRATEFUL FOR

THREE GREAT THINGS THAT HAPPENED TODAY

1.

2.

3.

WHAT COULD I HAVE DONE BETTER TODAY?



LAYLATUL QADR PRAYER PLAN + DUA CHECKLIST

Sample

Tahajjud Prayer Schedule

3.00 AM
(15-20 MINS)

Wake Up, Offer Nafilat Prayer

Perform 2 -8 rakaats,
Recite longer Surahs during prayer

3:20AM
(15-30MINS)

Recitation of Quran

Recite the Quran slowly and with good tajweed.
You will be reward with 10 hasanats/rewards for every letter read.

3:50 AM
(20 MINS)

Dhikr

Be intentional and present with every remembrance.

4.10 AM
(10 MINS)

Glorification of Allah

Glorify and praise Allah with His beautiful names.

4.20 AM
(45 MINS)

Offer many supplications & dua

Make Tawbah
Recite Laylatul Qadr Dua multiple times/Seek Forgiveness
Make earnest duas & supplications in the sajdah position.

5.05 AM
(5 MINS)

Recite Durood (Send Salawat to the Prophet ﷺ)

DHIKR (REMEMBRANCE)

DHIKR

Allah Azzawajal mentioned in suratul al-ahzab (33:41):

"O You who believe! Remember Allah with much remembrance.

IMPORTANCE OF DHIKR

The Prophet ﷺ said:

“Allah says: I am as My slave thinks I am (i.e I am able to do for him what he thinks I can do for him) and I am with him if He remembers Me. If he remembers Me in himself, I too remember him in Myself; and if he remembers Me in a group of people, I remember him in a group that is better than they; and if he comes one span nearer to Me, I go a distance of two outstretched arms nearer to him; and if he comes to Me walking, I go to him running.”

[Sahih Bukhari]

DHIKR EXAMPLES:

Subhan Allahi wa bi hamdihi, Subhānallāhi l-`Azīm

Glorified is Allah and praised is He, Glorified is Allah the Most Great

Virtue: Two words are light on the tongue, weigh heavily in the balance, and are loved by the Most Merciful One.

Subhan-Allah, wal-hamdu lillah, wa la ilaha illallah wa allahu Akbar

Allah is free from imperfection; praise be to Allah; there is no true God except Allah; and Allah is the Greatest.

Virtue: Plants grow in Jannah from reciting the above.

DHIKR

Laa hawla wa laa quwwata illaa billaah

There is no power and no might except by Allah

Virtue: One of the treasures of Paradise

Lā ilāha illallāh waḥdahu lā sharīka lah, lahu'l-mulku wa lahu'l-ḥamd, yuḥyī wa yumīt wa huwa`alā kullī shay'in qadīr

None has the right to be worshipped but Allah alone, Who has no partner. His is the dominion and His is the praise. He brings life and He causes death, and He is Able to do all things.

Virtue: He/She who recites this will have a reward equivalent to that for emancipating ten slaves, a hundred good deeds will be recorded to his credit, hundreds of his sins will be blotted out from his scroll, and he will be safe guarded against the devil on that day till the evening; and no one will exceed him in doing more excellent good deeds except someone who has recited these words more often than him.

Lā ilāha illallāh

None has the right to be worshipped but Allah

Virtue: The most fortunate person who will have the intercession of the Prophet Muhammed (SAW) will be the one who said 'Lā ilāha illallāh' sincerely from his heart.

GLORIFICATION OF ALLAH

Glorifying Allah simply means exalting and praising Him. It's a manifestation of how much you love Allah and are in awe of Him. There's no better way to seek a favour or a blessing from Allah but for having first repented and sought forgiveness for your sins and praising the Almighty.

You can choose to glorify Allah either in your own words/creative way, by following the Sunnah of the Prophet ﷺ or by reciting the different verses in the Quran wherein Allah glorified Himself.

