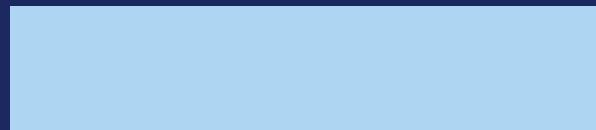




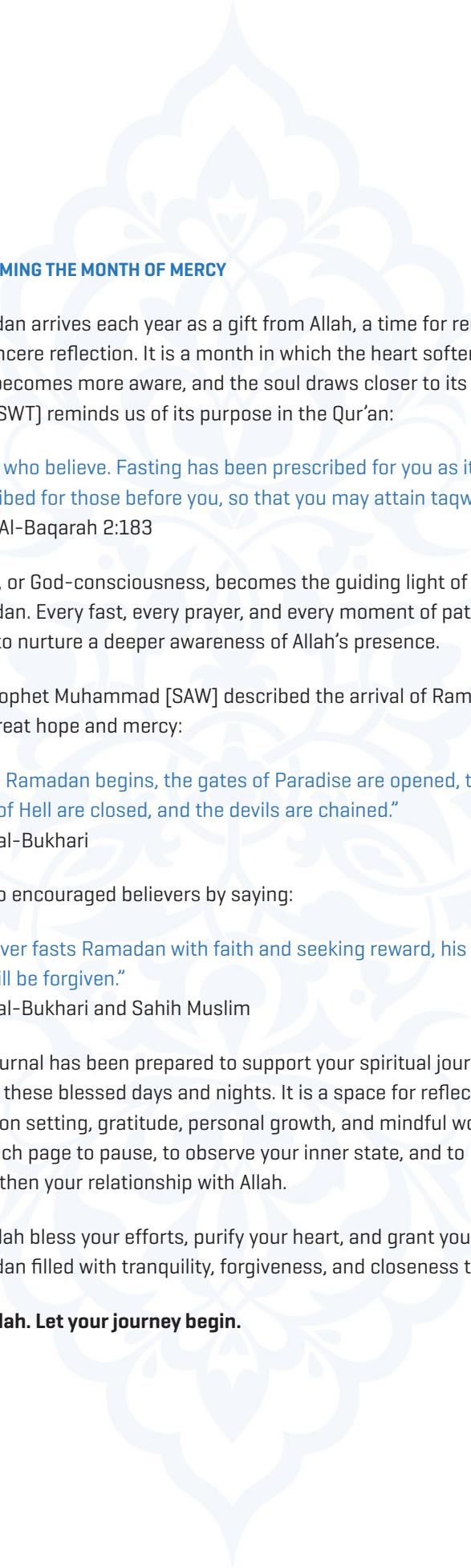
1447H 2026

Ramadan Journal



ISLAMIC
RELIEF
AUSTRALIA

www.islamicrelief.org.au



WELCOMING THE MONTH OF MERCY

Ramadan arrives each year as a gift from Allah, a time for renewal and sincere reflection. It is a month in which the heart softens, the mind becomes more aware, and the soul draws closer to its Creator. Allah [SWT] reminds us of its purpose in the Qur'an:

"O you who believe. Fasting has been prescribed for you as it was prescribed for those before you, so that you may attain taqwa."
Surah Al-Baqarah 2:183

Taqwa, or God-consciousness, becomes the guiding light of Ramadan. Every fast, every prayer, and every moment of patience helps to nurture a deeper awareness of Allah's presence.

The Prophet Muhammad [SAW] described the arrival of Ramadan with great hope and mercy:

"When Ramadan begins, the gates of Paradise are opened, the gates of Hell are closed, and the devils are chained."
Sahih al-Bukhari

He also encouraged believers by saying:

"Whoever fasts Ramadan with faith and seeking reward, his previous sins will be forgiven."
Sahih al-Bukhari and Sahih Muslim

This journal has been prepared to support your spiritual journey during these blessed days and nights. It is a space for reflection, intention setting, gratitude, personal growth, and mindful worship. Use each page to pause, to observe your inner state, and to strengthen your relationship with Allah.

