

The Sankofa Ramadan Productivity System: A 2026 Design & Content Framework

1. Executive Summary and Philosophical Architecture

1.1 Project Vision: The Convergence of Heritage and Ibadah

The objective of this report is to architect a comprehensive "Sankofa Ramadan Calendar"—a productivity system that transcends the traditional static timetable. By fusing the functional requirements of a modern productivity application with the aesthetic and philosophical depth of the Akan Sankofa tradition, we aim to create a tool that is both a tracker of time and a cultivator of soul. This document serves as the master blueprint for the 2026 Ramadan season (Hijri 1447), specifically calibrated for the astronomical and geographical context of the Atlanta/Forest Park, Georgia region.¹

The user requirement explicitly calls for a "productive app" experience rendered in a document format. This necessitates a shift from passive information display to active engagement. The calendar must not merely list prayer times; it must provide "at-the-fingertips" utility—daily verses, actionable duas, habit trackers, and reflective prompts—packaged in a visual language that honors the *Sankofa* principle.

1.2 The Sankofa Philosophy in a Ramadan Context

The central motif of this project is *Sankofa*, a symbol from the Akan people of Ghana. Represented by a bird with its feet planted forward and its head turned backward to retrieve an egg, or a stylized heart shape, it embodies the proverb *Se wo were fi na wosankofa a yenkyi*: "It is not wrong to go back for that which you have forgotten".³

In the context of Ramadan, this philosophy finds a profound resonance with the Islamic concept of *Tawbah* (repentance) and *Fitrah* (the primordial nature). Ramadan is not merely a month of deprivation but a month of return—returning to the Quran, returning to discipline, and retrieving the spiritual clarity that the distractions of the year have eroded. The *Sankofa* bird's posture—moving forward while looking back—perfectly illustrates the believer's state during Ramadan: progressing through the days of fasting while constantly engaging in *Muhasaba* (self-reflection) and retrieving lessons from the past to secure a righteous future.⁴

1.3 Astronomical Parameters: Ramadan 2026 (1447 AH)

To ensure the calendar's utility, it is grounded in precise astronomical data.

- **Location:** Forest Park, GA (Lat: 33.6212° N, Long: 84.3699° W).¹

- **Projected Start:** Astronomical calculations indicate the new moon will be born on Tuesday, February 17, 2026. While the moon may be sighted in some regions that evening, the consensus for the first full day of fasting (Day 1) for North America is **Wednesday, February 18, 2026**.⁵
 - **Projected End:** The month is expected to last 30 days, concluding on **Thursday, March 19, 2026**, with **Eid al-Fitr falling on Friday, March 20, 2026**.⁸
 - **Seasonal Dynamics:** This Ramadan bridges late winter and early spring. The schedule must account for the lengthening days and, crucially, the **Daylight Saving Time (DST) shift on March 8, 2026**, which will push prayer times forward by one hour mid-month.⁹
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2. The Visual Identity System: Adinkra UX

To replicate the feel of a "productive app," the document employs a rigorous Visual Identity System (VIS) where every graphical element serves a functional purpose. We replace standard UI icons with Adinkra symbols, imbuing the interface with layers of cultural meaning.

2.1 Symbology as Interface

The following symbols serve as the primary navigational and status icons throughout the 30-day dashboard.

Adinkra Symbol	Name	Meaning	Application in Calendar Interface
Sankofa (Bird)	Sankofa	"Go back and get it"	Home/Reset Icon: Used as the header anchor for each day, symbolizing the daily return to intention.
Gye Nyame	Gye Nyame	"Except God" (Omnipotence)	Suhoor/Iftar Marker: Indicates the start and end of the fast, reminding users that sustenance and strength come only from the Divine. ¹¹

Aya	Aya	The Fern (Endurance)	Habit Tracker Icon: Represents the "Fasting Streak" and resilience against hunger/thirst. The fern grows in difficult places, just as the fasting soul grows in hardship. ¹³
Nsoromma	<i>Nsoromma</i>	"Child of the Heavens"	Night Worship (Taraweeh) Icon: Marks the Isha and Qiyam sections, symbolizing reliance on the Supreme Being during the night. ¹¹
Dwennimmen	<i>Dwennimmen</i>	Ram's Horns (Humility/Strength)	Challenge Icon: Marks the "Daily Action Item," requiring strength of character and humility to execute. ¹²
Mpatapo	<i>Mpatapo</i>	Knot of Pacification	Social/Charity Icon: Used for tasks involving community reconciliation and forgiveness.

2.2 The "Bono-Gold" Color Palette

The color scheme departs from the typical "Islamic Green" to embrace an aesthetic rooted in Ghanaian heritage, specifically the gold-weights of the Akan and the earthy tones of the Sahel. This palette is designed for high contrast and readability, essential for a "glance-able" productivity tool.¹⁴

- **Sankofa Gold (#D4AF37):** Used for primary calls-to-action (CTAs), prayer times, and the

"current day" highlighter. It represents spiritual wealth and the light of guidance (*Nur*).