GLORIFICATION OF ALLAH (EXAMPLES FROM THE SUNNAH):

"O Allah! All Praise is due to You. You are the light of the heavens and the earth and all that is within them, And all praise is due to You, You are the Sustainer of the heavens and the earth and all that is within them. All praise is due to You. You are the Truth, Your promise is true, Your Word is true, meeting You is true, the paradise is true, the Hour is true, the prophets are true and Muhammad ﷺ is true. O Allah! To You I have submitted and on You I rely, and in You I believe, to You I repent, for your sake I dispute and by your rulings I judge. Forgive me of my past sins and future sins, what I have concealed and what i have made open. You are the One Who puts forwards, and You are the One Who delays. There is none worthy of worship except You."

[Sahih Al-Bukhari]

GLORIFICATION OF ALLAH

"O Allah, I ask You. O Allah, You are the one, the Only, Self-Sufficient Master, Who was not begotten and begets not and none is equal to Him."

[Sahih Al-Bukhari]

"O Allah, our Rabb (Lord), to You belongs praise in all the heavens and all the earth, and all that You Will afterwards. O You, Who is worthy of praise and glory, no one can withhold what You give, or no one can give what You withhold, and riches cannot avail a wealthy person against You."

[Sahih Muslim]

EXAMPLE OF PERSONAL GLORIFICATION OF ALLAH (AS TAUGHT BY MY MOTHER)

In the name of Allah, the beneficent the Merciful.

Glory be to Allah who dispels off the sorrow of the aggrieved.

Glory be to Allah who relieves the debtor of his debts.

Praise be to He whose treasures are between kaf and nun.

Praise be to He who commands something to be and it will instantly be!

Praise be to Allah, the reliever of anxiety.

Praise be to you Allah, the lord of the universe, the beneficent and the merciful.

GLORIFICATION OF ALLAH

GLORIFICATION OF ALLAH

Praise be to you Allah, the rescuer of the prisoners.

Praise be to you Allah, who makes the water to be flowing in the rivers and the seas.

Praise be to you Allah, the knower of what is hidden.

Praise be to you Allah, who only says be and it will!

Praise be to our Lord, who is mightier and greater than how He has been praised and described.

O Allah! Oh Allah!! Oh Allah!!!

The Near, The Listener, The Affectionate, The Generous, The Owner of the Glorious Throne, The Beginner, The Returner who does whatever He wishes.

I beseech You by the illumination of your beautiful face which covers the area of your throne and by your power with which you control all your creatures and your mercy which covers everything with blessings and knowledge.

Oh Allah, the helper of the help seekers, help me.

Oh Allah, Lord of the seven heavens, Lord of the magnificent throne, mighty is your patronage and glorious are your praises!

There is none worthy of worship but you! Oh Allah you are the greatest, mightier than all your creations. You are mightier than what I fear and dread. I seek refuge in you Allah, who there is none worthy of worship but you. You are the one who holds the seven heavens from falling upon the earth except by your command.

Glorious are Your praises and mighty is your patronage. Blessed is your name, there is no true God but You.

GLORIFICATION OF ALLAH

GLORIFICATION OF ALLAH (EXAMPLES FROM THE QURAN)

Exalted be the Lord of the heavens and the earth, the Lord of the Throne - He is far above the things they attribute to him.
Surah Az-Zukhruf (43:82)

Blessed is the name of the Lord, full of Majesty,
Bounty and Honour.
Surah Ar-Rahman (55:78)

Yet, they made the jinns partners with God, though He created them; and without any true knowledge they attribute to Him sons and daughters to Him. Glory be to Him! He is far higher than what they ascribe to Him.
Surah Al-An'am (6:100)

Then We placed him as a drop of fluid in a safe place, then We Made that droop into a clinging form, and We made that form into a lump of flesh, and We made that lump into bones, and We clothed those bones with flesh, and later We made him into other forms - glory be to God, the best of creators!
Surah Al-Mu'minun (23:14)

And they say: glory to our Lord! Our Lord's promise has been fulfilled.
Surah Al-Isra (17:108)

GLORIFICATION OF ALLAH

GLORIFICATION OF ALLAH (EXAMPLES FROM THE QURAN)

Exalted is He who has control of the heavens and earth and everything between them; He has knowledge of the Hour; you will all be returned to Him.