May Allah bless your efforts, purify your heart, and grant you a Ramadan filled with tranquility, forgiveness, and closeness to Him.

Bismillah. Let your journey begin.

CALENDAR



Scan to download
our FREE prayer
times calendar!



INTENTION AND GOAL SETTING

The Prophet Muhammad [SAW] taught that:

“Actions are judged by intentions.”

Sahih al-Bukhari and Sahih Muslim

QURAN

SADAQAH

RELATIONSHIPS

FORGIVENESS

ACTIONS

HABITS

DUA TO REACH RAMADAN

Allahumma Ballighna Ramadan

اللّهُمَّ بِلْغْنَا رَمَضَانَ

“Oh Allah let us reach Ramadan.”

DUA FOR BREAKING YOUR FAST

Dhahaba al-zama'u, wa'bta'llat al-'urooqu, wa thabata al-ajru insha'Allah.

دَهَبَتِ الظُّهُرُ، وَبَلَّتِ الْغُرْوُقُ، وَتَبَّتِ الْأَجْزُ إِنْ شَاءَ اللَّهُ

“The thirst has gone, the veins are moistened and the reward is assured, if Allah wills.”

Sunan Abi Dawud

DUA FOR LAYLATUL QADR

Allaahumma innaka 'afuwwan tuhibb ul-'afwa fa'fu 'anni.

اللّهُمَّ أَنْتَ عَفُوٌ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

“O Allah, You are Most Forgiving, and You love forgiveness; so forgive me.”

Tirmidhi

DUA FOR BEGINNING THE FAST

Wa bisawmi ghadinn nawaiytu min shahri ramadan

وَبِصُومِ غَدَرْ لَوْيَنْ مِنْ شَهْرِ رَمَضَانَ

“I intend to keep the fast for tomorrow in the month of Ramadan.”

Sunan Abi Dawud

DUA FOR THE ONE WHO INVITES YOU FORIFTAR

Aftara 'indakum as-sa'imun wa-akala ta'amakum al-abrar
wa-sallat 'alaykum al-mala'ika

أَفْطِرْ عِنْدَكُمُ الظَّائِمُونَ وَأَكْلْ طَهَّارَكُمُ الْأَبْرَارَ وَصَلَّتْ عَلَيْكُمُ
الْمَلَائِكَةُ

“May those who have fasted break their fast with you, may the pious eat your food, and may the angels pray for you.”

Sunan Ibn Majah

DUA FOR THIS WORLD AND THE NEXT

Rabbana atina fid-dunya hasanatan wa fil 'akhirati
hasanatan waqina 'adhaban-nar

رَبَّنَا آتَنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقَنَّا عَذَابَ النَّارِ

“Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire!”

Al-Baqarah, 2:201

DUA FOR THE UMMAH

Allahumma aslih Ummata Muhammad. Allahumma farrij 'an Ummati Muhammad. Allahumma Rham Ummata Muhammad
[sallAllahu alayhi wasalam]

اللّهُمَّ أَصْلِحْ أُمَّةً مُحَمَّدًا اللّهُمَّ فَرِّجْ عَنْ أُمَّةٍ مُحَمَّدًا اللّهُمَّ ارْحُمْ أُمَّةً مُحَمَّدًا

“O Allah! Improve [help] the state of the Ummah of Muhammad. O Allah! Grant ease to the Ummah of Muhammad. O Allah!
Have mercy on the Ummah of Muhammad.”

Hilyat al-Awliya

AYAT AL KURSI

Allahu la ilaha illa Huwa-l-hayyul-qayyum. La ta'khudhu sinatun wa la nawm. Lahu ma fissamawati wa ma fil-ard. Man dhalladhi yashfa'u 'indahu illa bi-idhnihi. Ya'lamu ma bayna aydihim wa ma khalfahum wa la yuhituna bishay'in min 'ilmihi illa bimasha'. Wasi'a kursiyuhus-samawati wal-ard wa la ya'uduhu hifdhuhuma wa Huwal-'aliyyul-'azim.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَمْ تَأْخُذْهُ سَنَةٌ وَلَمْ تُوْمِدْ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَسْفَعُ عَنْهُ إِلَّا يَأْذِنُهُ إِنَّمَا يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَمْ يَأْذِنْهُمْ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسَعْ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضِ وَلَمْ يَنْوِدْ جَهْنَمْهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

"Allah! There is no deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great."

