



RAMADAN PLANNER



FOR STUDENTS

RAMADAN KAREEM



The blessed month of Ramadan is upon once again. This month is full of blessings, mercy and worship, and as Muslims, we all strive to take advantage of every minute of this holy month so that we can reap as much reward as possible. But as a student juggling work, school and other responsibilities, we understand how this month can seem daunting.

To help you manage your time effectively and maximize your good deeds, we've designed a planner just for you! We've filled this planner with resources like meal planners, assignment trackers and day-to-day good deeds so that you can stay on top of your daily life AND your worship while tracking your progress. At the end of the month, you'll be able to see how much you accomplished throughout Ramadan and how you can continue your newly built habits after the month is over.



There has come to you Ramadan, a blessed month, which Allah, the Mighty and Sublime, has enjoined you to fast. In it the gates of heavens are opened and the gates of Hell are closed, and every devil is chained up. In it Allah has a night which is better than a thousand months; whoever is deprived of its goodness is indeed deprived.

Prophet Muhammad ﷺ

Sunan an-Nasa'i





3 STAGES OF RAMADAN PLUS DUAS

It (Ramadan) is the month, whose beginning is mercy, its middle, forgiveness and its end, emancipation from the fire (of hell).

The Prophet Muhammad ﷺ

FIRST 10: MERCY

First ten days of Ramadan are the days of Mercy and blessing and every Muslim must seek the Mercy and Blessings of Almighty Allah. This a du'a that can be recited in these days:

وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ

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

SECOND 10: FORGIVENESS

The second ten days of Ramadan consists of the days of forgiveness. Muslims should seek Allah's forgiveness and repent for sins in those days. This is a du'a that can be recited:

رَبَّنَا فَاعْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

"Our Lord! Forgive our sins, absolve us of our misdeeds, and allow us to die as one of the virtuous."

THIRD 10: SAFETY

In the end of Ramadan, the last ten days are about seeking in Allah Almighty from Hellfire. These days are also important because within the odd nights is Laylatul Qadr (the Night of Power). "Allah's Messenger (ﷺ) used to exert himself in devotion during the last ten nights to a greater extent than at any other time." [Muslim] Here's a du'a for the last ten days:

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

"O Allah, You are Pardoning and you love pardon, so pardon me."

IMPORTANT SUPPLICATIONS



Du'a For After Your Fast

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الأَجْرُ إِن شَاءَ اللهُ

Thirst has gone, the arteries are moist, and the reward is sure, if Allah wills.

Du'a for Protection

اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ ، وَأَعُوذُ بِكَ مِنْ سَخَطِكَ وَالنَّارِ

O Allah, I ask of Your pleasure and for Paradise, and I seek refuge from Your displeasure and from the Hellfire.

Du'a for Guidance

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتَّقَى وَ الْعَفَافَ وَ الْغِنَى

O Allah, I ask You for guidance and piety, and abstinence (from the unlawful) and modesty, and contentment and sufficiency.

Du'a for Direction

اللَّهُمَّ اهْدِنِي ، وَسَدِّدْنِي

O Allah! Direct me to the Right Path and make me adhere to the Straight Path.

Du'a for Wisdom

اللَّهُمَّ أَنْفَعْنِي بِمَا عَلَّمْتَنِي وَ عَلَّمْنِي مَا يَنْفَعُنِي وَ زِدْنِي عِلْمًا

O Allah, benefit me with what You have taught me, and teach me that which will benefit me, and increase me in knowledge.

Du'a for Your Parents

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

My Lord, have mercy upon them (parents) as they brought me up [when I was] small.

LEARN MORE ABOUT MAKING DU'A IN
THE BLESSED MONTH OF RAMADAN



← **SCAN HERE**
OR CLICK HERE!



LAYLATUL QADR

THE NIGHT OF POWER

“Whosoever worshiped on laylatul-qadr, with faith and with a sincere intention, all of his previous sins are forgiven.”

The Prophet Muhammad ﷺ

Worshiping Allah on this night is equivalent to worshiping Him for 1000 months. It falls on one of the odd nights in the last ten days of Ramadan, although the exact day is unknown.