Surah Az-Zukhruf (43:85)

Exalted is He who put constellations in the heavens, a radiant light, and an illuminating moon.

Surah Al-Furqan (25:61)

Your Lord is God, who created the heavens and earth in six Days, then established Himself on the throne; He makes the night cover the day in swift pursuit; He created the sun, moon, and stars to be subservient to His command; all creation and command belong to Him. Exalted be God, Lord of the worlds!

Surah Al-A'raf (7:54)

Then We placed him as a drop of fluid in a safe place, then We Made that droop into a clinging form, and We made that form into a lump of flesh, and We made that lump into bones, and We clothed those bones with flesh, and later We made him into other forms – glory be to God, the best of creators!

Surah Al-Mu'minun 23:14

GLORIFICATION OF ALLAH

GLORIFICATION OF ALLAH (EXAMPLES FROM THE QURAN)

So glory be to Him in Whose hands lies control over all things. It is to Him that you will all be brought back.

Surah Ya-Sin (36:83)

Exalted is He who holds all control in His hands; who has power over all things.

Surah Al-Mulk(67:1)

LAYLATUL QADR DUA

Aisha (ra) reported:

I asked: “O Messenger of Allah! If I realize Laylatul Qadr (Night of Decree), what should I supplicate in it?”

He (saw) replied, “You should supplicate: **Allahumma innaka afuwwun, tuhibbulafwa, fa’fu anni** (O Allah, you are the Most Forgiving, and You love forgiveness; so forgive me).”

[At-Tirmidhi]

Recite the above dua sincerely and fervently as many times as you can.

GUIDELINES FOR MAKING DUA

- Make dua with sincerity of heart
- Make dua with humility, humbleness and attentiveness
- Make dua with hope and fear
- Glorify Allah and Praise Him
- When you make dua be certain of a response
- Make dua with determination E.g Do not say 'O Allah forgive me if you wish'.
- Your food, drink and clothing should be from Halal sources.
- Send Salawat to the Prophet Muhammed ﷺ

SUPPLICATIONS AND DUA CHECKLIST

GRATITUDE

- ☐ Give thanks to Allah for all the blessings in your life

SELF

- ☐ Repent and seek forgiveness for all sins (major & minor) (recall as many sins as you can and resolve not to repeat them)
- ☐ Supplicate for guidance, soundness of faith, increase in Iman, taqwa, haya, chastity and beneficial knowledge
- ☐ Supplicate for true love and sincere devotion to Allah, His commands, the Deen, the Quran, the teachings of the Prophet and all other acts that draws one closer to Allah's special mercy and love
- ☐ Supplicate to overcome bad habits & to replace them with good habits (mention all your bad habits) and to have power and control over nafs

CHARACTER

- ☐ Allah to beautify your character with all of the qualities He loves most
- ☐ Allah to purify your intentions
- ☐ Supplicate against shirk, hypocrisy, envy, malice, jealousy, self admiration, showing off, pride & ego, miserliness, laziness, cowardliness and ignorance
- ☐ Purification of soul, heart & body

SUPPLICATIONS AND DUA CHECKLIST

DUNYA (WORDLY AFFAIRS)

- ☐ Baraqah, good health, sufficient rizq/wealth, happiness, peace of mind, education, career, business, self-sufficiency, wisdom, personal growth, deen, security and contentment.