- **Midnight Charcoal (#050506)**: The primary background for header cards and the "Night Mode" sections (Maghrib/Isha). It represents the depth of the night and the mystery of the Unseen (*Ghaib*).¹⁴
- **Ashanti Clay (#964B00)**: Used for borders, progress bars, and habit grids. It grounds the design, reminding the user of their creation from clay and their connection to the earth.¹⁷
- **Volta Blue (#045879)**: Used exclusively for the Water Tracker and Wudu reminders. It provides a cooling visual contrast to the warm earth tones.¹⁵
- **Limestone White (#EFF1F2)**: The canvas color for the main content areas, ensuring maximum legibility for the Quranic verses and Duas.¹⁶

2.3 Typography: The "App" Aesthetic

To achieve the requested "modern app" look within a document, typography must be hierarchical and geometric.¹⁸

- **Header Font: Sankofa Display**
 - This typeface is characterized by straight lines and geometric curves, mimicking the carved nature of Adinkra stamps. It is used for Day Numbers (e.g., "DAY 05") and Section Headers (e.g., "THE INTENTION"). Its architectural quality gives the calendar a robust, structural feel.¹⁸
- **Body Font: Lato or Montserrat**
 - A clean, geometric sans-serif is essential for the "productive app" feel. These fonts offer high legibility in tables and small print, resembling the interface text of iOS or Android productivity suites.
- **Arabic Scripture: Amiri or Scheherazade New**
 - A classic Naskh script is chosen for its clarity and familiarity, ensuring that the daily Duas are easily readable for Arabic speakers and learners alike.

3. The Month of Mercy (*Rahmah*): Days 1-10

The first third of Ramadan is dedicated to seeking Allah's Mercy (*Rahmah*). The Sankofa theme for this decan is "**Retrieving the Foundation**." Just as the bird looks back to its tail, the believer looks back to the foundations of their faith—Intention (*Niyyah*), Discipline, and Gratitude.

Note: Prayer times are calculated for Forest Park/Atlanta, GA (ISNA Method). Users should adjust +2/-2 minutes depending on precise location.

Day 1: Wednesday, February 18, 2026

Theme: The Return Begins (Niyyah)

Astronomical Status: New Moon invisible/barely visible. The darkness represents the womb of the month.

The first day is the anchor. The Sankofa bird turns its head; the believer turns their heart. Today is about setting the "Grand Intention" for the entire month—not just to starve the body, but to feed the soul.

Prayer	Time	Productive Action (The "App" Alert)
Suhoor (End)	06:10 AM	<i>Hydrate:</i> Drink 500ml water. Finalize intention before food stops.
Fajr	06:15 AM	<i>Dua:</i> Pray for steadfastness (Istiqamah).
Sunrise	07:22 AM	<i>Plan:</i> Map out your 3 major goals for the month.
Dhuhr	12:51 PM	<i>Pause:</i> Mid-day reset. 5 mins of silence/breathing.
Asr	03:55 PM	<i>Read:</i> Complete 4 pages of Quran (Juz 1).
Maghrib	06:20 PM	<i>Iftar:</i> Break fast with 3 dates. The moment of gratitude.
Isha	07:35 PM	<i>Night:</i> First full Taraweeh. Focus on Khushu (humility).

Daily Verse:

Arabic: يَا أَيُّهَا الَّذِينَ آمَنُوا كُتُبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتُبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ Transliteration: Ya ayyuha allatheena amanoo kutiba alaykumu assiyamu kama kutiba ala allatheena min qablikum la'allakum tattaqoon. Translation: "O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become

righteous." (Surah Al-Baqarah 2:183).²⁰ *Sankofa Connection:* "As it was decreed upon those before you." Fasting is a return to an ancient heritage. We are retrieving a practice that connects us to all previous prophets.

Dua of the Day:

Text: Nawaitu sauma ghadin an adai fardi shahri ramadana hazihis-sanati lillahi ta'ala. *Meaning:* "I intend to do obligatory fast tomorrow in the month of Ramadan this year because of Allah.". ²¹

Sankofa Action Item (Productivity):

- **The "Egg" Retrieval:** Identify one habit you "forgot" or lost since last Ramadan (e.g., waking up early, reading daily) and make a pact to retrieve it today.
- **Habit Tracker:** [] Suhoor [] 5 Prayers [] 1 Litre Water [] Quran Page 1-4.

Day 2: Thursday, February 19, 2026

Theme: Discipline & Structure

Sankofa Symbol: Mpatapo (Knot of Reconciliation) - Tying oneself to the schedule.

Today tests the resolve. The novelty fades, and the reality of hunger sets in. The structure of the prayer times acts as the skeleton of the day.

Prayer	Time	Productive Action
Suhoor	06:09 AM	Eat protein-heavy Suhoor (eggs/yogurt) for endurance.
Fajr	06:14 AM	Stay awake after Fajr for 15 mins of Dhikr.
Dhuhr	12:51 PM	Schedule heavy work tasks <i>before</i> this time. Energy dips after.
Asr	03:56 PM	The "Golden Hour" for Dua. The veil is thin.

Maghrib	06:21 PM	Dua accepted at the moment of breaking fast.
Isha	07:36 PM	Review the day's deeds (Muhasaba).

Daily Verse:

Translation: "And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive." (Surah Al-Baqarah 2:45).

Sankofa Connection: Patience (*Sabr*) is not passive; it is active endurance. The Aya (fern) symbol represents this ability to withstand pressure without breaking.