[Surah Al-Baqarah 2:255]

DU'A FOR ADMISSION TO PARADISE X3

Radhitu billahi Rabba, wa bil-islami dina, wa bi Muhammadin-sallallahu 'alayhi wa sallama Nabiyya

رَضِيْتُ بِاللَّهِ رَبِِّيْا, وَبِالْإِسْلَامِ دِيْنِيْا, وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ شَيْئِيْا

"I am pleased with Allah as my Lord, with Islām as my religion and with Muhammad as my Prophet."

[Ibn Majah]

THE 3 QULS X3

Qul Huwa-llahu Ahad. Allahu-s-Samad. Lam yalid wa lam yulad. Wa lam yakul-lahu kufuhan ahad.

فُلْ هُوَ اللَّهُ أَكَّدْ, اللَّهُ أَكَّدْ وَلَمْ يُؤْكَدْ, وَلَمْ يَكُنْ لَّهُ كُفُوا أَكَّدْ

In the name of Allah, the All-Merciful, the Very Merciful.

"Say, He is Allah, the One, the Self-Sufficient Master, Who has not given birth and was not born, and to Whom no one is equal."

[Surah Al-Ikhlas]

Qul a'udhu bi-Rabbi-l-falaq. Min sharri ma khalaq. Wa min sharri ghasiqin idha waqab. Wa min sharri-n-naffathati fi-l-'uqad. Wa min sharri hasidin idha hasad.

فُلْ أَعُوْذُ بِرَبِّ الْفَلَاقِ, مِنْ شَرِّ مَا خَلَقَ, وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ, وَمِنْ شَرِّ النَّمَاثِلَاتِ فِي الْأَنْهَارِ, وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

"Say, I seek protection of the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkening night when it settles, and from the evil of the blowers in knots, and from the evil of the envier when he envies."

[Surah Al-Falaq]

Qul a'udhu bi-Rabbi-n-nas. Maliki-n-nas. Ilah-hin-nas. Min sharri-l-waswasi-l-khannas. Al-ladhi yuwasisu fi suduri-n-nas. Mina-l-jinnati wa-n-nas.

فُلْ أَعُوْذُ بِرَبِّ النَّاسِ, مَلِكِ النَّاسِ, إِلَهِ النَّاسِ, مِنْ شَرِّ الْوَوْسَوَاتِ الْخَنَّاسِ, الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ, مِنْ الْجِنَّةِ وَالنَّاسِ

"Say, I seek protection of the Lord of mankind, the King of mankind, the God of mankind, from the evil of the whisperer who withdraws, who whispers in the hearts of mankind, whether they be Jinn or people."

[Surah An-Nas]

GET YOUR SINS FORGIVEN X100

Subhana-llahi wa bi hamdihi.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

“Glory is to Allah and praise is to Him.”

DU'A FOR SEEKING FORGIVENESS AND REPENTING X100

Astaghfiru-l-laha wa atubu ilayhi.

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

“I seek Allah’s forgiveness and turn to Him in repentance.”

DU'A FOR DECLARING TAWHID X100

La ilaha illallahu wahdahu la sharika lahu, lahu-l-mulku wa lahu-l-hamdu wa Huwa 'ala kulli shay'in qadir.

لَّهُ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

“There is no deity worthy of worship except Allah, alone, without partner. To Him belongs all sovereignty and praise, and He is over all things omnipotent.”

DU'A FOR KNOWLEDGE, INCREASED PROVISION AND ACCEPTED DEEDS

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

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا تَفَعَّلُ وَرِزْقًا طَيِّبًا وَعَمَلًا مُّتَقَبَّلًا

“O Allah, I ask You for beneficial knowledge, goodly provision, and acceptable deeds.”