Dua for Laylatul Qadr (The Night of Power)

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

“O Allah, You are the Most forgiving, and You love to forgive, so forgive me.”

WEEKLY BREAKDOWN WEEK 1

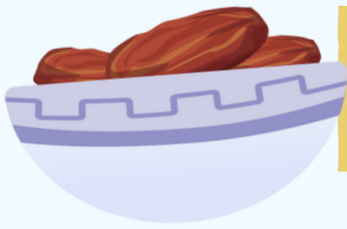
"The best deeds are those
that are small but consistent."

Prophet Muhammad ﷺ

**LISTEN TO THIS WEEK'S REMINDER
ON HOW TO EXCEL IN RAMADAN
BY SHEIKH YASER BIRJAS**

**SCAN HERE
OR CLICK HERE!**





MEAL PLANNER

SUN

Suhoor:

Iftar:

MON

Suhoor:

Iftar:

TUE

Suhoor:

Iftar:

WED

Suhoor:

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Suhoor:

Iftar:

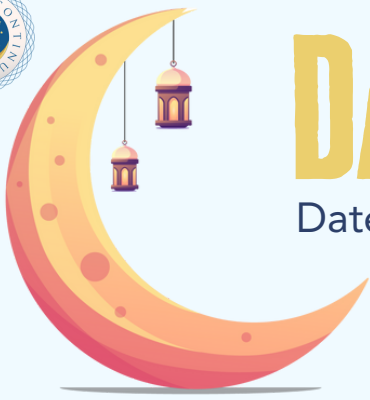
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GET TIPS ON HOW TO PROPERLY FUEL YOUR BODY IN RAMADAN



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DAY 1

Date:

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

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Fajr	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

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QUR'AN TRACKER

Juz

Surah

Ayah

DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

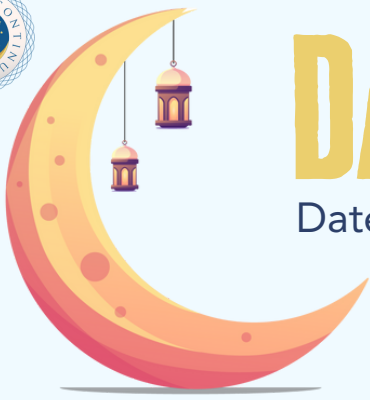
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 2

Date: _____

MEAL PLAN

Suhoor:

Iftar:

Water:



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Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
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QUR'AN TRACKER



Juz



Surah



Ayah



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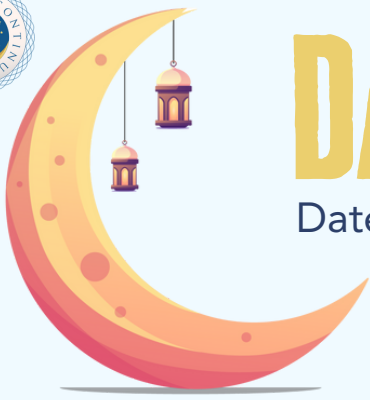
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 3

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

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Asr	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

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QUR'AN TRACKER



Juz



Surah



Ayah



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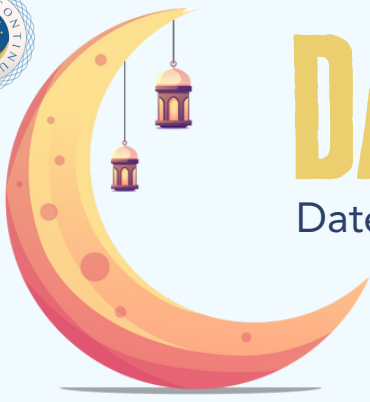
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 4

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MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

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# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
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QUR'AN TRACKER

Juz

Surah

Ayah

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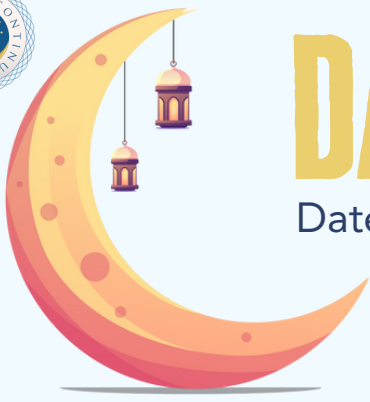
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 5

