



GUIDED BARAKAH  
PRESENTS

# The Ramadan Reset Planner

Your Complete 30-Day System for a Transformative Ramadan

- \* Daily Intention & Prayer Tracking
- \* Quran Khatm Completion Plan
- \* Iftar & Suhoor Meal Planner
- \* Nightly Muhasabah Reflections
- \* Last 10 Nights Worship Guide
- \* Post-Ramadan Momentum System

بسم الله الرحمن الرحيم

In the Name of Allah, the Most Gracious, the Most Merciful

1447 AH • 2026 CE

# Welcome

Assalamu alaikum,

If you're holding this planner, it means you're serious about making this Ramadan count. You're not just planning to fast — you're planning to transform.

This planner was designed to give you structure without rigidity, accountability without guilt, and a system that works with your faith — not against it. Every page is built around the rhythms of Ramadan: the pre-dawn quiet of suhoor, the five daily prayers that anchor your day, the communal breaking of fast, and the deep worship of the night.

## How to Use This Planner

### 1 Begin with Intention

Start on the Niyyah page. Write your deepest intentions for this Ramadan before Day 1 begins. Return to this page whenever you need to recalibrate.

### 2 Set Your Goals

Use the Goals page to define what success looks like across four dimensions: spiritual, personal, charitable, and social.

### 3 Track Daily

Each of the 30 daily pages gives you space to plan your day, track your worship, log your meals, and reflect each night. Fill it in as you go — not all at once.

### 4 Reflect Weekly

Every Friday, use the Weekly Reflection page for your Jumu'ah review. What went well? What needs adjusting? Where did you see barakah?

### 5 Intensify the Last 10

The special Last 10 Nights section helps you plan your most focused worship for the nights when Laylatul Qadr may fall.

### 6 Carry It Forward

After Eid, the Post-Ramadan page ensures your transformation doesn't end with the month.

"Whoever fasts Ramadan out of sincere faith and hoping for reward from Allah, all his previous sins will be forgiven."

— Prophet Muhammad صلى الله عليه وسلم (Bukhari & Muslim)

Let's begin. Bismillah.

# My Niyyah

The Prophet صلى الله عليه وسلم said: 'Actions are judged by intentions.' Before Ramadan begins, clarify why you are fasting, what you hope to gain, and who you want to become by Eid.

## ● WHY AM I FASTING THIS RAMADAN?

Beyond obligation — what do you personally want from this month?

## ★ HABITS I WANT TO BUILD

List 3-5 specific habits you will commit to this Ramadan:

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☐

☐

☐

☐

## ● WHAT I WANT TO LEAVE BEHIND

Bad habits, negative patterns, or sins I am committing to removing:

## ★ MY DUA FOR THIS RAMADAN

Write a personal dua — what are you asking Allah for this Ramadan?

# My Ramadan Goals

Quran, prayer, dhikr, tawbah

## Spiritual Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Habits, discipline, learning

## Personal Growth

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Sadaqah, volunteering, kindness

## Charity & Service

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Relationships, iftar hosting, connections

## Family & Community

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### ★ MY QURAN GOAL FOR RAMADAN

- ☐ Complete one full Khatm (30 Juz)
- ☐ Complete a specific number of Juz: \_\_\_\_\_
- ☐ Read with Tafsir — focus on understanding
- ☐ Memorise specific surahs: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_

### ● MY CHARITY COMMITMENT

Total Sadaqah Budget: £ \_\_\_\_\_

Zakat al-Fitr: £ \_\_\_\_\_

Daily micro-charity goal: \_\_\_\_\_

# Khatm Completion Plan

Track your progress through the Quran. Colour in or check each Juz as you complete it.