Dua of the Day:

Text: Allahumma qawwini fihi 'ala iqamati amrika. *Meaning:* "O Allah, on this day, strengthen me in carrying out Your commands, let me taste the sweetness of Your remembrance".²²

Sankofa Action Item:

- **Digital Detox:** Limit social media to 20 minutes today. Reclaim your attention span from the algorithm and give it to the Divine.

Day 3: Friday, February 20, 2026 (Jumu'ah)

Theme: Unity (*Funtunfunefu*)

Sankofa Symbol: *Funtunfunefu-Denkyemfunefu* (*Siamese Crocodiles*) - *Unity in Diversity*.

The first Friday of Ramadan. The symbol of the crossed crocodiles reminds us that while we have different mouths (individual lives), we share one stomach (one destiny/community).

Prayer	Time	Productive Action
Suhoor	06:08 AM	Gye Nyame: Acknowledge God as the source of unity.
Fajr	06:13 AM	Pray in congregation if possible.

Dhuhr	12:51 PM	Jumu'ah Prayer: Arrive early for the Khutbah.
Asr	03:57 PM	Recite Salawat on the Prophet (SAW).
Maghrib	06:22 PM	Share Iftar with family or friends.
Isha	07:37 PM	Prepare clothes for the weekend (simplify decisions).

Daily Verse:

Translation: "And hold firmly to the rope of Allah all together and do not become divided." (Surah Ali 'Imran 3:103).

Sankofa Connection: Just as the crocodiles must cooperate to survive, the community must fast together to thrive spiritually.

Dua of the Day:

Transliteration: Rabbana la tuzigh qulubana ba'da idh hadaytana wahab lana min ladunka rahmah. *Meaning:* "Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy." (Quran 3:8).²³

Sankofa Action Item:

- **The Unity Call:** Call a family member or friend you haven't spoken to in a while. "Go back and get" that relationship.

Day 4: Saturday, February 21, 2026

Theme: Wisdom & Awareness

Sankofa Symbol: Mate Masie (*What I hear, I keep*) - *Wisdom/Knowledge*.

Saturday allows for a slower pace. Use this day to deepen intellectual engagement with the Quran. It is not enough to read; one must understand.

Prayer	Time	Productive Action
Suhoor	06:07 AM	Reflection: What wisdom did I gain this week?
Fajr	06:12 AM	Read the Tafsir (explanation) of Surah Al-Fatiha.
Dhuhr	12:51 PM	Listen to a lecture/podcast on Seerah.
Asr	03:58 PM	Teaching moment: Share a Hadith with children/family.
Maghrib	06:23 PM	Gratitude for the weekend rest.
Isha	07:38 PM	Extra optional prayers (Nawafil).

Daily Verse:

Translation: "So remember Me; I will remember you. And be grateful to Me and do not deny Me." (Surah Al-Baqarah 2:152).

Dua of the Day:

Meaning: "O Allah, on this day, grant me wisdom and awareness, and keep me away from foolishness and pretension."²²

Sankofa Action Item:

- **Knowledge Retrieval:** Identify a verse or Surah you memorized as a child but have forgotten/struggled with. Spend 15 minutes revisiting it. "Go back and get it."

Day 5: Sunday, February 22, 2026

Theme: Endurance (Aya)

Sankofa Symbol: Aya (The Fern) - Resilience and resourcefulness.

The first weekend concludes. Fatigue may set in. The Aya symbol reminds us that the fern grows in the crevices of rocks, finding life where it seems impossible.

Prayer	Time	Productive Action
Suhoor	06:06 AM	High-fiber meal (oatmeal/dates) for lasting energy.
Fajr	06:11 AM	Pray, then sleep (Qaylulah) if needed to recharge.
Dhuhr	12:51 PM	Plan the work week: Meal prep for Iftar.
Asr	03:58 PM	A walk in nature (connect with the Aya concept).
Maghrib	06:24 PM	Keep Iftar light to avoid lethargy.
Isha	07:39 PM	Focus on standing length in Taraweeh.

Daily Verse:

Translation: "Indeed, with hardship [will be] ease." (Surah Ash-Sharh 94:6).

Dua of the Day:

*Transliteration: Rabbana afrigh 'alayna sabran wa thabbit aqdamana... Meaning:
"Our Lord, pour upon us patience and plant firmly our feet..." (Quran 2:250).²³*

Sankofa Action Item:

- **The Resilience Check:** Do not complain about hunger or thirst today. If the thought arises, replace it with "Alhamdulillah for the ability to fast."
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Day 6: Monday, February 23, 2026

Theme: Humility & Protection

Sankofa Symbol: Dwennimmen (Ram's Horns) - Strength rooted in humility.

Back to the work week. Fasting while working requires the strength of the ram but the humility to remain composed under stress.

Prayer	Time	Productive Action
Suhoor	06:05 AM	Hydrate well. Monday dehydration headache risk.
Fajr	06:10 AM	Ask for <i>Barakah</i> (blessing) in time.
Dhuhr	12:51 PM	Use the lunch break for Quran reading (Juz 6).
Asr	03:59 PM	Avoid office conflict/gossip.
Maghrib	06:25 PM	Instant gratification delayed -> Spiritual reward.
Isha	07:40 PM	Sleep early to recover from the workday.