[Ibn Majah]

SAYYID AL-ISTIGHFĀR

Allahumma anta Rabbi la ilaha illa anta, Khalaqtani wa ana 'Abduka, wa ana 'ala 'ahdika wa wa'dika mastata'tu, A'udhu bika min Sharri ma sana'tu, abu'u Laka bini'matika 'alaiya, wa abu'u laka bidhanbi faghfir lee fa innahu la yaghfiru adhhdhunuba illa anta.

اللَّهُمَّ أَنْتَ رَبِّي لَدْ إِلَهٌ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، إِنَّمَا عَاهَدْتُ مِنْ شَرٍّ مَا صَنَعْتُ لَكَ أَبْرُؤُكَ يَنْهَمِتُكَ عَلَيَّ وَأَبْرُؤُكَ يَخْبِيُكَ، مَغْفِرَةً لِي مِنْ مَيْنَةِ لَدْ يُغْفِرُ الدُّنُوبُ إِلَّا أَنْتَ

O Allah, You are my Lord. There is no god worthy of worship except You. You have created me, and I am Your slave, and I am under Your covenant and pledge [to fulfil it] to the best of my ability. I seek Your protection from the evil that I have done. I acknowledge the favours that You have bestowed upon me, and I admit my sins. Forgive me, for none forgives sins but You.

SENDING SALAWAT UPON THE PROPHET X10

Allahumma salli 'ala Muhammad wa 'ala ali Muhammad, kama sallayta 'ala Ibrahima wa 'ala ali Ibrahim, innaka Hamidu-l-Majid. Allahumma barik 'ala Muhammad, wa 'ala ali Muhammad, kama barakta 'ala Ibrahima wa 'ala ali Ibrahim, innaka Hamidu-l-Majid.

اللَّهُمَّ صَلِّ عَلَىٰ مُحَمَّدٍ وَّعَلَىٰ أَلِيٍّ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ أَلِيٍّ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَّجِيدٌ، اللَّهُمَّ بَارِكْ عَلَىٰ مُحَمَّدٍ وَّعَلَىٰ أَلِيٍّ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ أَلِيٍّ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَّجِيدٌ

“O Allah, honour and have mercy upon Muhammad and the family of Muhammad as You have honoured and had mercy upon Ibrāhīm and the family of Ibrāhīm. Indeed, You are the Most Praiseworthy, the Most Glorious. O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrāhīm and the family of Ibrāhīm. Indeed, You are the Most Praiseworthy, the Most Glorious.”

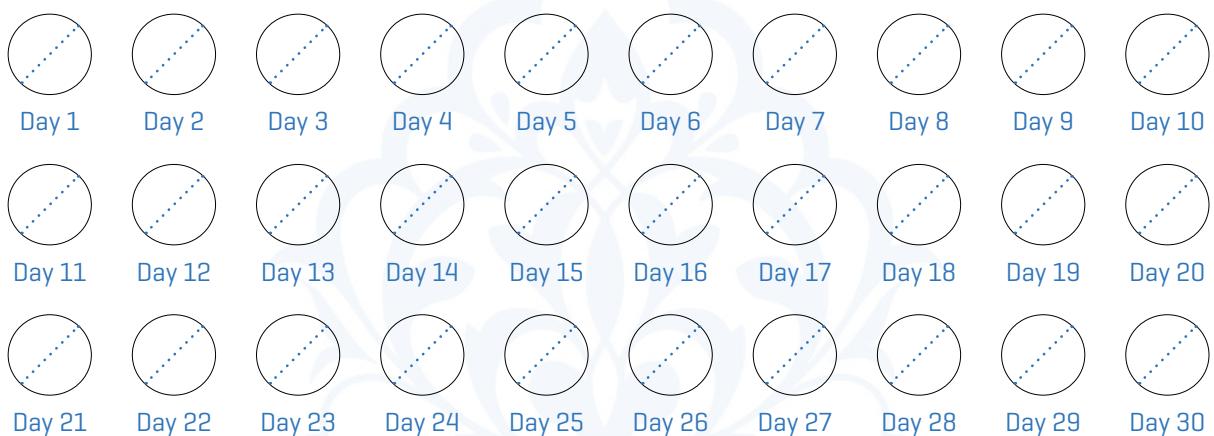
“Remember Allah much that you may be successful.”