<b>1 Juz 1</b> Al-Fatiha — Al-Baqarah <input type="checkbox"/> Complete	<b>2 Juz 2</b> Al-Baqarah (cont.) <input type="checkbox"/> Complete	<b>3 Juz 3</b> Al-Baqarah — Aal-Imran <input type="checkbox"/> Complete	<b>4 Juz 4</b> Aal-Imran — An-Nisa <input type="checkbox"/> Complete	<b>5 Juz 5</b> An-Nisa (cont.) <input type="checkbox"/> Complete	<b>6 Juz 6</b> An-Nisa — Al-Ma'idah <input type="checkbox"/> Complete
<b>7 Juz 7</b> Al-Ma'idah — Al-An'am <input type="checkbox"/> Complete	<b>8 Juz 8</b> Al-An'am — Al-A'raf <input type="checkbox"/> Complete	<b>9 Juz 9</b> Al-A'raf — Al-Anfal <input type="checkbox"/> Complete	<b>10 Juz 10</b> Al-Anfal — At-Tawbah <input type="checkbox"/> Complete	<b>11 Juz 11</b> At-Tawbah — Hud <input type="checkbox"/> Complete	<b>12 Juz 12</b> Hud — Yusuf <input type="checkbox"/> Complete
<b>13 Juz 13</b> Yusuf — Ibrahim <input type="checkbox"/> Complete	<b>14 Juz 14</b> Al-Hijr — An-Nahl <input type="checkbox"/> Complete	<b>15 Juz 15</b> Al-Isra — Al-Kahf <input type="checkbox"/> Complete	<b>16 Juz 16</b> Al-Kahf — Ta-Ha <input type="checkbox"/> Complete	<b>17 Juz 17</b> Al-Anbiya — Al-Hajj <input type="checkbox"/> Complete	<b>18 Juz 18</b> Al-Mu'minun — Al-Furqan <input type="checkbox"/> Complete
<b>19 Juz 19</b> Ash-Shu'ara — Al-Ankabut <input type="checkbox"/> Complete	<b>20 Juz 20</b> Ar-Rum — Al-Ahzab <input type="checkbox"/> Complete	<b>21 Juz 21</b> Al-Ahzab — Ya-Sin <input type="checkbox"/> Complete	<b>22 Juz 22</b> Ya-Sin — Az-Zumar <input type="checkbox"/> Complete	<b>23 Juz 23</b> Az-Zumar — Fussilat <input type="checkbox"/> Complete	<b>24 Juz 24</b> Fussilat — Al-Jathiyah <input type="checkbox"/> Complete
<b>25 Juz 25</b> Al-Jathiyah — Al-Ahqaf <input type="checkbox"/> Complete	<b>26 Juz 26</b> Al-Ahqaf — Adh-Dhariyat <input type="checkbox"/> Complete	<b>27 Juz 27</b> Adh-Dhariyat — Al-Hadid <input type="checkbox"/> Complete	<b>28 Juz 28</b> Al-Mujadila — At-Tahrim <input type="checkbox"/> Complete	<b>29 Juz 29</b> Al-Mulk — Al-Mursalat <input type="checkbox"/> Complete	<b>30 Juz 30</b> An-Naba — An-Nas <input type="checkbox"/> Complete

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAILY HADITH

"When the month of Ramadan starts, the gates of heaven are opened and the gates of Hell are closed, and the devils are chained."

— Sahih al-Bukhari, 1899

## NOTES

## NIGHTLY MUHASABAHA

"Did I worship with presence today, or was I going through the motions?"

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
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- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

## Suhoor

Time: \_\_\_\_:\_\_\_\_

## Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven."

— Sahih al-Bukhari, 38

## NOTES

## NIGHTLY MUHASABAHA

"What was the most meaningful moment of my fast today?"

\_\_\_\_\_

\_\_\_\_\_



## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## DAILY HADITH

"Whoever stands (in prayer) during Ramadan out of faith and seeking reward, his previous sins will be forgiven."

— Sahih al-Bukhari, 37

## NOTES

## NIGHTLY MUHASABAHA

"Did I control my tongue today? Was I patient with others?"

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## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
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- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"Allah said: 'Every deed of the son of Adam is for him except fasting; it is for Me and I shall reward for it.'"

— Sahih al-Bukhari, 1904

## NOTES

## NIGHTLY MUHASABAHA

"How did I use the time between prayers today?"

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
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- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"When one of you is fasting, he should neither behave in an obscene manner nor act foolishly. If someone fights or abuses him, let him say: 'I am fasting.'"

— Sahih al-Bukhari, 1894

## NOTES

## NIGHTLY MUHASABAHA

"What act of kindness did I do that no one saw?"

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\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
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- ☐ Learned something Islamic
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- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"Whoever does not give up false speech and acting upon it, Allah has no need of his giving up food and drink."

— Sahih al-Bukhari, 1903

## NOTES

## NIGHTLY MUHASABAHA

"Did I make dua with conviction, or was it routine?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
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- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAILY HADITH

"There are two pleasures for the fasting person: one at the time of breaking his fast and the other when he meets his Lord."

