



Ramadan

ACTION PLAN

MAKE THIS YOUR BEST RAMADAN YET!

DAILY PLANNER AND GUIDE FOR ALL AGES

In the name of Allah, the Most Gracious, the Most Merciful.

All thanks and praise is due to Allah alone, the Lord of the Worlds. We praise Him, seek refuge with Him, and seek His forgiveness. We seek refuge with Allah from the evils of our souls, and the mistakes in our actions. Whomever Allah Guides, there is none who can misguide him, and whoever Allah misguides, there is none who can guide him. Verily, there is none worthy of being worshipped except Allah, and Muhammad (Peace be upon him) is His servant and Messenger.

Allah (*subhanahu wa ta'ala*) reminds us in the Qur'an that the month of Ramadan contains limited precious days — with an extraordinary opportunity to reach out and connect to Him. He tells us of this powerfully,

All the actions of people are for them, except for fasting. Fasting is for Me and it is I who rewards it.

Hence the purpose of this month is Allah — and Allah (*swt*) alone. Fasting is a means to attain nearness to Him. Keeping this in mind, we must make the most of these days.

The best way to take advantage of Ramadan is to develop a Ramadan action plan — because a failure to plan is a plan for failure. If you don't set goals, it gets difficult to measure yourself and assess the current state of your worship. This planner will help you to make the most of your Ramadan and prepare you to maintain the spirit even after Ramadan! Remember, Ramadan gives you a special glimpse into who you can be every day.

In filling out the pages, do not forget to list your daily goals at the top of the page. To make the most use of this blessed month, try not to pile too many tasks into your schedule in hopes that you will fulfill it — but instead allocate time for *each* goal. Make sure you evaluate the **intention** and **sincerity** with which you are entering this holy month, for what we intend is what Allah (*subhanahu wa ta'ala*) rewards us for.

May Allah make this Ramadan beneficial, productive and rejuvenating for the body and soul. May He answer our prayers, accept our deeds, keep us steadfast and intellectually and spiritually revived until the next Ramadan. Aameen.

Let's get planning!

THE RAMADAN PLEDGE OF INTENTION

I, _____ (your name),

Solemnly make this pledge to my Lord and Cherisher, Allah the Almighty, seeking His assistance and acceptance. Every single action that I do will depend on the quality of my intention. Therefore, I testify that I will always purify and renew my intention and seek for His Forgiveness solely to earn His pleasures.

I promise I will not compare myself to anyone. I believe that everyone is at a different level and success is when I am better than I was yesterday. This Ramadan, I will bring myself to a better level by improving my character. I intend to always repent, forgive others, stop doing bad habits and replace it with good habits.

I agree to keep track of my daily action, to practice self-control, and to motivate myself to do more everyday with the right intention. I agree to continue doing with what I have learned and practiced this month after Ramadan. May Allah grant me guidance and strength to make this Ramadan productive.

May He make it easy for me to turn to Him completely and perpetually. Aameen.



BAD HABIT BREAKERS!

Use this Ramadan to change for good!

Our character is basically a composite of our habits. Because they are consistent, often unconscious patterns, they constantly, daily, express our character. —Stephen Covey

| My bad habit | What I'll do to break the habit |
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WHAT DO YOU WANT TO ACCOMPLISH

from this Ramadan?

LONG-TERM GOALS:

SHORT-TERM GOALS:

Call upon Me; I will respond to you.

—The Holy Quran (40:60)

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Ya Hayyu, Ya Qayyum, bi rahmatika astagheeth [Tirmidhi]

O LIVING, O SUSTAINING, IN YOUR MERCY I SEEK RELIEF!

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ نَسْتَغْفِرُ اللَّهَ
نَسْأَلُكَ الْجَنَّةَ وَنَعُوذُ بِكَ مِنَ النَّارِ

Ashadu alla ilaha illallah, nastaghfirullah, nas'aluk'l-jannata wa na`audhu bika min an-nar

I TESTIFY THAT THERE IS NOTHING WORTHY OF WORSHIP OTHER THAN ALLAH AND WE SEEK THE FORGIVENESS OF ALLAH. WE ASK YOU FOR PARADISE AND TAKE REFUGE IN YOU FROM THE FIRE.