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

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# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
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QUR'AN TRACKER



Juz



Surah



Ayah



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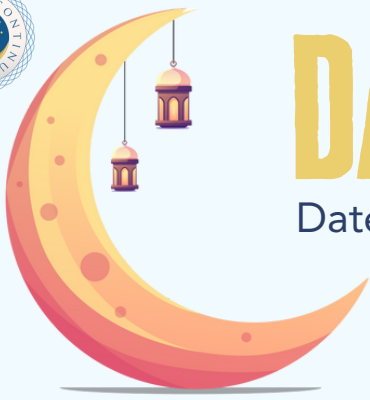
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 6

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

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Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

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QUR'AN TRACKER



Juz



Surah



Ayah



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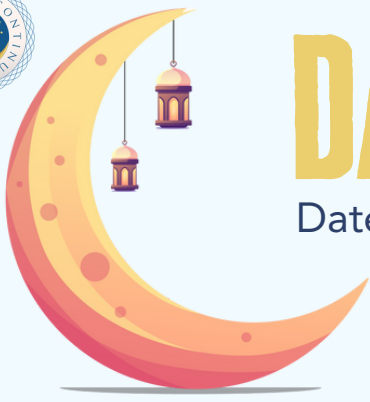
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 7

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MEAL PLAN

Suhoor:

Iftar:

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SALAH TRACKER

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# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
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QUR'AN TRACKER

Juz

Surah

Ayah

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DAILY GRATITUDE JOURNAL

Today I am grateful for...

WEEKLY BREAKDOWN WEEK 2

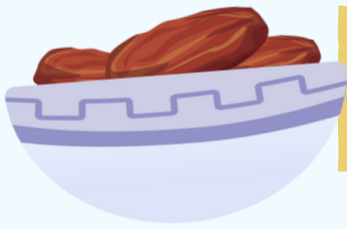
Successful indeed are the
believers: those who humble
themselves in prayer

Qur'an 23:1-2

**LISTEN TO THIS WEEK'S
REMINDER ON SALAH**
BY DR. YASIR QADHI

**SCAN HERE
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MEAL PLANNER

SUN

Suhoor:

Iftar:

MON

Suhoor:

Iftar:

TUE

Suhoor:

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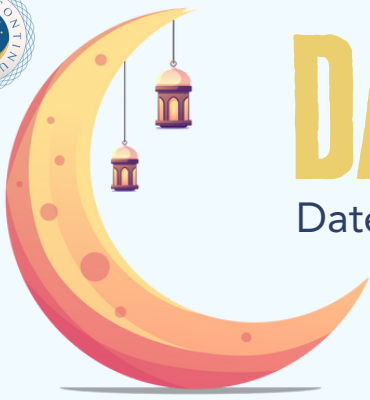
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GET TIPS ON HOW TO PROPERLY FUEL YOUR BODY IN RAMADAN



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DAY 8

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

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Isha	<input type="checkbox"/>	<input type="checkbox"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

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QUR'AN TRACKER



Juz



Surah



Ayah



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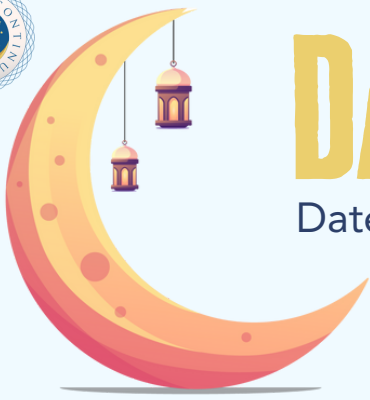
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 9

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

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# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

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QUR'AN TRACKER



Juz



Surah



Ayah



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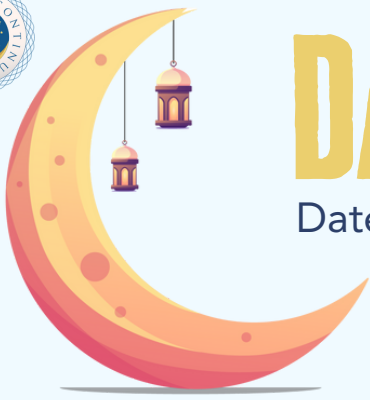
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 10