— Sahih al-Bukhari, 1904

## NOTES

## NIGHTLY MUHASABA

"Am I closer to Allah today than I was yesterday?"

\_\_\_\_\_

\_\_\_\_\_

# Week 1 Reflection

Days 1–7 • Use this page every Friday to review your week and recalibrate.

## ★ WHAT WENT WELL THIS WEEK?

Celebrate your wins — no matter how small. Where did you see barakah?

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## ★ WHAT NEEDS IMPROVEMENT?

Be honest with yourself. What fell short? Why?

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## ★ MY QURAN PROGRESS

Where are you in your Khatm? Are you on track?

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## ★ SPIRITUAL HIGHLIGHT OF THE WEEK

A moment of connection with Allah — in salah, dua, or Quran.

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## ★ GOALS FOR NEXT WEEK

Set 3 clear, specific goals for the coming 7 days.

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Overall Week Rating:

☐ ☐ ☐ ☐ ☐

One word to describe this week:

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## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

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Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

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- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## DAILY HADITH

"Eat Suhoor, for in Suhoor there is blessing."

— Sahih al-Bukhari, 1923

## NOTES

## NIGHTLY MUHASABAHA

"What would I do differently if I could repeat today?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
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- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

1

2

3

## DAILY HADITH

"The people will remain upon goodness so long as they hasten to break the fast."

— Sahih al-Bukhari, 1957

## NOTES

## NIGHTLY MUHASABA

"Did I avoid what displeases Allah today?"

\_\_\_\_\_

\_\_\_\_\_



## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
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Khushu' Rating:

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- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"Whoever prays during the nights of Ramadan (Tarawih) with faith and seeking reward, his previous sins will be forgiven."

— Sahih Muslim, 759

## NOTES

## NIGHTLY MUHASABAHA

"How did I serve someone other than myself today?"

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
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Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_  
Surah: \_\_\_\_\_  
Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
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- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## DAILY HADITH

"The most beloved of people to Allah are those who are most beneficial to people."

— Tirmidhi

## NOTES

## NIGHTLY MUHASABAHA

"Was my fast about hunger, or about discipline?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"The best among you are those who have the best manners and character."

— Sahih al-Bukhari, 6029

## NOTES

## NIGHTLY MUHASABAHA

"What Quran verse touched my heart today?"

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"None of you truly believes until he wishes for his brother what he wishes for himself."

— Sahih al-Bukhari, 13

## NOTES

## NIGHTLY MUHASABAHA

"Did I forgive someone today — even silently?"

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## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

## Suhoor

Time: \_\_\_\_:\_\_\_\_

## Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## DAILY HADITH

"A Muslim is the one from whose tongue and hands other Muslims are safe."

— Sahih al-Bukhari, 10

## NOTES

## NIGHTLY MUHASABAHA

"What habit am I building that will last beyond Ramadan?"

\_\_\_\_\_

\_\_\_\_\_

# Week 2 Reflection

Days 8–14 • Use this page every Friday to review your week and recalibrate.

## ★ WHAT WENT WELL THIS WEEK?

Celebrate your wins — no matter how small. Where did you see barakah?

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## ★ WHAT NEEDS IMPROVEMENT?

Be honest with yourself. What fell short? Why?

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## ★ MY QURAN PROGRESS

Where are you in your Khatm? Are you on track?

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## ★ SPIRITUAL HIGHLIGHT OF THE WEEK

A moment of connection with Allah — in salah, dua, or Quran.

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## ★ GOALS FOR NEXT WEEK

Set 3 clear, specific goals for the coming 7 days.

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Overall Week Rating:

☐ ☐ ☐ ☐ ☐

One word to describe this week:

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## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

## Suhoor

Time: \_\_\_\_:\_\_\_\_

## Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## DAILY HADITH

"Whoever believes in Allah and the Last Day, let him speak good or remain silent."

— Sahih al-Bukhari, 6018

## NOTES

## NIGHTLY MUHASABAHA

"Did I spend my time wisely between Maghrib and Isha?"

\_\_\_\_\_

\_\_\_\_\_



## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## DAILY HADITH

"Do not be envious of one another; do not hate one another; do not turn your backs on one another; and be, O servants of Allah, brothers."

— Sahih Muslim, 2564

## NOTES

## NIGHTLY MUHASABAHA

"How was my khushu' in salah today? What distracted me?"

