

Ramadan 1440 (2019):
let's get productive in this blessed month!

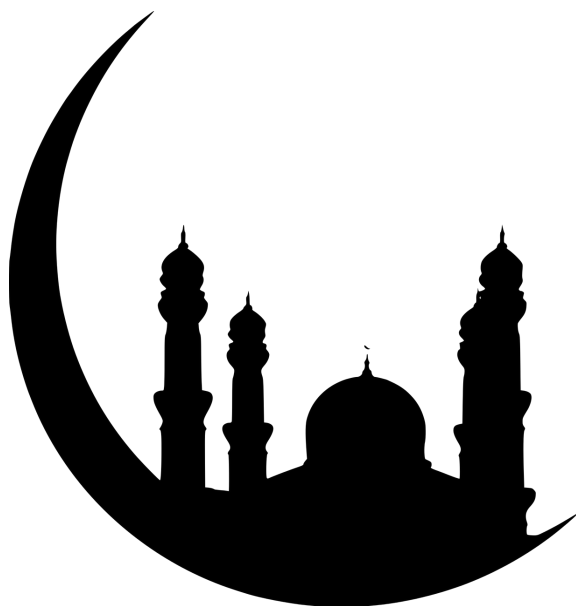
O you who have faith! Prescribed for you is fasting as it was prescribed for those who were before you, so that you may be Godwary.

(Surat Al-Baqarah 2:183)

Allah's Apostle said, "When the month of Ramadan starts, the gates of the heaven are opened and the gates of Hell are closed and the devils are chained."

narrated by Abu Huraira
Sahih al-Bukhari
Volume 3, Book 31, Number 123

Ramadan Kareem!



How to use this planner

As-salamu alaikum wa rahmatullahi wa barakatuh, dear brothers and sisters in Islam! Ramadan Kareem! Praise be to Allah who allowed us to experience this blessed month once again!

We have only 30 days! Time is ticking! So let's get very organized and try not to waste even a single minute of these days that are full of blessings!

We will start by setting several goals for Ramadan. If you have some Surahs in mind that you wanted to memorize, but always kept postponing. If you heard some du'a that you very liked, but didn't have time to memorize. Maybe you wanted to re-read the book about the life of the Prophet Muhammed (SAW), but "more important" things kept distracting you. Remember, this is the time! Write them down and ask Allah to make the accomplishment of these goals easy for you.

You might add some goals that are related to your work, classes or anything that you feel like accomplishing. Bring the barakah of Ramadan into your life (dunya) as well!

After having some goals in mind, we will break them down into weekly sub-tasks. And then into sub-sub-tasks that you will work on every day by planning every single blessed hour of this month. At the end or the beginning of each day, we will go through some checklists and ask ourselves some self-reflection question.

Now, turn the page over and write down the goals!

Goals for Ramadan:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Now, based on your goals for the month, let’s plan the first week. For example, if one of your goals for Ramadan was to read the whole Quran, you will need to read 140 pages this week. That should be in the list below. In other words, just break down your goals into sub-tasks.

Plan for the first week:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	

Ramadan 1

Plan everything: your sleep, iftar time, prayer time, work time, and the time for the goals. Let's not miss even a single hour! This month let's become sensitive about our time! Look at your weekly goals, and allocate several blocks of time to work on them.

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

At the end of the month you will have 150 things to be grateful to Allah, try not to repeat.

1. _____
2. _____
3. _____
4. _____
5. _____

Ramadan 2

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

6. _____

7. _____

8. _____

9. _____

10. _____

Ramadan 3

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

11. _____
12. _____
13. _____
14. _____
15. _____

Ramadan 4

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

16. _____

17. _____

18. _____

19. _____

20. _____

Ramadan 5

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

21. _____

22. _____

23. _____

24. _____

25. _____

Ramadan 6

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

26. _____

27. _____

28. _____

29. _____

30. _____

Ramadan 7

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

31. _____

32. _____

33. _____

34. _____

35. _____

Week 1 notes/reflections:

Plan for week 2:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	

Ramadan 8

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

36. _____

37. _____

38. _____

39. _____

40. _____

Ramadan 9

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

41. _____

42. _____

43. _____

44. _____

45. _____

Ramadan 10

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

46. _____

47. _____

48. _____

49. _____

50. _____

Ramadan 11

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

51. _____

52. _____

53. _____

54. _____

55. _____

Ramadan 12

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

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Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

56. _____

57. _____

58. _____

59. _____

60. _____

Ramadan 13

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

61. _____

62. _____

63. _____

64. _____

65. _____

Ramadan 14

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

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Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

66. _____

67. _____

68. _____

69. _____

70. _____

Week 2 notes/reflections:

Plan for week 3:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	

Ramadan 15

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

71. _____

72. _____

73. _____

74. _____

75. _____

Ramadan 16

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

76. _____

77. _____

78. _____

79. _____

80. _____

Ramadan 17

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

81. _____

82. _____

83. _____

84. _____

85. _____

Ramadan 18

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

86. _____

87. _____

88. _____

89. _____

90. _____

Ramadan 19

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

91. _____

92. _____

93. _____

94. _____

95. _____

Ramadan 20

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

96. _____

97. _____

98. _____

99. _____

100. _____

Ramadan 21

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

101. _____

102. _____

103. _____

104. _____

105. _____

Week 3 notes/reflections:

Plan for week 4 (last days):

Let's push even more! Here is the Hadith: "With the start of the last ten days of Ramadan, the Prophet used to tighten his waist belt (i.e. work hard) and used to pray all the night, and used to keep his family awake for the prayers." - Narrated by Aisha, Sahih Bukhari, Volume 3, Book 32, Number 241.

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	

Ramadan 22

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

106. _____

107. _____

108. _____

109. _____

110. _____

Ramadan 23

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

111. _____

112. _____

113. _____

114. _____

115. _____

Ramadan 24

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

116. _____

117. _____

118. _____

119. _____

120. _____

Ramadan 25

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

121. _____

122. _____

123. _____

124. _____

125. _____

Ramadan 26

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

126. _____

127. _____

128. _____

129. _____

130. _____

Ramadan 27

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

131. _____

132. _____

133. _____

134. _____

135. _____

Ramadan 28

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

136. _____

137. _____

138. _____

139. _____

140. _____

Ramadan 29

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

141. _____

142. _____

143. _____

144. _____

145. _____

Ramadan 30

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐

Taraweeh ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

146. _____

147. _____

148. _____

149. _____

150. _____

Shawwal 1

Alhamdulillah we made it! **Eid Mubarak!** If you want let's stay organized for another a couple of days. May be the whole year! If you got here, you can do this until next Ramadan! Time is precious, so let's not waste it!

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

151. _____

152. _____

153. _____

154. _____

155. _____

Shawwal 2

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

156. _____

157. _____

158. _____

159. _____

160. _____

Shawwal 3

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

161. _____

162. _____

163. _____

164. _____

165. _____

Shawwal 4

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

166. _____

167. _____

168. _____

169. _____

170. _____

Shawwal 5

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐
Fajr ☐
Dhuhr ☐
Asr ☐
Magrib ☐
Isha ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

- 171. _____
- 172. _____
- 173. _____
- 174. _____
- 175. _____

Shawwal 6

Time	Task	Time	Task
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	
12:00 PM		12:00 AM	
12:30 PM		12:30 AM	
1:00 PM		1:00 AM	
1:30 PM		1:30 AM	
2:00 PM		2:00 AM	
2:30 PM		2:30 AM	



Prayers:

Tahajjut ☐

Fajr ☐

Dhuhr ☐

Asr ☐

Magrib ☐

Isha ☐



Pages of Quran read:

Self-reflection:

Did I overeat today? **Yes** ☐ **No** ☐

How many hours I slept today? _____ **hours**

Did I work on my goals today? **Yes** ☐ **No** ☐

Did I smile today? **Yes** ☐ **No** ☐

Five things for which I am grateful to Allah today:

176. _____

177. _____

178. _____

179. _____

180. _____

As-salamu alaikum!

Acknowledgement

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