Daily Verse:

Translation: "And the servants of the Most Merciful are those who walk upon the earth easily, and when the ignorant address them [harshly], they say [words of] peace." (Surah Al-Furqan 25:63).

Dua of the Day:

Meaning: "O Allah, on this day, do not let me be abased by incurring Your disobedience, and do not strike me with the whip of Your punishment.".²²

Sankofa Action Item:

- **Silent Strength:** If provoked today, say internally "I am fasting" (*Inni Sa'im*) and

disengage. Use the *Dwennimmen* icon to remind yourself: True strength is restraining the ego.

Day 7: Tuesday, February 24, 2026

Theme: Guidance & Light

Sankofa Symbol: Damedame (Checkers) - Intelligence/Strategy.

One week complete. The body is adapting (ketosis). The mind should now be clearer for strategic spiritual planning.

Prayer	Time	Productive Action
Suhoor	06:03 AM	Check: Are you waking up easily? Adjust sleep if not.
Fajr	06:08 AM	Visualize the day's "spiritual strategy."
Dhuhr	12:50 PM	Renew wudu with mindfulness (cooling the anger).
Asr	04:00 PM	Make a list of Duas for the last 10 nights.
Maghrib	06:26 PM	A moment of pure gratitude for completing Week 1.
Isha	07:41 PM	Read Surah Mulk before sleep.

Daily Verse:

Translation: "Allah is the Light of the heavens and the earth..." (Surah An-Nur 24:35).

Dua of the Day:

Meaning: "O Allah, on this day, help me with its fasts and prayers, and keep me

away from mistakes and sins.". ²²

Sankofa Action Item:

- **Strategic Retrieval:** Look back at the first week. What worked? What failed? Adjust your strategy for Week 2. This is the essence of Sankofa—using the past to improve the future.
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Day 8: Wednesday, February 25, 2026

Theme: Compassion (*Nyame Biribi Wo Soro*)

Sankofa Symbol: *Nyame Biribi Wo Soro* (God is in the Heavens) - Hope.

As hunger becomes routine, let it trigger empathy for those for whom hunger is not a choice.

Prayer	Time	Productive Action
Suhoor	06:02 AM	Pray for those who have no food for Suhoor.
Fajr	06:07 AM	Donate \$5 online to a relief organization.
Dhuhr	12:50 PM	check on an elderly relative.
Asr	04:00 PM	Prepare a meal to give away.
Maghrib	06:27 PM	Feed someone else dates/water first.
Isha	07:42 PM	Reflect on the blessing of a safe home.

Daily Verse:

Translation: "And they give food in spite of love for it to the needy, the orphan, and the captive..." (Surah Al-Insan 76:8).

Dua of the Day:

*Meaning: "O Allah, on this day, let me have mercy on the orphans, and feed the hungry, and spread peace."*²²

Sankofa Action Item:

- **The Charity of a Smile:** The Prophet (SAW) said smiling is charity. Make a conscious effort to smile at everyone you meet today, despite low energy.

Day 9: Thursday, February 26, 2026

Theme: Certainty (Gye Nyame)

Sankofa Symbol: Gye Nyame (Except God).

Approaching the end of the first ten days (Mercy). Deepen the reliance on God's mercy.

Prayer	Time	Productive Action
Suhoor	06:01 AM	Gye Nyame: Realize your energy is from Him, not calories.
Fajr	06:06 AM	Stay in your prayer spot for 10 mins after Salam.
Dhuhr	12:50 PM	Recite "SubhanAllah" 33x, "Alhamdulillah" 33x, "Allahu Akbar" 34x.
Asr	04:01 PM	Read about the Mercy of Allah (Ar-Rahman).
Maghrib	06:28 PM	Ask specifically for Rahmah (Mercy) for your parents.
Isha	07:42 PM	Prepare for Jumu'ah tomorrow.

Daily Verse:

Translation: "My Mercy encompasses all things." (Surah Al-A'raf 7:156).

Dua of the Day:

Meaning: "O Allah, on this day, grant me a share from Your wide mercy, and guide me towards Your shining proofs.".²²

Sankofa Action Item:

- **The Mercy Audit:** Have you been merciful to yourself? Have you forgiven yourself for past mistakes? "Go back" and retrieve your self-compassion.
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Day 10: Friday, February 27, 2026**Theme: Completion of Mercy**

Sankofa Symbol: Hwe Mu Dua (Measuring Stick) - Examination/Excellence.

We measure our progress as we close the first third of the month.

Prayer	Time	Productive Action
Suhoor	06:00 AM	Last Suhoor of the "Days of Mercy."
Fajr	06:05 AM	Read Surah Kahf (Jumu'ah Sunnah).
Dhuhr	12:50 PM	Jumu'ah: Listen intently to the Khutbah.
Asr	04:02 PM	The "Hour of Acceptance" (last hour before Maghrib).
Maghrib	06:28 PM	Dua: "O Allah, accept my first 10 days."
Isha	07:43 PM	Taraweeh: Transition focus to "Forgiveness" (Days

		11-20).
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Daily Verse:

Translation: "Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire." (Surah Al-Baqarah 2:201).²³

Dua of the Day:

Meaning: "O Allah, on this day, make me among those who rely on You, and place me among Your successful servants.".²²

Sankofa Action Item:

- **The 10-Day Review:** Use the *Hwe Mu Dua* (measuring stick) concept. Rate your first 10 days on a scale of 1-5. What is the one thing you must improve for the next 10 days?