PROTECTION

- ☐ Calamities, evil, misfortune, adversity
- ☐ Shaytan, Shayateen, Jinns, black magic, evil eye
- ☐ Nafs/unlawful desires/weakness
- ☐ Disbelievers, oppression, persecution, fahisha and fitnah
- ☐ All known and unknown evil

AKHIRA

- ☐ Righteous death
- ☐ Pass the trial in the grave, protection from punishment of grave, expansion of grave, good company, ample sadaqatul jariyah
- ☐ Ease and success on the day of judgement
- ☐ Jannatul Firdaus (Everlasting abode), Neighbours with the Prophet (ﷺ)

Other Specific Requests

SUPPLICATIONS AND DUA CHECKLIST

FAMILY AND RELATIONSHIP

- ☐ **Parents (Living/Dead):** Guidance, mercy, long life/ease in barzakh, Happiness, Success, Good health, Forgiveness and Jannatul Firdaus.
Other specific dua

Spouse:

- ☐ Taqwa, Peace, Comfort, Understanding, Respect, Compassion,
☐ Happiness, Patience, Faithfulness, Everlasting Love and Friendship
☐ Communication
☐ Long life and Good Health
☐ Fulfilment of Rights
☐ Guidance and Protection
☐ Rizq, Job Security & Success
☐ Intimacy
☐ Forgiveness
☐ Character and Personal Development (i.e Flaws/Shortcomings)
Other specific dua

Children

- ☐ Righteous, God-loving and God-fearing Children and inhabitants of Jannah
☐ Excellent Character (model the Prophet ﷺ), Sahabas, Righteous Women of Islam
☐ Steadfast on the Deen and they are from among the sabiqoons

SUPPLICATIONS AND DUA CHECKLIST

- ☐ Great Ambassadors of Islam and positive role model in society
- ☐ Children who are the coolness of the eyes
- ☐ Long life, Good Health (including mental health)
- ☐ Righteous companions, best teachers and caretakers throughout their life
- ☐ Guidance and Protection from all evil

Other specific dua

Siblings

- ☐ Long Life & Good Health, Well-being
- ☐ Guidance, Mercy and Forgiveness
- ☐ Akhira
- ☐ Righteous and Loving spouse and children

Other specific dua

- ☐ ***Extended Family Members and In-Laws***

- ☐ ***Family friends , Close Friends and Neighbours***
-

Ummah & Country

- ☐ Guidance, Mercy, Forgiveness, Peace, Healing and Unity
- ☐ Prosperity, Growth, Success

SUPPLICATIONS AND DUA CHECKLIST

- ☐ Leaders, Scholars, Imam, Students of Knowledge
- ☐ Global Warming/Climate Change
- ☐ Diseases Outbreak
- ☐ War
- ☐ The Sick, Poor, Orphans, the Persecuted, the Opressed, People in Debt
- ☐ Safe Return of Missing Persons

REMEMBER:

- ☐ Dua is the only thing that has the power to change your qadr/destiny!

Whatever you think your fate or destiny is you can alter it with dua!

- ☐ The sunnah is to repeat dua 3 times

DUROOD (SALAWAT)

SEND SALAWAT TO THE PROPHET MUHAMMAD ﷺ

“Allahumma sal-li ala Muhammadin wa ala ahli Muhammadin kama sallaita ala Ibrahiima wa ala ali Ibrahiima, in-naka Hamiidun-Majid. Allahumma baarik ala Muhammadin wa ala aali Muhammadin kamaa baarakta ala ibrahiima wa ala aali Ibrahiima, in nakaHamiidun-Majiid.

O Lord! Shower prayer on Muhammad, and on the household of Muhammad, as You have showered Your prayer on Ibrahim and the household of Ibrahim; Indeed, You are the Praiseworthy, Full of glory. O Lord! Bless Muhammad, and the household of Muhammad as You have blessed Ibrahim, and the household of Ibrahim, Indeed, Your are the Praiseworthy, Full of Glory.