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"The strong person is not the one who overcomes people by his strength, but the one who controls himself while in anger."

— Sahih al-Bukhari, 6114

## NOTES

## NIGHTLY MUHASABAHA

"Did I remember Allah outside of salah today?"

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"Make things easy and do not make them difficult, cheer people up and do not drive them away."

— Sahih al-Bukhari, 6125

## NOTES

## NIGHTLY MUHASABAHA

"What did I learn about myself through today's fast?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## DAILY HADITH

"He who is deprived of kindness is deprived of all good."

— Sahih Muslim, 2592

## NOTES

## NIGHTLY MUHASABAHA

"Was I generous today — with my time, money, or words?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / wird
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAILY HADITH

"Allah is gentle and loves gentleness in all matters."

— Sahih al-Bukhari, 6927

## LAST 10 NIGHTS — NIGHT 21 WORSHIP INTENSIFIER

Potential Laylatul Qadr

## WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

## TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"

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

Personal duas for tonight:

## NIGHTLY MUHASABAH

"Did I check on someone who might be struggling?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

1

2

3

## DAILY HADITH

"The supplication (du'a) of a fasting person is not rejected."

— Tirmidhi, 3598

## NOTES

## NIGHTLY MUHASABAHA

"What negative emotion did I manage well today?"

# Week 3 Reflection

Days 15–21 • Use this page every Friday to review your week and recalibrate.

## ★ WHAT WENT WELL THIS WEEK?

Celebrate your wins — no matter how small. Where did you see barakah?

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## ★ WHAT NEEDS IMPROVEMENT?

Be honest with yourself. What fell short? Why?

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## ★ MY QURAN PROGRESS

Where are you in your Khatm? Are you on track?

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## ★ SPIRITUAL HIGHLIGHT OF THE WEEK

A moment of connection with Allah — in salah, dua, or Quran.

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## ★ GOALS FOR NEXT WEEK

Set 3 clear, specific goals for the coming 7 days.

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Overall Week Rating:

☐ ☐ ☐ ☐ ☐

One word to describe this week:

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## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / wird
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"Whoever recites a letter from the Book of Allah will be credited with a good deed, and a good deed gets a tenfold reward."

— Tirmidhi, 2910

## LAST 10 NIGHTS — NIGHT 23 WORSHIP INTENSIFIER

Potential Laylatul Qadr

## WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

## TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"

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

Personal duas for tonight:

## NIGHTLY MUHASABAHA

"Am I making this Ramadan better than last year?"

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"The most beloved deed to Allah is the most regular and constant even if it were little."

— Sahih al-Bukhari, 6464

## NOTES

## NIGHTLY MUHASABAHA

"Did I pray Taraweeh with focus and humility?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / wird
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAILY HADITH

"Take advantage of five before five: your youth before your old age, your health before your illness, your wealth before your poverty, your free time before your busyness, and your life before your death."

## LAST 10 NIGHTS — NIGHT 25 WORSHIP INTENSIFIER

Potential Laylatul Qadr

## WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

## TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"

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

Personal duas for tonight:

## NIGHTLY MUHASABAHAH

"How can I make tomorrow better than today?"

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\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAILY HADITH

"The best of charity is that given in Ramadan."

— Tirmidhi, 663

## NOTES

## NIGHTLY MUHASABA

"What blessing did I overlook today?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / wird
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"The Messenger of Allah (peace be upon him) was the most generous of people, and he was most generous in Ramadan."

— Sahih al-Bukhari, 1902

## LAST 10 NIGHTS — NIGHT 27 WORSHIP INTENSIFIER

Potential Laylatul Qadr

## WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

## TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"

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

Personal duas for tonight:

## NIGHTLY MUHASABAHA

"Did I eat mindfully at suhoor and iftar?"

\_\_\_\_\_

\_\_\_\_\_

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"Seek Laylat al-Qadr in the odd nights of the last ten days of Ramadan."

— Sahih al-Bukhari, 2017

## NOTES

## NIGHTLY MUHASABA

"Was I a source of peace for my family today?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / wird
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAILY HADITH

"Smiling in the face of your brother is an act of charity."

— Tirmidhi, 1956

## LAST 10 NIGHTS — NIGHT 29 WORSHIP INTENSIFIER

Potential Laylatul Qadr

## WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

## TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"

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

Personal duas for tonight:

## NIGHTLY MUHASABAH

"Did I use technology wisely today, or did it use me?"