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنَّا

Allahumma innaka 'afuwun tuhibbul 'afwa f'afu 'anna [Tirmidhi]

O ALLAH, TRULY YOU ARE ALL-PARDONING,
YOU LOVE TO PARDON SO PARDON ME

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِرَحْمَتِكَ الَّتِي وَسِعَتْ كُلَّ شَيْءٍ أَنْ تَغْفِرَ لِي

Allaahumma inni as'aluka birahmatika al-lati wasi'at kulli shay'in an taghira li

O ALLAH, I ASK YOU BY YOUR MERCY WHICH
ENVELOPES ALL THINGS, THAT YOU FORGIVE ME

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

La illaha illa anta subhanaka inni kuntu minaz-zaalimeen

THERE IS NO DEITY BUT YOU. GLORY BE TO YOU! VERILY,
I HAVE BEEN AMONG THE WRONGDOERS (21:87)

BEST TIMES TO SUPPLICATE

- The last third of the night
- Between Adhan and Iqamah
- Whilst in sujood
- An hour on Friday
- Laylat Al-Qadr
- After obligatory salah
- When it is raining
- Whilst travelling

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ العُرُوقُ، وَتَبَّتِ الأَجْرُ إِن شَاءَ اللّهُ

Zahaba azh-zhama'u, wa-btallatil 'urooqu, wa thabata al-ajru in shaa' Allah [Abu Dawud]

THE THIRST HAS GONE AND THE VEINS ARE QUENCHED, AND REWARD IS CONFIRMED, IF ALLAH WILLS

اللّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

Allahumma rahmatoka arju fala takilni ila nafsi tarfata 'aynin wa aslih li sha'ni kullahu la ilaha ila anta [Abu Dawud]

O ALLAH, I HOPE FOR YOUR MERCY, DO NOT LEAVE ME FOR EVEN THE DURATION OF AN EYE BLINK (DURATION) AND CORRECT MY TOTAL CONDITION. BESIDES YOU THERE IS NONE WORTHY OF WORSHIP

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana aatina fid-dunya hasanatan, wa fil-akhirati hasanatan, wa qina 'adhab-annar

GIVE US IN THIS WORLD THAT WHICH IS GOOD AND IN THE HEREAFTER THAT WHICH IS GOOD, AND SAVE US FROM THE PUNISHMENT OF THE FIRE (2:201)

اللّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَ عَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu wa bika aamantu wa 'ala rizq-ika aftarthu [Abu Dawud]

O ALLAH! I FASTED FOR YOU AND I BELIEVE IN YOU AND I BREAK MY FAST WITH YOUR SUSTENANCE

TODAY'S GOALS

✓ DAILY CHECKLIST

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- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHKAAR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

📖 QURAN TRACKER

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DATE: _____

Whoever would like his provision to be increased and his lifespan extended, let him uphold his ties of kinship.

-The Prophet Muhammad (peace be upon him) / Bukhari

🕋 PRAYER TRACKER

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DEED OF THE DAY

Share a beneficial Islamic document, video, quote or image to inspire your friends and family.

TIP OF THE DAY



Take your multivitamins at suhoor to ensure your body obtains all its required nutrients throughout the day.

DATE: _____

Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.)
 -The Prophet Muhammad (peace be upon him) / Bukhari

PRAYER TRACKER

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DEED OF THE DAY

Stop yourself from saying anything negative about someone — make dua for them instead!



TIP OF THE DAY

Avoid eating oily foods after iftar and sour foods during suhoor.



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Truly, Allah loves those who turn to Him constantly and He loves those who keep themselves pure and clean.

-The Holy Quran 2:222

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DEED OF THE DAY

Try to remain in a state of wudhu' for the entire day — freshening it up immediately when needed.



TIP OF THE DAY

Start working on your most important tasks right after Fajr prayer for maximum benefit.

DATE: _____

The most beloved people to Allah are those who are most beneficial to the people.

-The Prophet Muhammad (peace be upon him) / Al-Albani

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DEED OF THE DAY

Buy a meal for a homeless person — or someone you see in need.



