



# Ramadan Planner

*When Ramadan begins, the gates of Paradise are opened and the gates of Hell are closed,  
and the devils are chained up (An-Nasa-i)*

*Created by @FastingPlanner  
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*The Prophet PBUH was asked: “What deeds are loved most by Allah?” He said,  
“The most regular constant deeds, even though they maybe a few.”  
(Bukhari)*



السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

اللَّهُ

**We're all unique. And when it comes to our Imaan, it's no different.  
Everyone's Imaan is personal and may fluctuate.**

**With the Holy month of Ramadan, some will fly through it. Others, not so.**

**Ramadan is all about steadfastness, spirituality, sacrifice and worship.  
Some of the qualities needed are patience, gratitude and abstaining from sins.**

**There are many benefits to fasting, the main one as outlined in the Quran is gaining Taqwa.**

**If you're looking for a guide to assist you, then we hope the Ramadan Planner  
will help you along the journey and bring you closer to Allah and His Messenger (PBUH).**



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Tahajjud															
Sahur															
Fajr															
Quran, Zikr, Dua															
Afternoon: Zikr															
Zohar															
Asr															
Quran, Zikr, Dua															
Iftaar, with Family															
Maghrib															
Isha/Witr															
Taraweeh (Qiyam)															
Tafsir/Seerah															
Charitable acts: Sadaqah, Zakat, food for neighbours															
Stay away from sins															



**Look for Lailat ul Qadr in the last 10 nights.  
Increase Ibadah and charity as you never know  
which night it may fall on.**

	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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## Get more Barakah spiritually and physically this Ramadan

Salaah	Zikr	Charitable Acts	Healthy Living	Celebrate (Eid and beyond)
Tahajjud (2-12 Rakaats)	Pray a portion of the Quran daily, ideally after Fajr	Give Sadaqah/Lillah/Zakat	Break your fast with dates and eat healthy	Keep away from sins
Pray all Sunnah Rakaats in all Salah's	Learn the meaning/Tafsir of what you have read	Be kind to everyone	Drink plenty of water between Iftaar and Sahur	Be consistent in your ibadah
Do Wudu according to the Sunnah	Try and memorise a few lines daily	Community work: food banks, Mosques	Eat foods which are mentioned in the Quran & Hadith	Have fun with family & friends (maybe remotely!)
Salatul Duha/Ishraq, forenoon prayer, 20 mins after sunrise	Ask for forgiveness 100 times daily	Help your neighbours no matter who	Keep away from fried food, high sugar content, caffeine	Commit to 3 new good deeds for the next 12 months
Tahayyat ul Masjid, 2 Rakaats for when entering the mosque	Send salutations on our Prophet Muhammed PBUH	Smile!	Keep your mind and body active, but don't over do it.	Remember, don't over indulge, your stomach has shrunk...
Tahayyat ul Wudu, 2 Rakaats after completing Wudu	Make Dua, Dua is the weapon of the Believer	Donate. Help your local charities	Plenty of sleep and rest	Share the love with Muslims & non-Muslims
Salatut Tasbih, should be read at least once in a lifetime	Read Suratul Yaseen, Mulk, Sajdah daily. Kahf on Fridays	Get kids involved in the Ramadan spirit	Listen to your favourite reciters/ podcasts for motivation	Don't forget the 6 fasts of Shawwal!
Awwabeen , 6 Rakaats after Maghrib	Important daily Dua's (waking up, after eating etc..)	Be extra patient	For Sahur, eat slow burning foods, like oats	Use this Planner to guide you till next Ramadan
Increase Nafl (optional) Salaah	Daily Tasbih of Zikr Alhumdulillah, Subhanallah etc..	Do shukr and be grateful		Use our Fasting Planner to help you Fast and gain reward
Kushoo & Khuzu (Concentration & Humility)	Self reflection and stock taking (Hisaab Kitaab)			Revive a Sunnah. Learn the Seerah of the Prophet (PBUH)
Taraweeh (20 Rakaats)	Memorise 99 Names of Allah			



الَّذِينَ يُنْفِقُونَ أَمْوَالَهُمْ بِاللَّيْلِ وَالنَّهَارِ سِرًّا وَعَلَانِيَةً فَلَهُمْ

أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ

*Those who spend their wealth in charity day and night, secretly and openly—  
their reward is with their Lord, and there will be no fear for them,  
nor will they grieve. (Quran 2:274)*

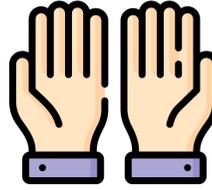
## Charity Planner.

