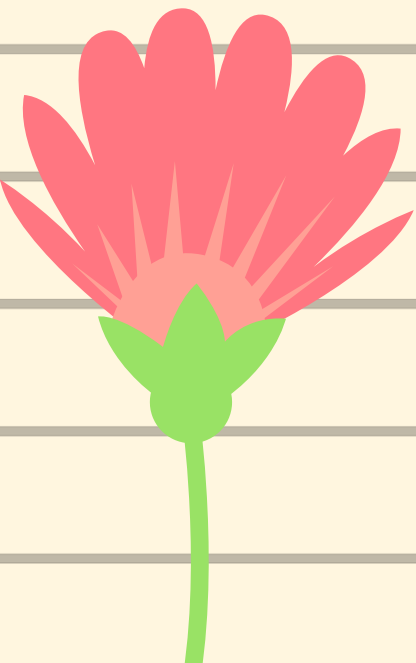


Sleep LESS

Pray MORE

My
Ramadan
Planner



Make this Ramadan
the turning point in your life!

By Umm Aasiyah

My Ramadan

Year _____

DAY 1: Correct Your Intention

IMPORTANT RAMADAN TASKS

Orange task box

Yellow task box

Orange task box

Yellow task box

Orange task box

HEALTHY EATING

Four dotted lines for writing

RAMADAN REMINDER

"There is a gate in Paradise called Ar-Rayyan, and those who observe fasts will enter through it on the Day of Resurrection and none except them will enter through it."

Sahih Bukhari

MORNING

Morning activity box

AFTERNOON

Afternoon activity box

EVENING

Evening activity box

WATER



Dotted line for writing

My Ramadan

Year _____

DAY 2: Correct Your Intention

IMPORTANT RAMADAN TASKS

Task 1

Task 2

Task 3

Task 4

Task 5

HEALTHY EATING

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RAMADAN REMINDER

"When Ramadan begins,
the gates of Paradise are
opened."
Sahih Bukhari

MORNING

Morning journal space

AFTERNOON

Afternoon journal space

EVENING

Evening journal space

WATER 

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My Ramadan

Year _____

DAY 3: Correct Your Intention

IMPORTANT RAMADAN TASKS

Orange task box

Yellow task box

Orange task box

Yellow task box

Orange task box

HEALTHY EATING

Four dotted lines for writing

RAMADAN REMINDER

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

Sahih Bukhari

MORNING

Morning journal box

AFTERNOON

Afternoon journal box

EVENING

Evening journal box

WATER



Dotted line for writing

My Ramadan

Year _____

DAY 4: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"Take the Suhoor meal, for
there is blessing in it"
Bukhari, Muslim

MORNING

AFTERNOON

EVENING

WATER



My Ramadan

Year _____

DAY 5: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"Whoever fasted the month of Ramadan out of sincere Faith (i.e. belief) and hoping for a reward from Allah, then all his past sins will be forgiven"
Sahih Bukhari

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 6: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"O you who believe!
Fasting is prescribed for
you as it was prescribed
for those before you, that
you may become Al-
Muttaqun (the pious)."
Quran 2:183

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 7: Correct Your Intention

IMPORTANT RAMADAN TASKS

Orange task box

Light orange task box

Orange task box

Light orange task box

Orange task box

MORNING

Morning activity area

AFTERNOON

Afternoon activity area

EVENING

Evening activity area

HEALTHY EATING

Dotted lines for healthy eating notes

RAMADAN REMINDER

"Break your fast with dates, or else with water, for it is pure"
Abu Dawud Tirmidhi

WATER 

Dotted line for water tracking

My Ramadan

Year _____

DAY 8: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"If a person does not avoid false talk and false conduct during Siyam, then Allah does not care if he abstains from food and drink"

Sahih Bukhari, Muslim

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 9: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"If anyone forgets that he is fasting and eats or drinks he should complete his fast, for it is Allah who has fed him and given him drink."

Bukhari, Muslim.

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 10: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

HEALTHY EATING

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RAMADAN REMINDER

"He who provides for the breaking of the fast of another person earns the same merit as the one who was observing fast without diminishing in any way the reward of the latter."

Tirmidhi

WATER



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My Ramadan

Year _____

DAY 11: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

HEALTHY EATING

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RAMADAN REMINDER

"The month of Ramadan in which was revealed the Quran, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong)."
Quran 2:185

WATER



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My Ramadan

Year _____

DAY 12: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

HEALTHY EATING

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RAMADAN REMINDER

"There are two occasions
of joy for a fasting
person: one when he
breaks his fast, and the
other when he meets his
Lord"
Bukhari

WATER 

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My Ramadan

Year _____

DAY 13: Correct Your Intention

IMPORTANT RAMADAN TASKS

Orange task box

Light orange task box

Orange task box

Light orange task box

Orange task box

MORNING

Morning activity area

AFTERNOON

Afternoon activity area

EVENING

Evening activity area

HEALTHY EATING

Dotted lines for healthy eating notes

RAMADAN REMINDER

"The (bad) breath (of a fasting person) is better in the sight of Allah than the fragrance of musk."

