

# MY RAMADAN GOALS

"Oh you who believe, I give you and I prescribe to you fasting. Maybe you will gain Taqwa (piety)" [2:183]

## Ibadah goals

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## Self improvement goals

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## Reminders

- treat kindly
- walk humbly
- dress neatly
- talk politely
- pray attentively
- donate generously

## Notes

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# PRAYER/SALAT LOG ✓

*"And speak good to people, and establish prayer and give zakat" [2:83]*

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# NIGHT PRAYER LOG

"And from (part of) the night, pray with it as additional (worship) for you. It is expected that your Lord will resurrect you to a praised station" [17:79]

DAY	DATE	SALAT UL LAYL	MY NOTES
1 			<p>Among the ways of remembering Allah is waking up at night for salat ul layl (night prayer).</p> <p><b>Merits of Salatul Layl (just a few):</b></p> <ol style="list-style-type: none"> <li>1. Gain pleasure of Allah. </li> <li>2. Recieve attention of the angels.</li> <li>3. Sunnah of the prophets.</li> <li>4. Ornament for the hereafter.</li> <li>5. Healthy habit for the body.</li> <li>6. Adds noor to the face.</li> <li>7. Protection during the day.</li> <li>8. Seeking forgiveness of sins increases blessings.</li> <li>9. The house in which Salatul Layl is recited glows which can be seen from the heavens just as the stars beam with light for those on earth.</li> <li>10. It is narrated that Prophet (pbuh) said that those who pray salatul layl with sincerity, Allah places nine rows of angels behind them. The number of angels in each row cannot be counted except by Allah. When the person completes the prayer, the sawab from the prayers of the angels is also received by the person.</li> </ol> <p><b>Time:</b> The time for salat ul layl begins after midnight until the time for Fajr (morning) prayers. The best time for it is as close to the Fajr prayer as possible.</p> <p><b>Method:</b> Please follow the below link: <a href="http://www.duas.org/tahajjud.htm">www.duas.org/tahajjud.htm</a></p> <p>Let this Ramadan be an opportunity to learn and be consistent in recitation of Salat ul Layl. </p>
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# FASTING LOG ✓

*"But to fast, is better for you, only if you knew" [2:184]*

DAY	DATE	FASTED TODAY	MAKE UP DATE
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# QURAN READING LOG

"This is the Book (the Quran), whereof there is no doubt, guidance to those who are *Al-Muttaqoon* (the pious)" [2:2]

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# LAILATUAL QADR PLANS

"So when the Quran is recited, then listen to it and pay attention that you may receive mercy" [7:204]

## My Duas List

Blank lines for writing Duas.

## Surahs to Recite

Blank lines for writing Surahs to recite.

## ✓ Qaza e Umri Salat Log

Fajr    Zhur    Asr    Maghrib    Isha

	Fajr	Zhur	Asr	Maghrib	Isha

## My Notes

Blank lines for writing notes.

# 30 GOOD DEEDS FOR RAMADAN

*"Then shall anyone who has done an atom's weight of good, see it" [99:7]*

Make a prayer for someone	Listen to Jawshan e Kabeer 1- 20 verses	Recite all 5 salats on time	Wake up early and help out during suhoor time	Recite salawat 250 times
Recite astagfar 70 times after every salat	Stop yourself from gossip and backbiting	Listen to Jawshan e Kabeer 21- 40 verses	Make a list of dua's for Laylatul Qadr	Recite 2 pages of Quran after Fajr prayer
Smile at everyone	Carry out an act of kindness	Help take out trash at home	Listen to Jawshan e Kabeer 41- 60 verses	Listen & recite Dua e Mujeer
Earn a thousand good deeds in minutes. Recite 100 salawats	Listen to Jawshan e Kabeer 61- 80 verses	Double your rewards by sharing your iftar with someone	Recite Surah Rehman	Look around you. Write down five blessings
Listen to Jawshan e Kabeer 71- 80 verses	Keep away from quarreling with your siblings	Learn five names of Allah and the meaning	To seek Allah's help during the day, recite la hawla wala quwwata illa billah 7 times after Fajr salat	Give toys and clothes to charity
Earn reward for finishing Quran by reciting 3 times surah Iqhlas before going to bed	Thank Allah by sajda shukr and in turn Allah will increase your bounties	Listen to Jawshan e Kabeer 81- 100 verses	Keep water and food for the birds	Make Eid cards & wrap gifts to share with family & friends



# RAMADAN DAILY SCHEDULE

DATE:  
DAY:

## TO-DO LIST:

## NOTES:

EARN OVER ONE MILLION DEEDS

**Say 100 times daily.**

SubhanAllah  
Alhumdulillah  
AllahuAkbar  
La Ilaha Illallah  
Astagfarullah

4:00 AM

5:00 AM

6:00 AM

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

7:00 PM

8:00 PM

9:00 PM

10:00 PM

11:00 PM

12:00 AM

1:00 AM

2:00 AM

3:00 AM



# RAMADAN ACTIVITY CHECKLIST ✓

*4 weeks of mercy; 30 days of worship; 720 hours of spirituality; 43,200 minutes of forgiveness;  
2,592,000 seconds of happiness*

- Decorate your home
- Search for the moon
- Recite a nasheed
- Gather books to read
- Set up a dikhr tent
- Make ramadan cards
- Prepare ramadan goals
- Create a ramadan wall display
- Make a lantern
- Hang lights around the house
- Give charity
- Help with Iftar preparations
- Clean up after iftar
- Start a gratitude journal
- Pray for someone
- 24 hrs no complain challenge
- Memorize a surah
- Study Quran with translation
- Pray before breaking fast
- Watch a video about Ramadan
- Prepare for Lalatul Qadr ibadah
- Learn names of Allah
- Perform a good deed in secret
- Plan an Eid treasure hunt

## NOTES



# IFTAR PLANNER

"And eat and drink until the white thread of dawn becomes distinct from black thread (of night).  
Then complete the fast until the sunset" [2:187]

Iftar	Dinner	Tea/Dessert
Surahs to recite		Notes