4. The Month of Forgiveness (*Maghfirah*): Days 11-20

The middle ten days are for seeking Forgiveness. The novelty has worn off, and the "slump" often hits here. The Sankofa theme is "**Cleaning the Mirror.**" We look back to scrub away the sins that cloud our reflection.

CRITICAL NOTICE: Daylight Saving Time (DST) begins on Day 19 (March 8). Prayer times shift forward by 1 hour.

Day 11: Saturday, February 28, 2026

Theme: Seeking Pardon

Sankofa Symbol: Akoben (War Horn) - Vigilance.

The war against the self (*Jihad al-Nafs*) intensifies.

Prayer	Time	Productive Action
Suhoor	05:59 AM	Renew intention for the second phase.
Fajr	06:04 AM	Istighfar (Seeking

		forgiveness) x 100.
Dhuhr	12:50 PM	
Asr	04:02 PM	
Maghrib	06:29 PM	
Isha	07:44 PM	

Daily Verse:

Translation: "And seek forgiveness of Allah. Indeed, Allah is ever Forgiving and Merciful." (Surah An-Nisa 4:106).

Dua of the Day:

Meaning: "O Allah, on this day, make me love goodness, and dislike corruption and disobedience.".²²

Sankofa Action Item:

- **The Eraser:** Perform *Salat al-Tawbah* (Prayer of Repentance). 2 Rak'ahs, purely to ask forgiveness for a specific past sin you are holding onto.

Day 12: Sunday, March 1, 2026

Theme: Covering Faults (Sattar)

Sankofa Symbol: Sepow (Knife) - Justice/Executions (Historically), but here: Cutting away the bad.

Sunday rest. Use it to cover your faults and the faults of others.

Prayer	Time	Productive Action
Suhoor	05:57 AM	
Fajr	06:02 AM	

Dhuhr	12:50 PM	
Asr	04:03 PM	
Maghrib	06:30 PM	
Isha	07:45 PM	

Daily Verse:

Translation: "He is the One who accepts repentance from His servants and pardons misdeeds..." (Surah Ash-Shura 42:25).

Dua of the Day:

Meaning: "O Allah, on this day, beautify me with covering and chastity, and cover me with the clothes of contentment.". ²²

Sankofa Action Item:

- **Veiling the Faults:** If you know a secret about someone, make a conscious intention today to bury it forever. "Go back" to the moment you heard it and lock it away.

Day 13: Monday, March 2, 2026

Theme: Patience in Decree

Sankofa Symbol: Owo Foro Adobe (Snake climbing the raffia tree) - Prudence/Diligence.

The snake climbing the thorny raffia tree represents performing a difficult task with care. Fasting through the mid-month slump requires this prudence.

Prayer	Time	Productive Action
Suhoor	05:56 AM	
Fajr	06:01 AM	
Dhuhr	12:49 PM	

Asr	04:03 PM	
Maghrib	06:31 PM	
Isha	07:46 PM	

Daily Verse:

Translation: "Our Lord, pour upon us patience and plant firmly our feet..." (Surah Al-Baqarah 2:250).²³

Dua of the Day:

Meaning: "O Allah, on this day, purify me from uncleanness and dirt, and make me patient over events that are decreed.".²²

Sankofa Action Item:

- **The Difficult Climb:** Tackle the hardest task on your to-do list first thing in the morning. Like the snake on the thorns, move carefully but persistently.

Day 14: Tuesday, March 3, 2026

Theme: Correction of Errors

Sankofa Symbol: Nkyinkyim (Twisting) - Adaptability/Versatility.

Life's journey is twisted. We err. Today is for correcting the course.

Prayer	Time	Productive Action
Suhoor	05:55 AM	
Fajr	06:00 AM	
Dhuhr	12:49 PM	
Asr	04:04 PM	
Maghrib	06:32 PM	

Isha	07:47 PM	
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Daily Verse:

Translation: "Our Lord, do not impose blame upon us if we have forgotten or erred."
 (Surah Al-Baqarah 2:286).²³

Dua of the Day:

Meaning: "O Allah, on this day, do not condemn me for slips, and make my mistakes and errors decrease.".²²

Sankofa Action Item:

- **Mid-Ramadan Course Correction:** Check your Quran progress. Are you at Juz 14/15? If not, calculate how many extra pages per day you need to catch up. Adapt your schedule (*Nkyinkyim*).

Day 15: Wednesday, March 4, 2026

Theme: Humility

Sankofa Symbol: Pempamsie (Sewn in readiness) - Readiness/Steadfastness.

Halfway point. The peak of the hill.

Prayer	Time	Productive Action
Suhoor	05:53 AM	
Fajr	05:58 AM	
Dhuhr	12:49 PM	
Asr	04:04 PM	
Maghrib	06:33 PM	
Isha	07:47 PM	

Daily Verse:

Translation: "And the servants of the Most Merciful are those who walk upon the earth easily..." (Surah Al-Furqan 25:63).

Dua of the Day:

Meaning: "O Allah, on this day, grant me the obedience of the humble, and expand my chest through the repentance of the humble.".²²

Sankofa Action Item:

- **The Halfway Celebration:** Acknowledge the achievement of fasting 15 days. "Sew" (*Pempamsie*) this consistency into your character.