Bukhari

WATER



Dotted line for water tracking

My Ramadan

Year _____

DAY 14: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

HEALTHY EATING

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RAMADAN REMINDER

Fasting is a shield; so when one of you is fasting he should neither indulge in obscene language nor should he raise his voice in anger. If someone attacks him or insults him, let him say: "I am fasting!"
(Muslim)

WATER



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My Ramadan

Year _____

DAY 15: Correct Your Intention

IMPORTANT RAMADAN TASKS

Orange task box

Light orange task box

Orange task box

Light orange task box

Orange task box

MORNING

Morning activity area

AFTERNOON

Afternoon activity area

EVENING

Evening activity area

HEALTHY EATING

Dotted lines for healthy eating notes

RAMADAN REMINDER

"The five prayers, and from one Friday prayer to the next, and from Ramadan to Ramadan are expiation for sins committed in between provided one stays away from the major sins."

Bukhari

WATER



Dotted line for water tracking notes

My Ramadan

Year _____

DAY 16: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

HEALTHY EATING

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RAMADAN REMINDER

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

Bukhari and Muslim

WATER



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My Ramadan

Year _____

DAY 17: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

HEALTHY EATING

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RAMADAN REMINDER

"Whoever stands (in the voluntary night prayer of) Ramadan out of faith and in hope of reward his previous sins will be forgiven."
Bukhari and Muslim

WATER



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My Ramadan

Year _____

DAY 18: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

WATER



HEALTHY EATING

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RAMADAN REMINDER

"Anyone who fasts for one day for Allah's sake, Allah will keep his face away from the Hellfire for (a distance covered by a journey of) seventy years."
Bukhari and Muslim



My Ramadan

Year _____

DAY 19: Correct Your Intention

IMPORTANT RAMADAN TASKS

Orange task box

Light orange task box

Orange task box

Light orange task box

Orange task box

MORNING

Morning journal box

AFTERNOON

Afternoon journal box

EVENING

Evening journal box

HEALTHY EATING

Four dotted lines for notes

RAMADAN REMINDER

"Fasting serves as a shield
from Hellfire."
An-Nasa'i

WATER



My Ramadan

Year _____

DAY 20: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"The last ten days of Ramadan, the Prophet used to tighten his waist belt (i.e. work harder) and used to pray the whole night, and used to keep his family awake for the

prayers."

Bukhari

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 21: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

HEALTHY EATING

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RAMADAN REMINDER

"Look for Lailat al-Qadr on an odd-numbered night during the last ten nights of Ramadan."

Bukhari

WATER



My Ramadan

Year _____

DAY 22: Correct Your Intention

IMPORTANT RAMADAN TASKS

Orange task box

Light orange task box

Orange task box

Light orange task box

Orange task box

MORNING

Morning activity area

AFTERNOON

Afternoon activity area

EVENING

Evening activity area

HEALTHY EATING

Dotted lines for healthy eating notes

RAMADAN REMINDER

"When Lailat al-Qadr comes Gabriel descends with a company of angels who ask for blessings on everyone who is remembering Allah, whether they are sitting or standing."

Baihaqi

WATER



Dotted line for water tracking

My Ramadan

Year _____

DAY 23: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"The Night of Decree
(Laylatul-Qadr) is better
than a thousand months."
Quran 97:4

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 24: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"The fasting person is in a state of worship as long as he does not backbite."
Ibn Abi Al-Shaybah, Al-Musannaf articles 8975

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 25: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

HEALTHY EATING

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RAMADAN REMINDER

"Whoever spends the night of Lailat Al-Qadr in prayer out of faith and in the hope of reward his previous sins will be forgiven."

Sunan an-Nasa'i

WATER



My Ramadan

Year _____

DAY 26: Correct Your Intention

IMPORTANT RAMADAN TASKS

Orange task box

Light orange task box

Orange task box

Light orange task box

Orange task box

MORNING

Morning activity area

AFTERNOON

Afternoon activity area

EVENING

Evening activity area

HEALTHY EATING

Dotted lines for notes

RAMADAN REMINDER

Best Dua for the last 10
Nights is:
Allahumma innaka
'afuwun, tuhibbul-'afwa,
fa'fu 'anni (O Allah, You are
Most Forgiving and You
love forgiveness; so forgive
me)."

At-Tirmidhi

WATER



Dotted line for water notes

My Ramadan

Year _____

DAY 27: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"Search for the Night of Qadr in the odd nights of the last ten days of Ramadan."
Bukhari

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 28: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"The best prayer after the obligatory ones is the night prayer."
Muslim

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 29: Correct Your Intention

IMPORTANT RAMADAN TASKS

HEALTHY EATING

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RAMADAN REMINDER

"Oh people spread the salaam, and feed the poor, and keep the relations of the womb, and pray at night while the people sleep, you will enter Paradise in peace."

Sahih by Tirmidhee

MORNING

AFTERNOON

EVENING

WATER



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My Ramadan

Year _____

DAY 30: Correct Your Intention

IMPORTANT RAMADAN TASKS

MORNING

AFTERNOON

EVENING

HEALTHY EATING

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RAMADAN REMINDER

"Whoever does good whether male or female and he is a believer, We will most certainly, make him live a happy life, and We will most certainly give them their reward for the best of what they did."
Quran 16:97

WATER



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