[8:45]

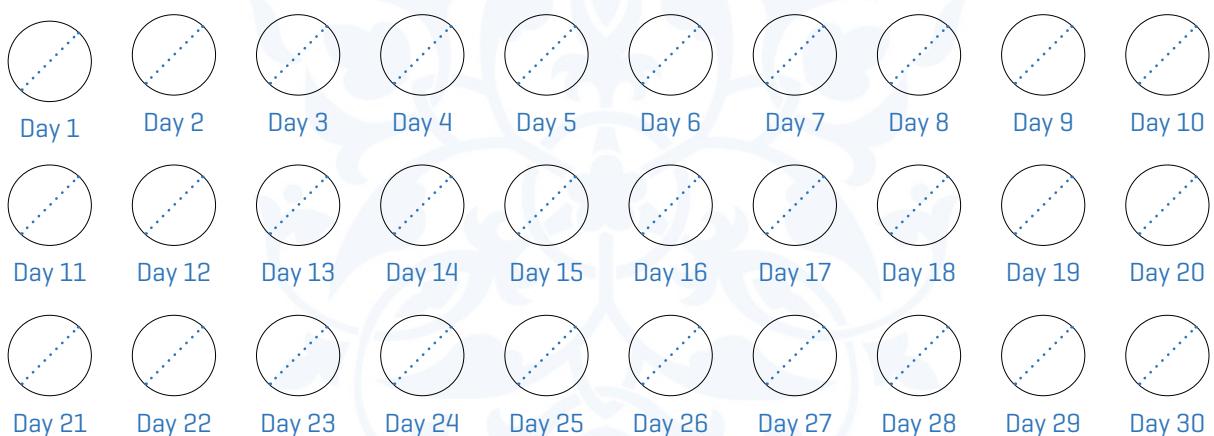
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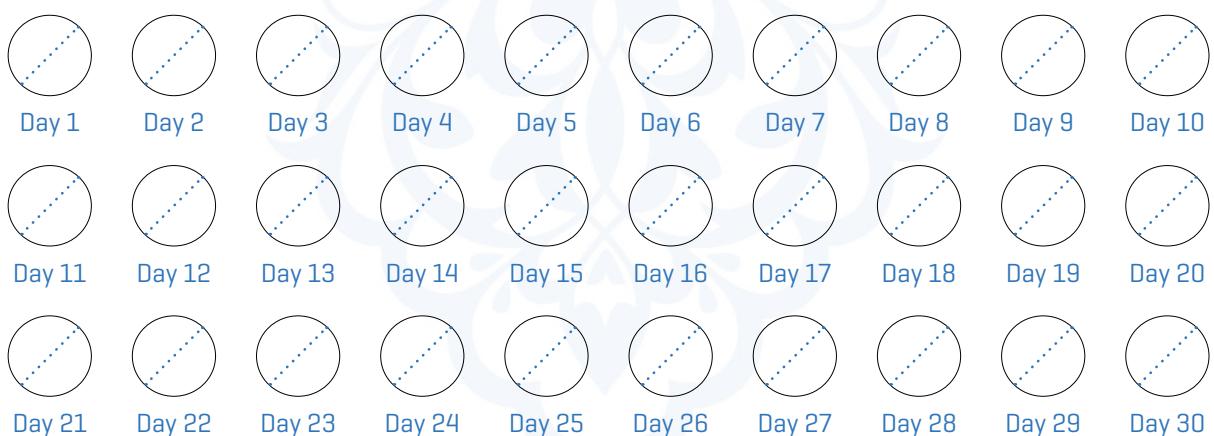
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QURAN TRACKER

Verse: _____

Surah: _____

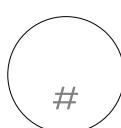
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TARAWEEH TRACKER

.... / 7 days

PRAYER TRACKER

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TARAWEEH



QIYAM



Actions are judged by intentions.