Day 16: Thursday, March 5, 2026

Theme: Good Company

Sankofa Symbol: Bi Nka Bi (No one should bite the other) - Peace/Harmony.

Prayer	Time	Productive Action
Suhoor	05:52 AM	
Fajr	05:57 AM	
Dhuhr	12:49 PM	
Asr	04:05 PM	
Maghrib	06:33 PM	
Isha	07:48 PM	

Daily Verse:

Translation: "O you who have believed, fear Allah and be with those who are true." (Surah At-Tawbah 9:119).

Dua of the Day:

Meaning: "O Allah, on this day, grant me compatibility with the good, and keep me away from patching up with the evil."²²

Sankofa Action Item:

- **Social Audit:** Review your "Recent Calls/Chats." Are these people bringing you closer to Allah or distracting you? "Go back" to the relationships that matter.

Day 17: Friday, March 6, 2026 (Jumu'ah)

Theme: Battle of Badr (Historical Anniversary)

Sankofa Symbol: Akofena (Sword of War) - Courage/Heroism.

The 17th of Ramadan is the anniversary of the Battle of Badr. A day of victory and separating truth from falsehood.

Prayer	Time	Productive Action
Suhoor	05:51 AM	
Fajr	05:56 AM	
Dhuhr	12:49 PM	Jumu'ah
Asr	04:05 PM	
Maghrib	06:34 PM	
Isha	07:49 PM	

Daily Verse:

Translation: "And Allah had already given you victory at Badr while you were few in number." (Surah Ali 'Imran 3:123).

Dua of the Day:

Meaning: "O Allah, on this day, guide me towards righteous actions, and fulfill my

needs and hopes.". ²²

Sankofa Action Item:

- **Your Personal Badr:** Identify the biggest "enemy" habit you are fighting. Channel the Akofena energy to slay this habit today.
-

Day 18: Saturday, March 7, 2026

Theme: Awakening

Sankofa Symbol: Osram Ne Nsoromma (*The Moon and the Star*) - Faithfulness.

Prayer	Time	Productive Action
Suhoor	05:50 AM	
Fajr	05:55 AM	
Dhuhr	12:48 PM	
Asr	04:06 PM	
Maghrib	06:35 PM	
Isha	07:50 PM	Prepare for Time Shift tonight.

Daily Verse:

Translation: "Is one who was dead and We gave him life and made for him a light... like one who is in darkness?" (Surah Al-An'am 6:122).

Dua of the Day:

Meaning: "O Allah, on this day, awaken me with the blessings of its early mornings.". ²²

Sankofa Action Item:

- **Clock Reset: IMPORTANT:** Before sleeping, set clocks **FORWARD 1 HOUR**. DST begins.

You will lose an hour of sleep/suhoor time. Plan accordingly.

Day 19: Sunday, March 8, 2026 (DST BEGINS)

Theme: The Shift / Resilience

Sankofa Symbol: *Hye Won Hye* (*That which does not burn*).

TIME CHANGE ALERT:

- Fajr jumps from ~5:55 AM to ~6:53 AM.
- Maghrib jumps from ~6:35 PM to ~7:36 PM.
The fast feels "longer" today because sunset is later.

Prayer	Time (EDT)	Productive Action
Suhoor	06:48 AM	You have "more" morning time. Use it.
Fajr	06:53 AM	
Dhuhr	01:48 PM	
Asr	05:06 PM	
Maghrib	07:36 PM	Late Iftar. Use the extra daylight for Quran.
Isha	08:51 PM	

Daily Verse:

Translation: "Our Lord, pour upon us patience and plant firmly our feet..." (Surah Al-Baqarah 2:250).²³

Dua of the Day:

Meaning: "O Allah, on this day, multiply for me its blessings, and ease my path towards its bounties.".²²

Sankofa Action Item:

- **Adaptation:** The *Hye Won Hye* symbol (fireproofing) represents imperishability. Do not let the time change burn you out. Adjust your sleep schedule immediately (sleep right after Isha).
-

Day 20: Monday, March 9, 2026

Theme: Tranquility

Sankofa Symbol: Eban (Fence) - Safety/Security.

End of the second third. The fortress of faith is built.

Prayer	Time (EDT)	Productive Action
Suhoor	06:47 AM	
Fajr	06:52 AM	
Dhuhr	01:48 PM	
Asr	05:06 PM	
Maghrib	07:37 PM	
Isha	08:51 PM	Preparation for Last 10 Nights.

Daily Verse:

Translation: "Unquestionably, by the remembrance of Allah hearts are assured."
(Surah Ar-Ra'd 13:28).

Dua of the Day:

*Meaning: "O Allah, on this day, open for me the doors of the heavens, and lock the doors of Hell."*²²

Sankofa Action Item:

- **The Fortress (*Eban*):** Secure your schedule for the next 10 days. Clear social engagements. The "Night of Power" is coming.

5. The Month of Salvation (*Nijat*): Days 21-30

The final heat. These are the "Days of Fire Safety" (seeking freedom from Hellfire). The theme is "**The Ultimate Retrieval.**" We are hunting for *Laylatul Qadr* (The Night of Power).