TIP OF THE DAY

Break your fast with just dates and water — then go to pray Maghrib before you sit down to eat your meal.



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A man said, "Messenger of Allah (peace be upon him) what rights can parents demand from their children?"

He replied, "They are your Paradise and your Hell."

-The Prophet Muhammad (peace be upon him) / Tirmidhi

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DEED OF THE DAY

Be extra kind to your parents/guardians/elders today. Go out of your way for their comfort. You'll reap the rewards in the hereafter.

TIP OF THE DAY



Remember to stay hydrated! Drink plenty of water at suhoor and iftaar.

DATE: _____

The two Rak'ah before the Fajr prayer are better than this world and all it contains

-The Prophet Muhammad (peace be upon him) / Muslim

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DEED OF THE DAY

Be the one serving dates and water to those breaking their fasts around you.



TIP OF THE DAY

Don't forget to continue staying active during Ramadan — even if that means going for a short walk after iftaar or suhoor.



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Whoever prays Fajr in congregation then sits remembering Allah until sunrise then prays two units of prayer, has a complete reward of Hajj and Umrah

-The Prophet Muhammad (peace be upon him) / Tirmidhi

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DEED OF THE DAY

Pray Salat ul-Ishraq (ref: hadith above) after Fajr prayer.

TIP OF THE DAY

Avoid eating foods that are deep fried and high in sugar and sodium.



DATE: _____

"The signs of a hypocrite are three: Whenever he speaks, he tells a lie; and whenever he promises, he breaks his promise; and whenever he is entrusted, he betrays (proves to be dishonest)"
 -The Prophet Muhammad (peace be upon him) / Bukhari

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DEED OF THE DAY

Invite someone who you are not particularly close to over for iftar.



TIP OF THE DAY

If you take a short nap during the day don't overdo it. Use the majority of your day for ibaadah.



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Whoever suppresses his rage, even though he could fulfill his anger if he wished, then Allah will secure his heart on the Day of Resurrection.

-The Prophet Muhammad (peace be upon him) / Al-Albani

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DEED OF THE DAY

Give your neighbour some company — with some delicious food included!

TIP OF THE DAY



Do not overeat during suhoor and iftaar.

DATE: _____

*Feed the hungry, visit the sick
and free the captives.*

-The Prophet Muhammad (peace be upon him) / Bukhari

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DEED OF THE DAY

If you know anyone who is sick, then visit them and give them your time and company.



TIP OF THE DAY

Break your day down into manageable chunks and block off time for worshipping Allah.



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DATE: _____

Whoever provides food for breaking of the fast of a fasting person receives the reward of the fasting person, without the reward of the fasting person being reduced in any way.

-The Prophet Muhammad (peace be upon him) / Tirmidhi

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DEED OF THE DAY

Buy candy and distribute it to children at your mosque/ community centre.

TIP OF THE DAY



Reach for the fruits and vegetables that'll help with hydration throughout the day and night.

DATE: _____

Whoever says SubhanAllaahi wa bihamdihi (Glorified is Allah and praised is He) one hundred times a day, will have his sins forgiven even if they are like the foam of the sea.

-The Prophet Muhammad (peace be upon him) / Bukhari

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DEED OF THE DAY

Do some extra dhikr today after each fard prayer (ref: hadith above)



TIP OF THE DAY

Write down your duas — it makes it easier to repeat them multiple times throughout the month.



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Whoever builds a mosque for Allah, then Allah will build for him a similar house in Paradise.

-The Prophet Muhammad (peace be upon him) / Bukhari, Muslim

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DEED OF THE DAY

Go to the mosque closest to you and donate what would've been your lunch/coffee money for the day.

TIP OF THE DAY



Pray each prayer exactly on time. Make wudhu in advance and wait for each prayer a few minutes before it begins.

DATE: _____

Whoever covers the faults of a Muslim, Allah will cover his faults in this world and in the Hereafter. Allah helps the servant as long as he helps his brother.