[Al-Bukhari, Ahmad, Muslim, Abu Dawud]



99 NAMES OF ALLAH

ALLAH'S NAMES

Allah! There is no god but He. (2:255)

And to Allah belong the best names, so invoke Him by them. And leave [the company of] those who practice deviation concerning His names. They will be recompensed for what they have been doing. (7:180)

Allah! There is no God but He. His are the most excellent names. (20:7)

He is Allah, the Creator, the Inventor, the Fashioner. His alone has the most beautiful names. Whatever is in the heavens and the earth constantly glorifies Him, and He is the Almighty, the All-Wise. (59:24)

The Prophet Muhammad (ﷺ) said:

“Allah has ninety-nine names, i.e. one-hundred minus one, and whoever knows them will go to Paradise.” (Al-Bukhari)

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
1	AR-Rahman	The Most Gracious	He who wills goodness and mercy for all His creations
2	AR-Raheem	The Ever Merciful	He who acts with extreme kindness
3	Al-Malik	The Master, Absolute Owner	The Sovereign Lord, The One with the complete Dominion, the One Whose Dominion is clear from imperfection
4	Al-Quddus	The Holy	The One who is pure from any imperfection and clear from children and adversaries
5	As-Salam	The Source of Peace	The Embodiment of Peace, The One who is free from every imperfection.
6	Al-Mu'Min	The Guardian of Faith	The Infuser of Faith, The One who witnessed for Himself that no one is God but Him. And He witnessed for His believers that they are truthful in their belief that no one is God but Him
7	Al-Muhaymin	The Protector	The Preserver of Safety, The One who witnesses the saying and deeds of His creatures

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
8	Al-Aziz	The Mighty	The Mighty One The Strong, The Defeater who is not defeated
9	Al-Jabbar	The Compeller	The Omnipotent One The One that nothing happens in His Dominion except that which He willed
10	Al-Mutakabbir	The Majestic	The One who is clear from the attributes of the creatures and from resembling them.
11	Al-Khaaliq	The Creator	The One who brings everything from nonexistence to existence
12	Al-Baari	The Evolver	The Maker, The Creator who has the Power to turn the entities
13	Al-Musawwir	The Guardian of Faith	The One Who gives something its distinctive form and shape and forms his creatures in different pictures
14	Al-Ghaffaar	The Great Forgiver	The One who forgives the sins of His slaves time and time again.

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
15	Al-Qahhaar	The Subduer, All-Prevalining One	The One who has the perfect Power and is not unable over anything
16	Al-Wahhaab	The Supreme Bestow	The One who is Generous in giving plenty without any return.
17	Ar-Razzaaq	The Total Provider	The Provider, The Sustainer
18	Al-Fattah	The Supreme Solver The Opener	The Reliever, The One who opens for His slaves the closed worldly and religious matters.
19	Al-'Alim	The All-Knowing One, The Knowledgeable	The One nothing is absent from His knowledge
20	Al-Qaabid	The Restricting One, The Constricter	The Withholder, The One who constricts the sustenance by His wisdom and expands and widens it with His Generosity and Mercy.

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
21	Al-Baasit	The Extender The Englarger	The One who amplifies all abundance. He is the one who makes the way wide open. He expands and widens the hearts and our souls and gives us sustenance in His Generosity and Mercy
22	Al-Khaafid	The Reducer, The Abaser	The One who lowers whoever He willed by His Destruction and raises whoever He willed by His Endowment
23	Ar-Raafi	The Elevating One The Exalter	The One who lowers whoever He wills and raises whoever He wills, The One who chooses who will be raised in rank in every way
24	Al-Mu'izz:	The Bestower of Honour	The One who gives esteem to whoever He wills, hence there is no one to degrade Him; And He degrades whoever He wills, hence there is no one to give Him esteem
25	Al-Mudhill	The Humiliator, The Dishonorer	The One Who abases or humiliates whomsoever He pleases, depriving them of all prestige. He is the One Who justly abases His foes when they disobey Him and rebel against His commandments