Day 21: Tuesday, March 10, 2026 (Odd Night)

Theme: Seeking the Night

Sankofa Symbol: Nsoromma (Star).

The hunt for the Night of Power begins.

Prayer	Time (EDT)	Productive Action
Suhoor	06:46 AM	
Fajr	06:51 AM	
Dhuhr	01:48 PM	
Asr	05:07 PM	
Maghrib	07:37 PM	
Isha	08:52 PM	Qiyam al-Layl (Night Vigil)

Daily Verse:

Translation: "Indeed, We sent the Qur'an down during the Night of Decree." (Surah Al-Qadr 97:1).

Dua of the Day:

Meaning: "O Allah, on this day, make me a guide to Your pleasure, and do not let Shaytan have a means over me.".²²

Sankofa Action Item:

- **The Star Watch:** *Nsoromma* means "Child of the Heavens." Stay up tonight. Even if just for 30 minutes extra.
-

Day 22: Wednesday, March 11, 2026

Theme: Divine Grace

Sankofa Symbol: Woforo Dua (Climbing the Tree).

Prayer	Time (EDT)	Productive Action
Suhoor	06:44 AM	
Fajr	06:49 AM	
Dhuhr	01:47 PM	
Asr	05:07 PM	
Maghrib	07:38 PM	
Isha	08:53 PM	

Daily Verse:

Translation: "And My Mercy encompasses all things." (Surah Al-A'raf 7:156).

Dua of the Day:

Meaning: "O Allah, on this day, open for me the doors of Your Grace, and send down on me its blessings.". ²²

Sankofa Action Item:

- **Support System:** *Woforo Dua pa a* ("When you climb a good tree, you are given a push"). Encourage a friend who is struggling with fasting.
-

Day 23: Thursday, March 12, 2026 (Odd Night)

Theme: Purification of Heart

Sankofa Symbol: Akoma (The Heart).

The heart (*Akoma*) is the vessel of faith.

Prayer	Time (EDT)	Productive Action
Suhoor	06:43 AM	
Fajr	06:48 AM	
Dhuhr	01:47 PM	
Asr	05:08 PM	
Maghrib	07:39 PM	
Isha	08:54 PM	Possible Laylatul Qadr

Daily Verse:

Translation: "The Day when there will not benefit [anyone] wealth or children, But only one who comes to Allah with a sound heart." (Surah Ash-Shu'ara 26:88-89).

Dua of the Day:

Meaning: "O Allah, on this day, wash away my sins, and purify me from all flaws."²²

Sankofa Action Item:

- **Heart Cleanse:** Recite "Allahumma innaka 'afuwun" (O Allah you are forgiving...) continuously tonight.

Day 24: Friday, March 13, 2026 (Jumu'ah)

Theme: Obedience

Sankofa Symbol: Ohene Adwa (King's Stool) - Authority.

Recognizing the ultimate Authority (Allah).

Prayer	Time (EDT)	Productive Action
Suhoor	06:42 AM	
Fajr	06:47 AM	
Dhuhr	01:47 PM	Last Jumu'ah? (Or second to last)
Asr	05:08 PM	
Maghrib	07:39 PM	
Isha	08:55 PM	

Daily Verse:

Translation: "And whoever obeys Allah and His Messenger has certainly attained a great attainment." (Surah Al-Ahzab 33:71).

Dua of the Day:

Meaning: "O Allah, on this day, I ask You for what pleases You, and I seek refuge in You from what displeases You."²²

Day 25: Saturday, March 14, 2026 (Odd Night - 25th)

Theme: Friendship with God (Wilayah)

Sankofa Symbol: Nea Onnim No Sua A, Ohu (He who does not know can know from learning) - Education.

Prayer	Time (EDT)	Productive Action
Suhoor	06:40 AM	
Fajr	06:45 AM	

Dhuhr	01:46 PM	
Asr	05:09 PM	
Maghrib	07:40 PM	
Isha	08:56 PM	High Probability of Qadr

Daily Verse:

Translation: "Unquestionably, [for] the allies of Allah there will be no fear concerning them, nor will they grieve." (Surah Yunus 10:62).

Dua of the Day:

Meaning: "O Allah, on this day, make me among those who love Your friends, and hate Your enemies.".²²

Sankofa Action Item:

- **Learning:** Spend the night reading the translation of the Quran if you usually only read Arabic. "He who does not know can know."

Day 26: Sunday, March 15, 2026

Theme: Effort

Sankofa Symbol: Kwatakye Atiko (Hairstyle of an Asante War Captain) - Bravery.

Prayer	Time (EDT)	Productive Action
Suhoor	06:39 AM	
Fajr	06:44 AM	
Dhuhr	01:46 PM	
Asr	05:09 PM	

Maghrib	07:41 PM	
Isha	08:56 PM	

Daily Verse:

Translation: "And that there is not for man except that [good] for which he strives." (Surah An-Najm 53:39).

Dua of the Day:

Meaning: "O Allah, on this day, make my efforts worthy of appreciation, and my sins forgiven.".²²

Day 27: Monday, March 16, 2026 (Odd Night - 27th - PEAK NIGHT)

Theme: The Night of Power (Laylatul Qadr)

Sankofa Symbol: Nyame Nnwu Na Mawu (God never dies, therefore I cannot die) - Immortality of the Soul.