-The Prophet Muhammad (peace be upon him) / Muslim

PRAYER TRACKER

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TODAY'S GOALS

DAILY CHECKLIST

- SMILED AT SOMEONE
- GAVE CHARITY
- LEARNED SOMETHING NEW
- FED A HUNGRY PERSON
- PRAYED IN CONGREGATION
- READ MY DAILY ADHKAAR
- HELPED SOMEONE OUT
- ASKED FOR FORGIVENESS
- DID THE DEED OF THE DAY

QURAN TRACKER

MEMORIZED RECITED

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DEED OF THE DAY

Make dua for someone who has hurt you — ask Allah to guide, forgive and bless them.



TIP OF THE DAY

Focus on taking in foods that are rich in complex carbohydrates (ex: barley, whole wheat toast, quinoa, peas, beans, etc.)

Reflections

Jems

TODAY'S GOALS

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📖 QURAN TRACKER

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DATE: _____

Politeness with people is charity.

-The Prophet Muhammad (peace be upon him) / Sahih Ibn Hibban

🕋 PRAYER TRACKER

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DEED OF THE DAY

Be extra polite and kind to those who test your patience.

TIP OF THE DAY

If someone annoys or even insults you, don't get into an argument. Instead say, "let's agree to disagree" — and then change the subject.



DATE: _____

Whoever gives relief to his debtor or waives his debt completely, then he will be in the shade of the Throne on the Day of Resurrection.

-The Prophet Muhammad (peace be upon him) / Musnad Ahmad

PRAYER TRACKER

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DEED OF THE DAY

Waive the debt of someone who owes you money — then ask Allah to forgive them and accept your deed.



TIP OF THE DAY

During the hottest part of the day, stay in cool areas (indoors or in the shade) and limit your physical activity.

Reflections

Jems

TODAY'S GOALS

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DATE: _____

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

-The Prophet Muhammad (peace be upon him) / Ibn Hibban

🕋 PRAYER TRACKER

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DEED OF THE DAY

Cancel out your mistakes: for every bad deed (small or big) you commit today, immediately follow it up with a good one.

TIP OF THE DAY



Use Allah's unique names to make your duas extra special and meaningful.

DATE: _____

*He has not thanked Allah
who has not thanked people.*

-The Prophet Muhammad (peace be upon him) / Bukhari

PRAYER TRACKER

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DEED OF THE DAY

Reflect on everything you are thankful for. After this, prostrate to Allah in Sajdat al-Shukr for your blessings.



TIP OF THE DAY

Improve your conversational manners by fully listening to what others have to say, instead of waiting to speak.

Reflections

Jems

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DATE: _____

Give each other gifts and you will love each other.

-The Prophet Muhammad (peace be upon him) / Tirmidhi

🕋 PRAYER TRACKER

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DEED OF THE DAY

Get someone you love a thoughtful gift that will benefit them in this life and the next (ex: a tasbeeh, a dua book, etc).

TIP OF THE DAY



You can learn a lot about a person by what they gift to you/others.

DATE: _____

Search for the Night of Qadr in the odd nights of the last ten days of Ramadan.

-The Prophet Muhammad (peace be upon him) / Bukhari

PRAYER TRACKER

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DEED OF THE DAY

Wake up a little before suhoor/ Fajr to get into the habit of praying qiyam. If you already do this, top up your current 'ibaadah.



TIP OF THE DAY

Remind yourself that the last ten nights of Ramadan only happen once a year — and give it your all.



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DATE: _____

If one among you shows slackness and weakness (in the earlier part of Ramadan), it should not be allowed to prevail upon him in the last week.

-The Prophet Muhammad (peace be upon him) / Muslim

🕋 PRAYER TRACKER

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DEED OF THE DAY

Be a charity superhero for the day. Go out into the public and help as many people as you possibly can!

TIP OF THE DAY



Reading Quran after Fajr is a great habit to develop; it builds discipline and spiritual endurance.

DATE: _____

When the last ten nights (of Ramadan) would begin, the Messenger of Allah (s.w.s) would keep awake at night (for prayer and devotion), awaken his family, and prepare himself to be more diligent in worship.