[Bukhari & Muslim]

DEED OF THE DAY

Share a beneficial video, article, or document to inspire loved ones.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
- Made du'a for someone else

NOTES & REFLECTION



I AM GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



DATE: _____

QURAN TRACKER

Verse: _____

Surah: _____

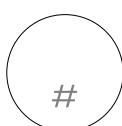
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TARAWEEH TRACKER

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PRAYER TRACKER

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TARAWEEH



QIYAM



Verily, in the remembrance of Allah do hearts find rest.

[13:28]

DEED OF THE DAY

Send a thoughtful message to check in on someone.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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- Prayed on time
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QURAN TRACKER

Verse: _____

Surah: _____

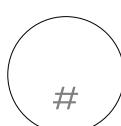
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TARAWEEH TRACKER

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PRAYER TRACKER

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TARAWEEH



QIYAM



The best of you are those with the best character.

[Tirmidhi]

DEED OF THE DAY

Make an effort to smile and greet people warmly throughout the day.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
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QURAN TRACKER

Verse:

Surah:

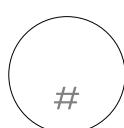
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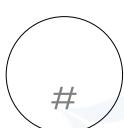
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PRAYER TRACKER

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TARAWEEH



QIYAM



Whoever relies upon
Allah – He is sufficient
for him.

[65:3]

DEED OF THE DAY

Make sincere du'a for
someone else, without
telling them or expecting
anything in return.

TO-DO LIST

- _____
- _____
- _____
- _____
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- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
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NOTES & REFLECTION



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DATE: _____

QURAN TRACKER

Verse:

Surah:

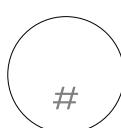
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TARAWEEH TRACKER

.... / 7 days

PRAYER TRACKER

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<input type="radio"/> Asr	<input type="radio"/> Sunnah
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<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Speak good or remain silent.

[Bukhari & Muslim]

DEED OF THE DAY

Set aside time to read at least one page of the Qur'an with presence and focus.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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DATE: _____

QURAN TRACKER

Verse:

Surah:

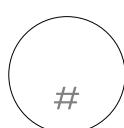
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TARAWEEH TRACKER

.... / 7 days

PRAYER TRACKER

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<input type="radio"/> Dhuhr	<input type="radio"/> Sunnah
<input type="radio"/> Asr	<input type="radio"/> Sunnah
<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



If you are grateful, I will surely increase you.

[14:7]

DEED OF THE DAY

Give charity today, even if it is a small amount given quietly.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
- Made du'a for someone else

NOTES & REFLECTION

I AM GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



DATE: _____

QURAN TRACKER

Verse:

Surah:

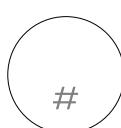
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM

“
Allah loves those who are patient.

[3:146]

DEED OF THE DAY

Help someone with a task or responsibility without waiting to be asked.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
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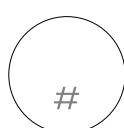
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Your Lord is Near and
Responsive.

[11:61]

DEED OF THE DAY

Pause and control your
reaction in a difficult
moment.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
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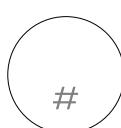
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



A kind word is charity.

[Bukhari]

DEED OF THE DAY

Avoid gossip and negative talk for the day.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
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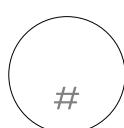
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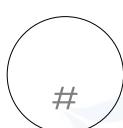
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Allah does not burden a soul beyond its capacity.

[2:286]

DEED OF THE DAY

Say something kind or encouraging to someone.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
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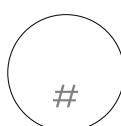
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



The most beloved deeds are those done consistently.

[Bukhari & Muslim]

DEED OF THE DAY

Pray all five daily prayers on time.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
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QURAN TRACKER

Verse:

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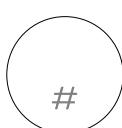
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<input type="radio"/> Asr	<input type="radio"/> Sunnah
<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



And whoever does good
equal to an atom's
weight will see it.

[99:7]

DEED OF THE DAY

Make dhikr during a busy
or distracting moment.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
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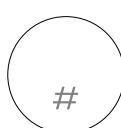
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Allah is Gentle and loves gentleness.