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
26	As-Sami	The All-Hearing	The Hearer, The One who Hears all things that are heard by His Eternal Hearing without an ear, instrument or organ
27	Al-Basir	The All-Seeing	The All-Noticing, The One who Sees all things that are seen by His Eternal Seeing without a pupil or any other instrument
28	Al-Hakam	The Impartial Judge	The Judge, The One who always delivers justice, in every situation, to everyone and no one can overturn His judgment or change His decree
29	Al-'Adl	The Just, The Equitable	The Just, The One who is entitled to do what He does. The one who rectifies and sets matters straight in a just and equitable manner
30	Al-Lateef	The Gentle, The Knower of Subtleties	The Subtle One, The Gracious, The One who is kind to His slaves and endows upon them
31	Al-Khabeer	The All- Aware	The One who knows the truth of things

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
32	Al-Halim	The Forebearing	The One who delays the punishment for those who deserve it as He may forgive them
33	Al-Azeem	The Incomparably great	The Magnificent One The Great One, The Mighty, The One deserving the attributes of Exaltment, Glory, Extolment, and Purity from all imperfection
34	Al-Ghafoor	The Great Forgiver	The All-Forgiving, The Forgiving, The One who forgives a lot
35	Ash-Shakuur	The Appreciative	The Grateful, The Appreciative, The One who gives a lot of reward for a little obedience
36	Al-Aliyy	The Most High	The Sublime One The Most High, The One who is clear from the attributes of the creatures
37	Al-Kabeer	The Most Great	The Most Great, The Great, The One who is greater than everything in status

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
38	Al-Hafiz	The Preserver	The Guarding One The Preserver, The Protector, The One who protects whatever and whoever He willed to protect
39	Al-Muqit	The Sustainer	The All Sustainer, The Powerful Maintainer who sustains, nourishes, protects, and oversees all that exists
40	Al-Haseeb	The Reckoner	The Reckoner, The Accountant, The Sufficient, The One who keeps account of everything in the worlds and requites even the smallest of deeds
41	Al-Jaleel	The Majestic, The Revered, The Sublime	The Majestic One, The One who is great and above all in dignity and rank. He is majestic and the source of all attributes of greatness
42	Al-Kareem	The Generous	The Generous, The Honourable, The Beneficent, The One who is the most generous, bountiful and esteemed
43	Ar-Raqeeb	The Watchful	The Watchful One The Watcher, The One that nothing is absent from Him

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
44	Al-Mujeeb	The Responsive	The Responsive, The One who answers the one in need if he asks Him and rescues the yearner if he calls upon Him
45	Al-Waasi	The All-Encompassing, The All-Embracing	The All-Encompassing, The All-Sufficient, The Bountiless, The One who is beyond any limits in essence and has boundless capacities. He encompasses the whole of creation with His blessings, care, and kindness
46	Al-Hakim	The Wise	The most judicious and the all-wise. He possesses the ability to determine right from wrong and is free from error and misunderstanding. His designs in nature and life are perfect and accurate. He is the only one qualified to judge the worth of all things
47	Al-Waduud	The Loving One	The One who loves His believing slaves and His believing slaves love Him. His love to His slaves is His Will to be merciful to them and praise them

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
48	Al-Majeed	The Most Glorious	The One who is the most glorious, honorable, dignified, noble, and generous
49	Al-Ba'ith	The Resurrector	The Awakener, The Resurrector, The Arouser, the One who chooses who will be awakened and be sent forth. He is the giver of life and who sends light into the world
50	Ash-Shaheed	The Witness	The Witness, The One who is omnipresent and all-observing
51	Al-Haqq	The Truth	The Embodiment of Truth The only reality, The One who is the embodiment of truth, the absolute
52	Al-Wakeel	The Ultimate Trustee, The Disposer of Affairs	The Universal Trustee, the only One who takes charge of the affairs of those under His care, managing all matters as He pleases. He is the One to be relied on, for all power belongs to Him!