Prophet Muhammed PBUH said, Enjoining all that is good is Sadaqah. (Bukhari)

Regarding Zakat, the Messenger of Allah said, charity given to the poor is charity  
and that given to a relative is two things: charity and upholding ties of kinship. (Ibn Majah)

Zakaat/Sadaqatul Fitr  
Beneficiaries, amount etc...

Voluntary Sadaqah (Lillah)  
Charities, Mosque etc...



لَيْلَةُ الْقَدْرِ خَيْرٌ مِنْ أَلْفِ شَهْرٍ

*The Night of Qadr is much better than a thousand months. (Quran 97:3)*

## Dua and Lailatul Qadr

Dua is the weapon of the believer. (Targhib)

The Dua made at Tahajjud is like an arrow that does not miss its target. (Imam Shafi)

What to do/recite on special nights:

Make Wudu.

Call upon the beautiful (99) names of Allah. Why not learn 3 a day?

Do istighfar: **أَسْتَغْفِرُ اللَّهَ وَ أَتُوبُ إِلَيْهِ**

Read the Dua for Lailatul qadr: **اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَأَعْفُو عَنِّي**

Read Nafl Salah with intention of Taubah, shukr and Hajaat.

Recite salutations on our Prophet (PBUH), before and end of Dua.

Recite Quran, Surah Mulk, Yaseen, Sajdah, Hashr, Last verses of Baqarah.

Recite Tasbih: **الْحَمْدُ لِلَّهِ سُبْحَانَ اللَّهِ اللَّهُ أَكْبَرُ**.

Ponder over the sins and make sincere repentance.

Make plenty of Dua and include your friends, family and neighbours.

Ask for Jannah, ask for steadfastness, cry.

Clear your heart from enmity.

Use Duas from Quran and Hadith.

Dua list:



إِنَّ فِي هَذَا لَبَلَاءً لِّالْقَوْمِ عَابِدِينَ

*Surely this Quran is sufficient as a reminder for those devoted to worship (Quran 21:106)*

## Quran Recitation Planner

Chapter	Completed? Y/N Page/Juz/Ayat	Tafsir? Y/N	key actions I will implement in my life:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



## Quran Recitation Planner

Chapter	Completed? Y/N Page/Juz/Ayat	Tafsir? Y/N	key actions I will implement in my life:
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			



## Quran Recitation Planner

كِتَابٌ أَنْزَلْنَاهُ إِلَيْكَ مُبَارَكٌ لِيَدَّبَّرُوا آيَاتِهِ وَلِيَتَذَكَّرَ أُولُو الْأَلْبَابِ

*This is a blessed book which We have revealed to you (O Muhammed), that they might reflect upon its verses and that those of understanding would be reminded.*

*(Quran 38:29)*

Chapter	Completed? Y/N Page/Juz/Ayat	Tafsir? Y/N	key actions I will implement in my life:
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

*“A human being fills no worse vessel than his stomach. It is sufficient for a human being to eat a few mouthfuls to keep his spine straight. But if he must (fill it), then one third of food, one third for drink and one third for air.” (Ibn Majah)*



## Food & Fasting

**Eat foods which are mentioned in the Quran:**

Water  
milk  
honey  
dates  
pomegranate  
bananas  
fig  
olives  
herbs  
cucumbers  
garlic  
onions  
lentils  
gourd