[Bukhari & Muslim]

DEED OF THE DAY

Forgive a small mistake or overlook an offence.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
- Made du'a for someone else

NOTES & REFLECTION



I AM GRATEFUL FOR

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QURAN TRACKER

Verse:

Surah:

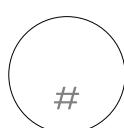
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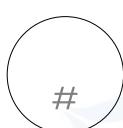
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Seek forgiveness from
your Lord.

[11:3]

DEED OF THE DAY

Thank someone sincerely
for their help or support.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
- Made du'a for someone else

NOTES & REFLECTION



I AM GRATEFUL FOR

1. _____
2. _____
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4. _____
5. _____
6. _____
7. _____

M T W T F S S

DATE: _____

QURAN TRACKER

Verse:

Surah:

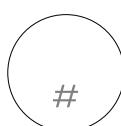
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Spread peace among yourselves.

[Muslim]

DEED OF THE DAY

Eat mindfully at iftar and avoid excess.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
- Made du'a for someone else

NOTES & REFLECTION



I AM GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



DATE: _____

QURAN TRACKER

Verse:

Surah:

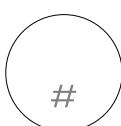
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TARAWEEH TRACKER

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<input type="radio"/> Asr	<input type="radio"/> Sunnah
<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM

“
Indeed, Allah is with the
doers of good.

[29:69]

DEED OF THE DAY

Lower your gaze and
practise modesty today.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
- Made du'a for someone else

NOTES & REFLECTION

I AM GRATEFUL FOR

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6. _____
7. _____



DATE: _____

QURAN TRACKER

Verse: _____

Surah: _____

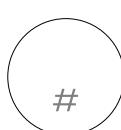
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Make things easy, not difficult.
[Bukhari]

DEED OF THE DAY

Make intentional istighfar with awareness.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
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- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
- Made du'a for someone else

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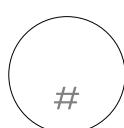
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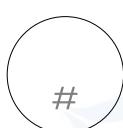
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Allah loves those who
repent.

[2:222]

DEED OF THE DAY

Pray two extra rak'ah
beyond the obligatory
prayers.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
- Made du'a for someone else

NOTES & REFLECTION



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QURAN TRACKER

Verse:

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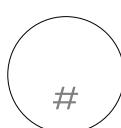
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



So remember Me; I will remember you.

[2:152]

DEED OF THE DAY

Learn or reflect on one new Islamic reminder.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
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Surah: _____

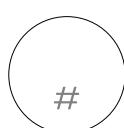
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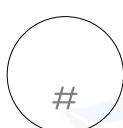
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Charity does not decrease wealth.

[Muslim]

DEED OF THE DAY

Share food with someone at home, work, or in the community.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
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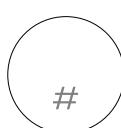
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM

“
The believers are
brothers.

[49:10]

DEED OF THE DAY

Step away from social
media for at least one
hour.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
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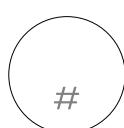
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



Whoever guides to good
has a reward like the one
who does it.

[Muslim]

DEED OF THE DAY

Sleep with a good
intention and
remembrance of Allah.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
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- Avoided gossip or negative talk
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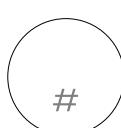
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TARAWEEH TRACKER

.... / 7 days

PRAYER TRACKER

<input type="radio"/> Fajr	<input type="radio"/> Sunnah
<input type="radio"/> Dhuhr	<input type="radio"/> Sunnah
<input type="radio"/> Asr	<input type="radio"/> Sunnah
<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM

“
Indeed, prayer restrains
immorality.

[29:45]

DEED OF THE DAY

Give salam first when
meeting others.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
- Smiled at someone
- Made du'a for someone else

NOTES & REFLECTION



I AM GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



DATE: _____

QURAN TRACKER

Verse:

Surah:

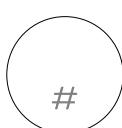
Juz:

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.... / 7 days

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<input type="radio"/> Fajr	<input type="radio"/> Sunnah
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<input type="radio"/> Maghrib	<input type="radio"/> Sunnah
<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM

“
Allah looks at your hearts
and actions.