Date: _____

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

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Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

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QUR'AN TRACKER



Juz



Surah



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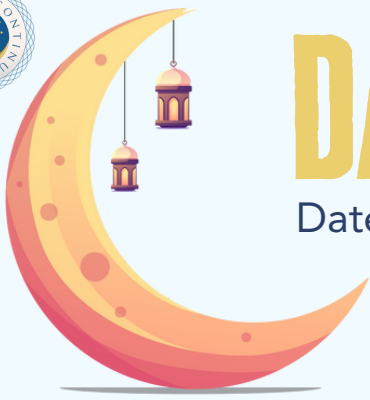
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 11

Date: _____

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

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# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

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QUR'AN TRACKER



Juz



Surah



Ayah



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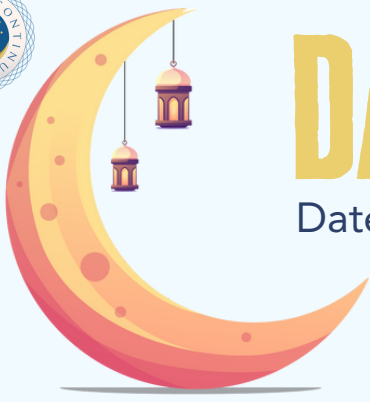
TODAY'S ASSIGNMENTS

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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 12

Date:

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

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Asr	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

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QUR'AN TRACKER



Juz



Surah



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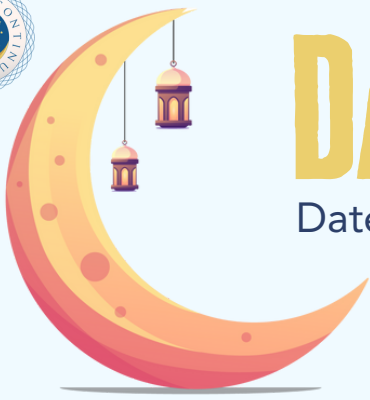
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Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 13

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

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Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

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QUR'AN TRACKER

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- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

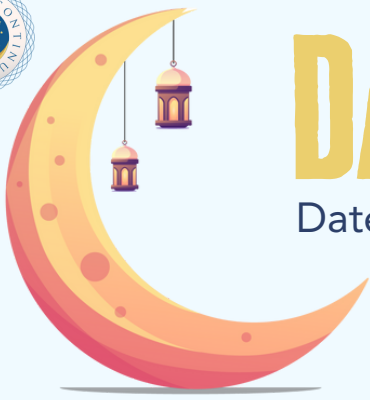
TODAY'S ASSIGNMENTS

- _____
- _____
- _____
- _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 14

Date: _____

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...

WEEKLY BREAKDOWN WEEK 3

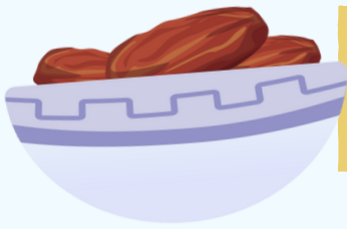
"The best deeds are those
that are small but consistent."

Prophet Muhammad ﷺ

**LISTEN TO THIS WEEK'S REMINDER
ON ENGAGING WITH THE QUR'AN
BY SHEIKH FURHAN ZUBAIRI**

**SCAN HERE
OR CLICK HERE!**





MEAL PLANNER

SUN

Suhoor:

Iftar:

MON

Suhoor:

Iftar:

TUE

Suhoor:

Iftar:

WED

Suhoor:

Iftar:

THUR

Suhoor:

Iftar:

FRI

Suhoor:

Iftar:

SAT

Suhoor:

Iftar:

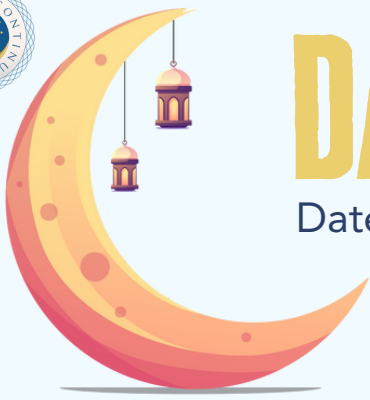
Groceries:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

**GET TIPS ON HOW TO
PROPERLY FUEL YOUR
BODY IN RAMADAN**



**SCAN HERE
OR CLICK HERE!**



DAY 15

Date: _____

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

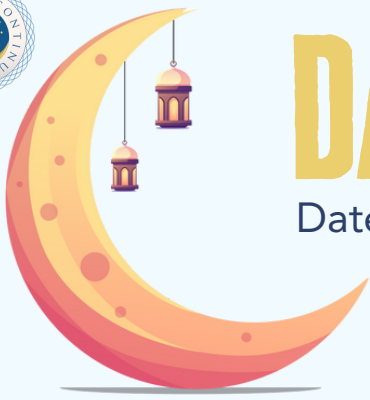
TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 16

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

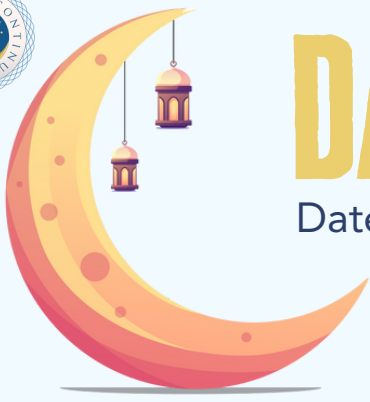
TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 17

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

- _____
- _____
- _____
- _____
- _____

QUR'AN TRACKER

Juz

Surah

Ayah

DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

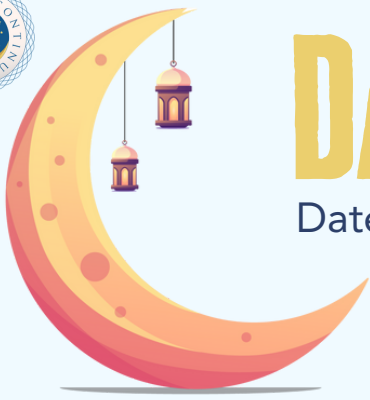
TODAY'S ASSIGNMENTS

- _____
- _____
- _____
- _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 18

Date: _____

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

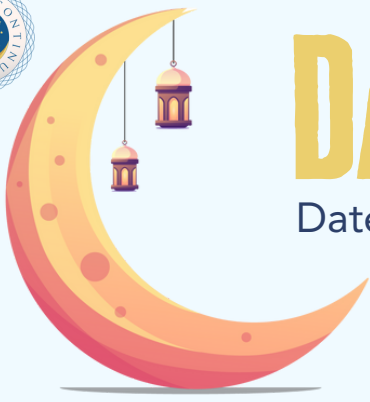
TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 19

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

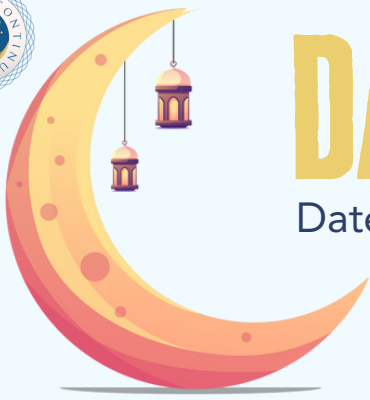
TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 20

Date:

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

- _____
- _____
- _____
- _____
- _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

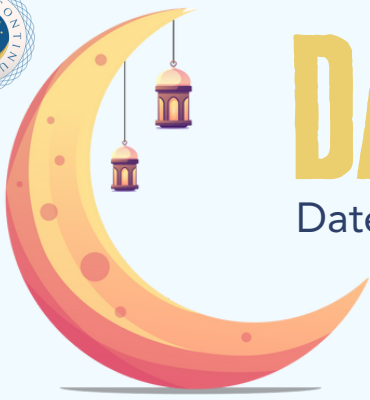
TODAY'S ASSIGNMENTS

- _____
- _____
- _____
- _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 21

Date: _____

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...