**Food & Fasting go hand in hand, but remember to keep your utmost focus on the worship and not the food.**

**However, it's important to keep a balanced diet and maintain healthy. Here's some tips below:**

**Follow the Sunnah—eat on the floor, wash hands, read the Dua, try and follow the Prophet for extra Barakah.**

**Drink plenty of water between Iftaar and Sahur.**

**Did you know there are apps that can help you track your water intake?**

**Avoid fried and fatty foods.**

**Eat loads of fruit.**

**As the month goes on, your stomach shrinks. Therefore don't over cook.**

**Make extra food and send to your neighbours.**

**Avoid caffeine.**

**Mix up your Sahur meals—milkshakes, cereal, yoghurt**

**Avoid high-sugar content foods/drinks**

**Cut down on salt.**

**Eating too much will make you lethargic and may even make you miss out on ibadah. Be disciplined.**

**East foods which our Prophet (PBUH) used to eat:**

Various different meats, fish, Harisah, Hays, Khazirah, Khabis, Sawiq, Dashishah, vinegar, bread, Tharid, goats milk, barley, pumpkin, beetroot, Arum, cucumber, watermelon, olives, grapes, Quince, raisins



# Top Tips

*This list is not exhaustive and is only a guide.  
Always consult a local scholar for any clarification.*

Who should NOT fast	Things you should do	Things that DO NOT break the fast	Things that BREAK the fast	Things that are disliked	Keep Covid safe
Menstruating women	Make intention for fasting	To eat or drink in error	To eat or drink intentionally	To chew items	Avoid large iftar parties
Children under puberty	Have Suhur (Pre dawn meal)	To vomit without intention	To inhale smoke	To taste food/drink and then spit it out	Take a prayer mat to the mosque
Unsane person	Hasten to break the fast	To have a wet dream	If water goes down whilst gargling	To use toothpaste	Ensure there is sufficient ventilation in the mosque
Suffers from chronic illness	Make dua at time of breaking the fast	To oil the hair	Vomiting intentionally	To complain of hunger	Avoid eating any open foods in the mosque
		To use surma (collyrium) in the eyes	To use any liquid nasal products	To quarrel/argue	Do not congregate outside or inside of the mosque
		To drop water/medicine in the eyes	To cohabit intentionally		Eid prayer timings should be spread out
		To use miswaak	Smoking or snuffing		Eid Gah is better
		Swallowing saliva			Avoid large Eid parties
		Water entering the ears			
		To have an injection			

# Ramadan for Youngsters

*Got little ones? Share the barakah and get the whole family in the Ramadan Spirit*



**Some activities to keep everyone happy...**

**Get them to fast, if only for a few hours.**

**Get some kids books that explain Ramadan and Fasting**

**Moon sighting—normally a grown-up subject, however, can they spot the moon?  
What shape is it? Get them to draw what they see**

**Sadaqah Box—get them to make their own and add to it daily**

**Behaviours—have they been good? Get them to write down what good they've done daily**

**Iftaar Meals—keep them occupied by getting them to chip in the cooking**

**Eid cards—why not give something personal this year?**

**Sit down and learn about Prophets, Companions and Stories from the Quran**

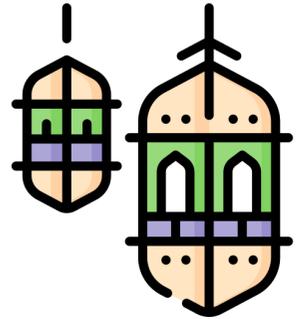


## Ramadan Reflection

*You've made it! Ramadan is over. May Allah accept your deeds.  
Below, you can reflect on the last 30 days. What went well?  
What could you improve? Which good deeds can you commit to?  
Let your mind free...*



**Missed any Fasts for a **VALID** reason?  
Jot them down here.  
Remember to make up for them later!**



*O people, the Messenger of Allah (PBUH) forbade fasting on these two days (i.e., the two Eids). On the first of them you break your fast and celebrate your festival, and on the second you eat from the meat of your sacrifices.  
(Bukhari & Muslim)*

# E I D M U B A R A K

**Plan your Eid day here.**

**What to do on Eid:**

- Rise early and don't forget your ibadah**
- Eat something sweet before Eid Salah, ideally dates**
- Perform Ghusl**
- Apply Itr**
- Use Miswaak**
- Wear your best clothes (not necessarily brand new)**
- Give Sadaqah Fitr BEFORE Eid Salah**
- Walk to the Masjid**
- Read the Takbir**
- Give Salaams and express happiness and joy**

**Eid Gifts and Guests:**

**Remember to adhere to any local Government restrictions**



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**Don't forget to make **Dua** for us and the whole Ummah.**

**If you like it, share it!**

**Please note, this planner contains Quranic verses. If you are printing this,  
use respectfully and dispose of in a correct manner.**