# Week 4 Reflection

Days 22–28 • Use this page every Friday to review your week and recalibrate.

## ★ WHAT WENT WELL THIS WEEK?

Celebrate your wins — no matter how small. Where did you see barakah?

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## ★ WHAT NEEDS IMPROVEMENT?

Be honest with yourself. What fell short? Why?

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## ★ MY QURAN PROGRESS

Where are you in your Khatm? Are you on track?

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## ★ SPIRITUAL HIGHLIGHT OF THE WEEK

A moment of connection with Allah — in salah, dua, or Quran.

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## ★ GOALS FOR NEXT WEEK

Set 3 clear, specific goals for the coming 7 days.

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Overall Week Rating:

☐ ☐ ☐ ☐ ☐

One word to describe this week:

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## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"The believer does not insult, curse, or speak in an obscene or foul manner."

— Tirmidhi, 1977

## NOTES

## NIGHTLY MUHASABAHA

"What would I tell my future self about this Ramadan?"

## TODAY'S NIYYAH (Intention)

## \* SALAH TRACKER

- |                                   |              |
|-----------------------------------|--------------|
| <input type="checkbox"/> Fajr     | On time? Y N |
| <input type="checkbox"/> Dhuhr    | On time? Y N |
| <input type="checkbox"/> Asr      | On time? Y N |
| <input type="checkbox"/> Maghrib  | On time? Y N |
| <input type="checkbox"/> Isha     | On time? Y N |
| <input type="checkbox"/> Taraweeh | On time? Y N |
| <input type="checkbox"/> Tahajjud | On time? Y N |

Khushu' Rating:

## QURAN PROGRESS

Juz: \_\_\_\_\_

Surah: \_\_\_\_\_

Pages: \_\_\_\_\_

## GOOD DEEDS

- ☐ Gave sadaqah / charity
- ☐ Helped someone in need
- ☐ Extra dhikr / witr
- ☐ Learned something Islamic
- ☐ Made dua for others
- ☐ \_\_\_\_\_

## MEAL PLANNER

Suhoor

Time: \_\_\_\_:\_\_\_\_

Iftar

Time: \_\_\_\_:\_\_\_\_

Water intake:

## ALHAMDULILLAH — GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOP 3 PRIORITIES

- 1
- 2
- 3

## DAILY HADITH

"Whoever is not grateful to the people is not grateful to Allah."

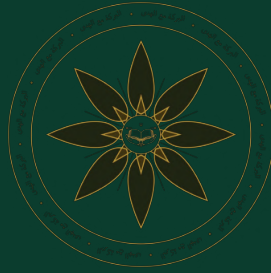
— Tirmidhi, 1954

## NOTES

## NIGHTLY MUHASABAHA

"As Ramadan ends, what transformation has begun?"

THE FINAL STRETCH



# The Last 10 Nights

Where the Greatest Rewards Await

"The Prophet ﷺ used to strive more in worship during the last ten days of Ramadan than at any other time."

— Sahih Muslim

Laylatul Qadr — the Night of Decree — is better than 1,000 months.

It falls on one of the odd nights: 21st, 23rd, 25th, 27th, or 29th.

The next pages will help you plan your worship for these critical nights.

**Give these nights everything.**

# Last 10 Nights — Night 21 & 22

## Night 21 of Ramadan Odd Night

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"  
O Allah, You are Most Forgiving, and You love forgiveness; so forgive me.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES

## Night 22 of Ramadan

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Rabbana atina fid-dunya hasanatan  
wa fil akhirati hasanatan wa qina adhaban-nar"  
Our Lord, give us good in this world and the Hereafter,  
and protect us from the punishment of the Fire.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES

# Last 10 Nights — Night 23 & 24

## Night 23 of Ramadan Odd Night

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"  
O Allah, You are Most Forgiving, and You love forgiveness; so forgive me.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES

## Night 24 of Ramadan

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Allahumma inni as'aluka al-jannah  
wa a'udhu bika minan-nar"  
O Allah, I ask You for Paradise and seek refuge from the Fire.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES

# Last 10 Nights — Night 25 & 26

## Night 25 of Ramadan Odd Night

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"  
O Allah, You are Most Forgiving, and You love forgiveness; so forgive me.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES

## Night 26 of Ramadan

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Rabbighfir warham wa anta khayrur-rahimeen"  
My Lord, forgive and have mercy;  
You are the Best of the merciful.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES

# Last 10 Nights — Night 27 & 28

## Night 27 of Ramadan Odd Night

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"  
O Allah, You are Most Forgiving, and You love forgiveness; so forgive me.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES

## Night 28 of Ramadan

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Rabbi zidni ilma"  
My Lord, increase me in knowledge.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES



# Last 10 Nights — Night 29 & 30

## Night 29 of Ramadan Odd Night

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Allahumma innaka afuwwun tuhibbul afwa fa'fu anni"  
O Allah, You are Most Forgiving, and You love forgiveness; so forgive me.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES

## Night 30 of Ramadan

Date: \_\_\_/\_\_\_/\_\_\_\_\_

### WORSHIP CHECKLIST

- ☐ Prayed Isha in congregation
- ☐ Prayed full Taraweeh
- ☐ Prayed Tahajjud / Qiyam al-Layl
- ☐ Made lengthy dua
- ☐ Read Quran (Juz: \_\_\_\_)
- ☐ Gave charity / sadaqah
- ☐ Made istighfar (100+ times)
- ☐ Recited Surah Al-Qadr

### TONIGHT'S DUA FOCUS

"Allahumma taqabbal minna innaka antas-sami'ul-aleem"  
O Allah, accept from us; You are the All-Hearing, All-Knowing.

Personal duas for tonight:

### REFLECTION

How did tonight feel spiritually?

### NOTES



# Eid Mubarak

## ★ BEFORE EID DAY

- ☐ Pay Zakat al-Fitr (before Eid salah)
- ☐ Plan Eid outfit / new clothes
- ☐ Buy gifts for family and children
- ☐ Prepare Eid breakfast / brunch
- ☐ Clean and decorate the home
- ☐ Forgive anyone you've been holding grudges against
- ☐ Make dua for acceptance of your Ramadan worship

## ● EID DAY

- ☐ Eat something sweet before going to prayer (dates or similar)
- ☐ Take ghusl and wear your best clothes
- ☐ Go to Eid prayer
- ☐ Take a different route home from the prayer
- ☐ Say the Eid takbeer throughout the morning
- ☐ Visit family and friends
- ☐ Give gifts and spread joy
- ☐ Call / message those you can't visit

## ★ EID GIFTS & BUDGET

Person	Gift Idea	Budget	Done
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Taqabbal Allahu minna wa minkum — May Allah accept from us and from you. Eid Mubarak to you and your loved ones.

# Keep the Momentum

Ramadan is over, but your transformation shouldn't be. The Prophet صلى الله عليه وسلم said the most beloved deeds to Allah are those done consistently, even if small. Use this page to carry your Ramadan gains into the rest of the year.

## ★ HABITS I'M KEEPING BEYOND RAMADAN

Which Ramadan habits will you maintain? Be specific and realistic.

☐
☐
☐
☐
☐

## ● 6 DAYS OF SHAWWAL

The Prophet صلى الله عليه وسلم said: 'Whoever fasts Ramadan and follows it with six days of Shawwal, it is as if they fasted the entire year.' (Muslim)

My 6 Shawwal Fast Days:

☐ Day 1: \_\_\_/\_\_\_/\_\_\_\_\_

☐ Day 2: \_\_\_/\_\_\_/\_\_\_\_\_

☐ Day 3: \_\_\_/\_\_\_/\_\_\_\_\_

☐ Day 4: \_\_\_/\_\_\_/\_\_\_\_\_

☐ Day 5: \_\_\_/\_\_\_/\_\_\_\_\_

☐ Day 6: \_\_\_/\_\_\_/\_\_\_\_\_

## ★ MY 90-DAY POST-RAMADAN GOALS

Where do you want to be 90 days from now? Set goals across key areas.

Spiritual:

Health:

Career/Learning:

Relationships:

## FINAL REFLECTION

How has this Ramadan changed me?

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May Allah accept your Ramadan and make it  
a turning point in your life. Ameen.



# The Ramadan Reset Planner

by GuidedBarakah



Plan your worship. Track your progress.  
Reflect with purpose. Transform with intention.

May every page of this planner be a means of  
drawing closer to Allah this Ramadan and beyond.

[www.guidedbarakah.com](http://www.guidedbarakah.com)

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