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
53	Al-Qawi	The Most Strong	The Most Strong, The Strong, The One with the complete Power
54	Al-Mateen	The Firm One, The Authoritative	The One with extreme Power which is uninterrupted and He does not get tired
55	Al-Waliyy	The Protector	The Protecting Associate The Protecting Friend, The Supporter
56	Al-Hameed	The All-Praised, The Praiseworthy	The All- Enumerating One, The Counter, The Reckoner, The One who the count of things are known to him
57	Al-Mubdi	The Originator	The Originator of all creation, The Starter, The Initiator, He is the beginner of all things, and nothing could have existed without His willing it to be. He is The One who initiates all things

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
58	Al-Mu'id	The Restorer to Life	The Restorer, The Reinstater, The One who constantly renews, revives and repeats creation. The One who restores and revives the spiritual essence of every person
59	Al-Muhyi	The Giver of Life	The Giver of Life, Bestower of life, The Reviver. The One who makes all things live
60	Al-Mumeet	The Causer of Dead	The Inflictor of Death The Creator of Death, The Destroyer, The One who renders the living dead
61	Al-Hayy	The Ever-Living	The Eternally Living One The Alive, The One attributed with a life that is unlike our life and is not that of a combination of soul, flesh or blood
62	Al-Qayyum	The Self-Subsisting	The One who remains and does not end
63	Al-Waajid	The Self-Sufficient, The All Perceiving	The Perceiver, The Finder, The Rich, The One who does not need or lacks anything. He is the most resourceful and finds whatever He wills

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
64	Al-Maajid	The Noble	The All- Noble One The Glorious, He who is Most Glorious
65	Al-Waahid	The Unique	The Only One The Unique, The One without a partner
66	Al-Ahad	The One	The Sole One, The One who was, is, and will ever remain alone
67	As-Samad	The Eternally Besought	The Eternal, The Supreme Provider, The Independent, The Master who is relied upon in matters and reverted to in ones needs
68	Al-Qadir	The Omnipotent, The Able	The Omnipotent One, The Able, The most powerful with the ability to measure out everything. Whenever He decrees a thing, it is
69	Al-Muqtadir	The Powerful	The All Authoritative One The Powerful, The Dominant, The One with the perfect Power that nothing is withheld from Him

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
70	Al-Muqaddim	The Expediter	The Expediter, The Promoter, The One who puts things in their right places. He makes ahead what He wills and delays what He wills
71	Al-Muakhkhir	The Delayer	The Delayer, The Deferrer, The Postponer, The One who wisely delays or holds back
72	Al-Awwal	The First	The Very First, The One whose Existence is without a beginning
73	Al-Akhir	The Last	The Infinite Last One, The One whose Existence is without an end
74	Az-Zaahir	The Manifest	The Perceptible, The Manifest, The One who is evident and conspicuous. He made himself evident without being visible
75	Al-Batin	The Hidden	The Hidden, Knower of hidden things, the One Who is obscured from the eyes of His creatures, The Hidden One due to His Essence that defies visions, minds and intellects

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
76	Al-Waali	The Governor	he Holder of Supreme Authority The Governor, The One who owns things and manages them
77	Al-Muta'ali	The Most Exalted	The Most Exalted, The High Exalted, The One who is clear from the attributes of the creation
78	Al-Barr	The Source of All-Goodness	The Source of All Goodness, The One who is the great benefactor, The Righteous and the source of goodness. He is ever merciful and compassionate
79	At-Tawwab	The Grantor and Acceptor of Repentance	The Ever- Acceptor of Repentance. The Relenting, The One who grants repentance to whoever He willed among His creatures and accepts his repentance
80	Al-Muntaqim	The Lord of Retribution, The Avenger	The Retaliator The Avenger, The One who victoriously prevails over His enemies and punishes them for their sins, The One who disapproves of wrongdoers