[Muslim]

DEED OF THE DAY

Practise patience and
gentleness with family.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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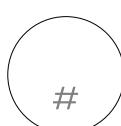
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<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM

“
And He is with you
wherever you are.

[57:4]

DEED OF THE DAY

Reflect on one blessing
you often overlook.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
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- Avoided gossip or negative talk
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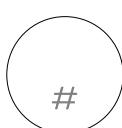
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<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



The strong one controls himself when angry.

[Bukhari]

DEED OF THE DAY

Give away something you love for the sake of Allah.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
- Sought forgiveness
- Gave charity



- Avoided gossip or negative talk
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QURAN TRACKER

Verse: _____

Surah: _____

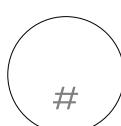
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<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM

“
Every good deed is
charity.

[Muslim]

DEED OF THE DAY

Spend a few minutes in
quiet reflection.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
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- Practised patience
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Surah:

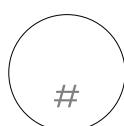
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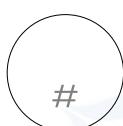
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<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



And Allah loves those
who purify themselves.

[2:222]

DEED OF THE DAY

Encourage someone
toward a good deed.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
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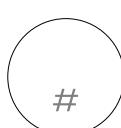
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<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM

“
Call upon Me; I will respond to you.

[40:60]

DEED OF THE DAY

Read an ayah of the Qur'an with its meaning.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
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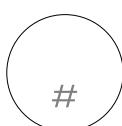
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<input type="radio"/> Isha	<input type="radio"/> Sunnah



TARAWEEH



QIYAM



The most beloved people to Allah are those most beneficial to others.

[Al-Tabarani]

DEED OF THE DAY

Renew your intention for Ramadan and fasting.

TO-DO LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY CHECKLIST

- Prayed on time
- Ate mindfully at iftar
- Made dhikr



- Practised patience
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OVERNIGHT OATS

Ingredients:

- 1 part Oats
- 1 part milk of choice
- Sweetner
- Toppings, fruits, nut butters

Method

- In a jar combine the milk, sweetner
- Add the oats and mix thorouhly
- Store in the fridge for at least 3 hours
- Serve with your choice of toppings



KAFTA ON BREAD

Ingredients:

- Kafta
- Flat bread
- Oil
- Greek yoghurt
- Mint
- 1 crushed garlic clove

Method

- Spread the Kafta on one side of the pita
- Cook Kafta side down in the oiled pan in medium heat for 1-2 minutes
- Flip and toast the bread side
- Combine the yoghurt, chopped mint and garlic into a dipping sauce



BAKED EGGS

Ingredients:

- Eggs
- Chopped tomatoes
- Spinach
- Mushrooms
- Feta
- Salt and pepper

Method

- Preheat your oven to 180
- Whisk all the ingredients together
- Pour into an oiled muffin tin or baking tray
- Bake for 20 minutes until golden



QUIZZES AND PUZZLES

In which year of Hijrah was fasting in Ramadan made obligatory?

2nd year of Hijrah

Which surah in the Quran mentions Ramadan by name?

Surah Al-Badraah

Which night is described in the Quran as being better than a thousand months?

Laylatul Qadr

What is the main purpose of fasting in Ramadan?

Attaining tadawa

What is the minimum obligation for Zakat al-Fitr?

One sa' measure

What did the Prophet SAW use to break his fast?

Dates or water

Is completing the Quran in Ramadan obligatory?

Not obligatory

What is the charity given to purify wealth?

Zakat al-Maal

What form of charity compensates for unperformed fasts?

Fidyah



WORD LIST

1. RAMADAN	6. DUA	11. SADAQAH	16. NIYYAH
2. TAQWA	7. TARAWEH	12. FIDYAH	17. MAGHRIB
3. SUHOOR	8. LAYLATULQADR	13. KAFFARAH	18. ITIKAF
4.IFTAR	9. IKHLAS	14. QADA	19. SABR
5. QIYAM	10. ZAKAT	15. QURAN	20. JANNAH