RAMADAN GOALS

"Ramadan is gifted to you for: devotion, purification and gaining rewards in multiples."

I WANT TO FEEL

I WANT TO IMPROVE

GOALS	ACTION STEPS

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PRAYER TIMES

"Oh Allah, I seek refuge from worry and grief, weakness, and cowardice, extreme debt, and being overpowered by men."

DAY	DATE	FAJR	ZUHR	ASR	MAGHRIB	ISHA
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RAMADAN SCHEDULE

"The most beloved actions to Allah are those performed consistently, even if they are few."
- Muhammad PBUH

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23:00	

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RAMADAN DAY:

"Make this Ramadan the turning point in your life. Break free from the deceptions of this world and indulge into the sweetness of Iman."

TODAY'S GOAL	
GOOD DEED OF THE DAY	
DUA OF THE DAY	
PRAYERS	
○ ○ ○ ○ ○	
QURAN	EXERCISE
SUHOOR	IFTAR
TO DO LIST	

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RAMADAN DAY:

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RAMADAN MEAL IDEAS

"Do not belittle any good deed,
even meeting your brother with a cheerful face."
- Sahih Muslim

MEAL	INGREDIENTS

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WEEKLY MEAL PLAN

"Eat of what is lawful and wholesome on the earth."
- Qur'an 2:168

M	
T	
W	
TH	
F	
S	
S	

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GROCERY LIST

PRODUCE	MEAT	DAIRY

DELI & BAKERY	SNACKS & DRINKS	PANTRY

TOILETRIES	FROZEN	OTHER

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RECIPE:

INGREDIENTS	

DIRECTIONS

NOTES

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QURAN READING LOG

"The more you read Quran, the more you fall in love with the author."

DAY	JUZ	SURAH	AYAH
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ZAKAH PLANNER

My mercy encompasses all things, but I will specify it for the righteous who give Zakah.
Qur'an 7:156

INTENTION FOR ZAKAH
CHARITY OF CHOICE
DONATION AMOUNT
HOW MY DONATION WILL HELP

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LAILATUL QADR PLANS

"The Night of Decree is better than a thousand months.
The angels and the Spirit descend therein by permission of their Lord for every matter. Peace it is until the emergence of dawn."
- Qur'an: 97:3-5

ESTIMATED DATE:	
GOALS FOR LAILATUL QADR	
DUAS TO MAKE	SURAHS TO RECITE
TO DO LIST	

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RAMADAN SURAHS LIST

"When you recite Surah Al-Fatihah and Surah Al-Ikhlas upon lying on your bed, you will be safeguarded and should become fearless of every thing except death."
- Narrated by Baraa', Tafseer Mazhari 1:31

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RAMADAN DUA LIST

"And when My servants ask you concerning Me, I am indeed close (to them): I respond to the dua (prayer) of every suppliant when they call on Me."
- Qur'an 2:186

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GOOD DEEDS LIST

"Do not belittle any good deed, even meeting your brother with a cheerful face."
- Muhammad PBUH

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WEEKLY EXERCISE PLAN

"Your body has a right over you..."
- Muhammad PBUH

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S	

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IFTAR PLANNER

"May the fasting break their fast in your home, and may the dutiful and pious eat your food, and may the angels send prayers upon you."
- Abu Dawud 3:367, Ibn Majah 1:556, An Nasa'i

APPETIZERS	TONIGHT'S DUA
DINNER	
	SURAHS TO RECITE
TEA / DESSERT	

SHOPPING LIST	

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RAMADAN TO DO LIST

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