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
81	Al-'Afuw	The Pardoner	The Supreme Pardoner The Forgiver, The One with wide forgiveness
82	Ar-Ra'uf	The Most Kind, The Cement	The Kind, The Pitying, The One Who does not cease being kind and compassionate to the sinners by accepting their repentance, and to His friends by protecting them from committing sins
83	Malik-ul-Mulk	Owner of the Kingdom	The Eternal Possessor of Sovereignty, The One who controls the Dominion and gives dominion to whoever He willed
84	Dhul Jalali wal Ikram	Possessor of Majesty and Honour	The One who is glorious and majestic. He is the possessor of all glory and honor. He is The One who deserves to be Exalted and not denied
85	Al-Muqsit	The Just, The Equitable	The Just One The Equitable, The One who is Just in His judgment.
86	Aj-Jami	The Gatherer	The One who has the power to assemble and arrange all that which has been dispersed. He is the one who composes and connects things together

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
87	Al-Ghani	The All-Sufficient	The Self- Sufficient One The One who does not need the creation
88	Al-Mughni	The Enricher	The Enricher, The Emancipator. The One who gives wealth abundantly and fulfills all needs. The One who enriches all of creation, The One who bestows satisfaction and contentment
89	Al-Mani	The Preventer of Harm	The Shielder, The Protector, The Preventer, The One who protects and defends against harmful situations
90	Ad-Darr	The Afflicter	The Distressor, The Harmer, The One who harms or benefits whoever He wills, The One who creates adversity or distress in order to discourage or correct wrongful behavior
91	An-Nafi	The Benefactor	The Bestower of Benefits The Propitious, The One who grants all favorable circumstances, The One who confers all benefits

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
92	An-Nur	The Light	The Prime Light The Illuminating, The One who guides, The One who illuminates and reveals the divine light of all the worlds
93	Al-Hadi	The Guide	The Provider of Guidance The Guide, The One whom with His Guidance His believers were guided, and with His Guidance the living beings have been guided to what is beneficial for them and protected from what is harmful to them
94	Al-Badi	The Originator	The Unique One The Incomparable, The One who created the creation and formed it without any preceding example
95	Al-Baqi	The Everlasting	The One who is everlasting, perpetual, beginning-less, endless, The One whose existence is eternal. The One who remains forever, unaffected by time

99

NAMES OF ALLAH

NO	NAME	MEANING	DESCRIPTION
95	Al-Warith	The Ultimate Inheritor	The Eternal Inheritor The Heir, The One who has everlasting ownership of all that has ever been and that will ever be, The One to whom all possessions return when the possessor is gone
97	Ar-Rashid	The Guide	The Guide to Path of Rectitude, The Guide to the Right Path, The One who guides
98	As-Sabuur	The Patient	The Extensively Enduring One The Patient, The One who does not quickly punish the sinners
99	Allah	The God	The only one Almighty. He alone is worthy of worship

D U Ā N O T E S

Remember the sky is the limit. Be ambitious and ask Allah for everything you want with sincerity. There is no supplication too great for Allah to answer and nothing too small for you to ask. Allah is as Sami (the All Hearer) and Al- Mujeeb (The Responsive).



POST-RAMADAN

POST RAMADAN COMMITMENTS

LETTER TO SELF

The beloved month of Ramadan has come and gone but the spirit of Ramadan should remain in our hearts throughout the year. Strive to keep up the momentum with the beautiful acts of ibadah you engaged in during Ramadan and continue to enjoin all that is good . Write a heartfelt letter to your nafs/self and make a commitment to yourself today about the types of ibadah you plan to sustain, including the sins/bad habits you commit to stop doing and the good deeds you will continue to engage in. Renew your intentions frequently and re-read this letter every month and try your best to honour all of your commitments to yourself.

POST RAMADAN COMMITMENT

LETTER TO SELF

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