WEEKLY BREAKDOWN WEEK 4

If you do a bad deed, then
follow it up with a good deed.

Prophet Muhammad ﷺ

**LISTEN TO THIS WEEK'S REMINDER
ON SUBMITTING OUR HEARTS
BY IMAM OMAR SULEIMAN**

**SCAN HERE
OR CLICK HERE!**





MEAL PLANNER

SUN

Suhoor:

Iftar:

MON

Suhoor:

Iftar:

TUE

Suhoor:

Iftar:

WED

Suhoor:

Iftar:

THUR

Suhoor:

Iftar:

FRI

Suhoor:

Iftar:

SAT

Suhoor:

Iftar:

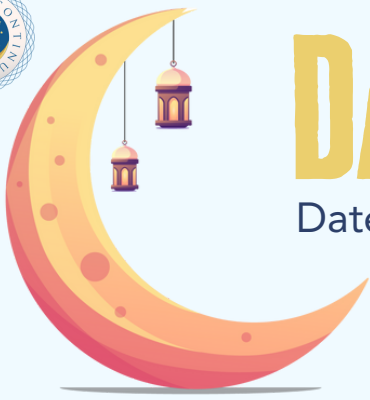
Groceries:

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

**GET TIPS ON HOW TO
PROPERLY FUEL YOUR
BODY IN RAMADAN**



**SCAN HERE
OR CLICK HERE!**



DAY 22

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

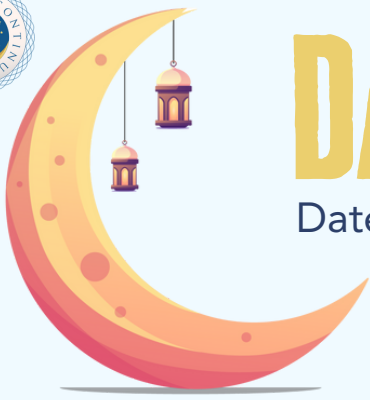
TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 23

Date:

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

- _____
- _____
- _____
- _____
- _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

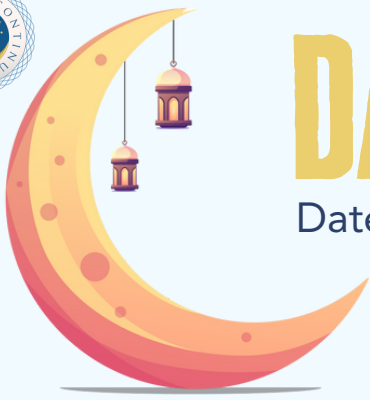
TODAY'S ASSIGNMENTS

- _____
- _____
- _____
- _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 24

Date:

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="checkbox"/>	<input type="checkbox"/>
Dhuhr	<input type="checkbox"/>	<input type="checkbox"/>
Asr	<input type="checkbox"/>	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>	<input type="checkbox"/>
Isha	<input type="checkbox"/>	<input type="checkbox"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

- _____
- _____
- _____
- _____
- _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

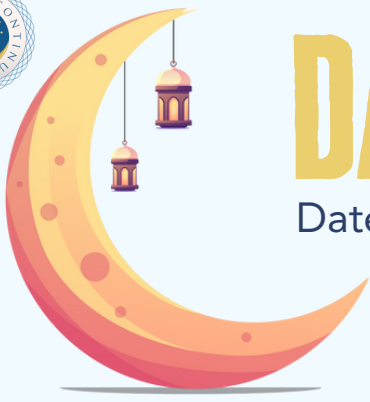
TODAY'S ASSIGNMENTS

- _____
- _____
- _____
- _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 25

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER

Juz

Surah

Ayah

DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

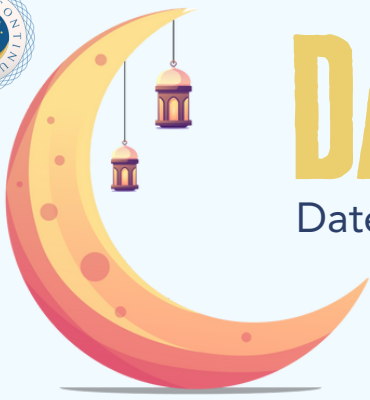
TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 26