-Muslim

PRAYER TRACKER

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DEED OF THE DAY

Wake up before the rest of your family so you can reap the rewards of waking them for worship.



TIP OF THE DAY

Sincerely asking Allah to help you wake up early for the purpose of worshipping Him does wonders.

Reflections

Jems



TODAY'S GOALS

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DATE: _____

When a Muslim visits his sick brother, he is as if he were there in the gardens of Jannah as much as his visit lasts."

-The Prophet Muhammad (peace be upon him) / Muslim

🕋 PRAYER TRACKER

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DEED OF THE DAY

Visit any elderly relatives/ friends — learn from their wisdom and give them company.

TIP OF THE DAY



Get out of the bed immediately once you hear your alarm/atha'an ring.

DATE: _____

Whoever died and he ought to have fasted (the missed days of Ramadan) then his guardians must fast on his behalf.

-The Prophet Muhammad (peace be upon him) / Bukhari

PRAYER TRACKER

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DEED OF THE DAY

Help your parents with a chore or something that they normally do.



TIP OF THE DAY

Cucumbers, zucchinis, tomatoes, watermelons and strawberries contain more than 90% water.

Reflections

Jems

TODAY'S GOALS

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DATE: _____

Tasbeeh in Ramadan is better than a thousand tasbeeh in other than it.

-The Prophet Muhammad (peace be upon him) / Tirmidhi

🕋 PRAYER TRACKER

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DEED OF THE DAY

For maximum reward, recite the same tasbeeh after each prayer (SubhanAllah, Alhamdulillah, Allahu Akbar x33) before you sleep as well.

TIP OF THE DAY



To make daily dhikr easier, download a tasbeeh app!

DATE: _____

*'Eat Sahur, for in Sahur
there is blessing.*

-The Prophet Muhammad (peace be upon him) / An-Nasai

PRAYER TRACKER

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DEED OF THE DAY

Buy a bag of good groceries – or other treats you'd normally buy for yourself – and donate it to your local food bank or shelter.



TIP OF THE DAY

Try to eat most of your carbohydrates (the complex kind!) for suhoor, and most of your protein (the non-fried kind!) after iftaar.

Reflections

Jems

TODAY'S GOALS

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DATE: _____

Indeed, We sent the Qur'an down during the Night of Decree. And what can make you know what is the Night of Decree? The Night of Decree is better than a thousand months.

-Surah 97, Verses 1-3

🙏 PRAYER TRACKER

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DEED OF THE DAY

If possible, spend most of your night in the masjid supplicating and praying. If not, isolate yourself in a separate room at home.

TIP OF THE DAY



If you overeat during iftaar, it'll be extremely difficult to stay awake during the night. Try to eat more balanced meals in the last ten nights.

DATE: _____

Allah, may He be blessed and exalted, says:
Fasting is for me & I shall reward for it. The
fasting person has two moments of joy: When he
breaks his fast and when he meets his Lord.

-The Prophet Muhammad (peace be upon him) / An-Nasai

PRAYER TRACKER

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DEED OF THE DAY

Memorize a new dua.

TIP OF THE DAY

Make a list of all the habits you wish to carry forth and stop after Ramadan ends. Next to each habit, explain how you plan on doing it.

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DATE: _____

For those who fast there is a gate in Paradise called Ar-Rayyan, through which no one but they will enter. When the last of them has entered it, it will be closed. Whoever enters through it will drink, and whoever drinks will never thirst again.

-The Prophet Muhammad (peace be upon him) / An-Nasai

🕋 PRAYER TRACKER

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DEED OF THE DAY

Write out handwritten Eid cards to your closest friends and family.

TIP OF THE DAY

Making a habit of drinking sugary drinks during Ramadan will only cause further problems after the month ends.





DATE: _____

Whoever fasts Ramadan, then follows it with six from Shawwal, then that is (equal in reward) to fasting everyday.

-The Prophet Muhammad (peace be upon him) / Tirmidhi

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DEED OF THE DAY

Make an intention to fast for six days, minimum, in Shawwal — write down the days in your calendar.

TIP OF THE DAY

Positivity is contagious! Spread the joy and have an awesome Eid!



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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 (pbuh)



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