This is widely regarded as the most likely night of *Laylatul Qadr*. The worship of this single night is better than 83 years (1000 months).

Prayer	Time (EDT)	Productive Action
Suhoor	06:38 AM	
Fajr	06:43 AM	
Dhuhr	01:46 PM	Nap today is crucial.
Asr	05:10 PM	
Maghrib	07:42 PM	Light Iftar. Do not overeat.
Isha	08:57 PM	ALL NIGHT VIGIL (I'tikaf)

Daily Verse:

Translation: "The Night of Decree is better than a thousand months." (Surah Al-Qadr 97:3).

Dua of the Day:

Text: Allahumma innaka 'afuwwun tuhibbul 'afwa fa'fu 'anni. *Meaning:* "O Allah, You are Forgiving and love forgiveness, so forgive me.". ²¹

Sankofa Action Item:

- **The Immortal Investment:** Disconnect from the world completely. Phone off. From Maghrib to Fajr, your only companion is the Quran and Prayer. This is the egg you have been trying to retrieve all month.

Day 28: Tuesday, March 17, 2026

Theme: Asking

Sankofa Symbol: Epa (Handcuffs) - Law/Justice/Slavery to God.

We are captives of Allah's will. We ask Him to free our necks from the Fire.

Prayer	Time (EDT)	Productive Action
Suhoor	06:36 AM	
Fajr	06:41 AM	
Dhuhr	01:45 PM	
Asr	05:10 PM	
Maghrib	07:42 PM	
Isha	08:58 PM	

Daily Verse:

Translation: "And from the night, pray with it as an additional [worship] for you..."

(Surah Al-Isra 17:79).

Dua of the Day:

Meaning: "O Allah, on this day, grant me a share in its nawafil, and honor me by attending to my problems.".²²

Day 29: Wednesday, March 18, 2026

Theme: Hope & Farewell

Sankofa Symbol: Nkonsonkonson (Chain Link) - Unity/Community.

The month is ending. We link our days together. Tonight (Wednesday night) is the Moon Sighting. If the moon is seen, tomorrow is Eid. If not, we fast one more day.

Prayer	Time (EDT)	Productive Action
Suhoor	06:35 AM	
Fajr	06:40 AM	
Dhuhr	01:45 PM	
Asr	05:10 PM	
Maghrib	07:43 PM	Moon Sighting.
Isha	08:59 PM	

Daily Verse:

Translation: "Say, 'O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah...'" (Surah Az-Zumar 39:53).

Dua of the Day:

Meaning: "O Allah, on this day, cover me with Your mercy, and grant me in it success and protection.".²²

Sankofa Action Item:

- **Zakat al-Fitr:** Ensure you have paid your Zakat al-Fitr (\$10-\$15/person) before the Eid prayer. This cleanses the fast of any idle speech.
-

Day 30: Thursday, March 19, 2026 (If 30 days)**Theme: Gratitude & Conclusion**

Sankofa Symbol: Sankofa (Return).

We return to where we started, but changed.

Prayer	Time (EDT)	Productive Action
Suhoor	06:34 AM	The final Suhoor.
Fajr	06:39 AM	
Dhuhr	01:45 PM	
Asr	05:11 PM	
Maghrib	07:44 PM	EID MUBARAK!
Isha	09:00 PM	

Daily Verse:

Translation: "And when the prayer has been concluded, disperse within the land and seek from the bounty of Allah..." (Surah Al-Jumu'ah 62:10).

Dua of the Day:

Meaning: "O Allah, on this day, make my fasts worthy of appreciation and acceptance... for the sake of Muhammad and his pure Family.".²²

Sankofa Action Item:

- **The Return:** The Sankofa bird looks back. Look back at the last 30 days. What will you keep? Take one habit (e.g., the Fajr prayer) and vow to never drop it.

6. Implementation Guide: The "App" Features

6.1 The "Adinkra" Habit Tracker (Printable Grid)

To fulfill the user's request for "tracking at their fingertips," the document should include a printable matrix at the end.

- **Columns:** Days 1-30.
- **Rows:**
 - Gye Nyame (Fajr on time).
 - Aya (No complaining/anger).
 - Volta Blue Drop (Water intake > 1.5L).
 - Nsoromma (Taraweeh/Night Prayer).
 - Book (Quran pages).
- **Mechanic:** Users color in the symbol for each day they complete the habit. This creates a visual "streak" similar to GitHub contribution graphs or fitness apps.

6.2 Digital Interactivity

For digital distribution (PDF):

- **Hyperlinked Index:** Clicking "Day 15" on the overview page jumps to Page 15.
- **Form Fields:** The "Action Item" sections should be fillable text boxes.
- **Audio Integration:** If hosted online, the "Dua of the Day" text can be hyperlinked to an MP3 recitation.

6.3 Conclusion

This Sankofa Ramadan Calendar is a fusion of two powerful traditions. By placing the *Sankofa* bird alongside the *Hilal* (Crescent Moon), we create a framework where the user is constantly reminded that their spiritual progress forward depends on their willingness to retrieve the discipline, heritage, and "sound heart" of the past. The 2026 timing, with its Daylight Saving shift, offers a unique challenge of adaptation—a challenge this system is designed to meet with the resilience of the Aya fern and the wisdom of the *Sankofa* bird.

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