Date: _____

MEAL PLAN

Suhoor: _____

Iftar: _____

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

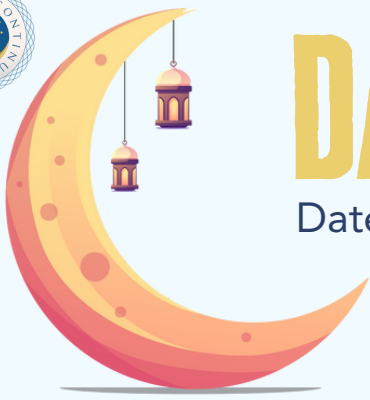
TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 27

Date:

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

- _____
- _____
- _____
- _____
- _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

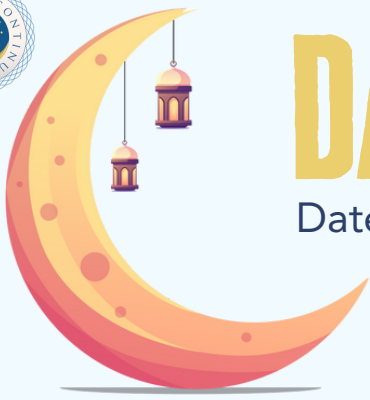
TODAY'S ASSIGNMENTS

- _____
- _____
- _____
- _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 28

Date:

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

- _____
- _____
- _____
- _____
- _____

QUR'AN TRACKER

Juz

Surah

Ayah

DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

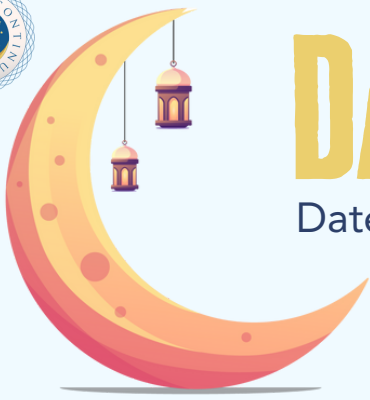
TODAY'S ASSIGNMENTS

- _____
- _____
- _____
- _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 29

Date:

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

- _____
- _____
- _____
- _____
- _____

QUR'AN TRACKER

Juz

Surah

Ayah

DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

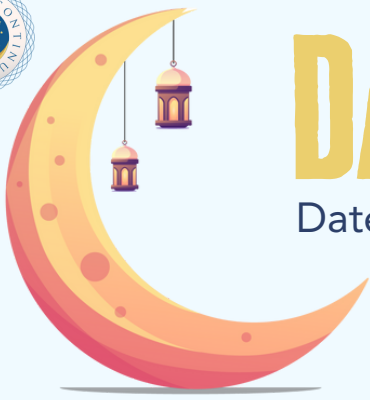
TODAY'S ASSIGNMENTS

- _____
- _____
- _____
- _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



DAY 30

Date:

MEAL PLAN

Suhoor:

Iftar:

Water:



SALAH TRACKER

	Fard	Sunnah
Fajr	<input type="radio"/>	<input type="radio"/>
Dhuhr	<input type="radio"/>	<input type="radio"/>
Asr	<input type="radio"/>	<input type="radio"/>
Maghrib	<input type="radio"/>	<input type="radio"/>
Isha	<input type="radio"/>	<input type="radio"/>
# Taraweeh		# Qiyam

TODAY'S REFLECTIONS & LESSONS

TODAY'S GOALS AND PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____

QUR'AN TRACKER



Juz



Surah



Ayah



DAILY CHECKLIST

- Read daily adhkaar
- Asked for forgiveness
- Gave charity
- Made du'a for yourself & others
- Learned something new
- Smiled at someone

TODAY'S ASSIGNMENTS

1. _____
2. _____
3. _____
4. _____

Notes:

DAILY GRATITUDE JOURNAL

Today I am grateful for...



E I D M U B A R A K



A CONTINUOUS
CHARITY

acceducate.org | (469) 290-2457
adviser@acceducate.org