

رَمَضَانَ كَرِيمًا

# Ramadan Success Journal

1444H / 2023



***“Islamic Tourism is defined as any activity, event and experience undertaken in a state of travel that is in accordance with Islam”***



No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without prior written permission of Islamic Tourism Centre.

The publisher has made every effort to ensure that all information herein is up-to-date and correct at the time of printing. The publisher disclaims all and any liability and responsibility to any person, entity, or corporation who acts or fails to act as a consequence of any reliance upon the whole or any part of the contents of this publication.



## RAMADAN MESSAGE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalamualaikum WBT from Islamic Tourism Centre (ITC). Alhamdulillah, the highest gratitude to Allah SWT for allowing us to reach the holy month of Ramadan. We would like to take this opportunity to wish everyone, Ramadan Mubarak.

We are happy to share that the Ramadan Success Journal has reached its third edition. The content includes multiple checklists, logs and daily reminders that would be helpful towards achieving a productive Ramadan this year. In this holy month, let us make full use of this opportunity to be closer to the Almighty and recalibrate from the hassles of the world.

Travelling during Ramadan can be a wonderful experience for Muslims. Over the years, ITC has developed a positive relationship with tourism industry players to ensure a pleasant tourism experience for Muslims whenever they travel to Malaysia. Programmes such as Muslim-Friendly Tourism and Hospitality Accreditation and Recognition (MFAR) and Muslim-Friendly Tourist Guide (MFTG) training have equipped our industry players with the knowledge and skills to better cater to the Muslim tourist market so that they would enjoy a more meaningful time in Malaysia.

May Allah SWT accept our good deeds in this blessed month and grant us a meaningful Ramadan filled with a sense of purity, peace, and happiness.

Thank you. Wassalam.

The Management and Staff  
Islamic Tourism Centre  
Ministry of Culture, Arts and Culture

# MY RAMADAN GOALS

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

<i>This Ramadan I plan to....</i>	<i>I will achieve my goals by....</i>

# MY RAMADAN PREPARATIONS

- Start compiling my favourite du'as
- Start compiling a list of charities/ organisations to donate to
- Start compiling sahur and iftar ideas
- Find out what programmes/ classes/lectures my local masjid / community will be having and how can I participate
- Shop for nutritious sahur and iftar foods
- Review good deeds I can do this Ramadan
- Compile a playlist of online lectures to listen to
- 
- 
- 
- 
-

# RAMADAN INTENTIONS AND DU'AS

Stated by the Prophet PBUH:

*"The reward of deeds depends upon the intentions and every person will get the reward according to what he has intended."*

Sahih al-Bukhari

## Niyyat for fasting in the whole month of Ramadan

نَوَيْتُ صَوْمَ شَهْرِ رَمَضَانَ كُلِّهِ  
هَذِهِ السَّنَةِ لِلَّهِ تَعَالَى

"I intend to do obligatory fast for the whole month of Ramadan this year because of Allah."

## Niyyat for the daily fast in Ramadan

نَوَيْتُ صَوْمَ غَدٍ عَنْ أَدَاءِ فَرَضِ شَهْرِ رَمَضَانَ  
هَذِهِ السَّنَةِ لِلَّهِ تَعَالَى

"I intend to do obligatory fast tomorrow in the month of Ramadan this year because of Allah."

## Du'a for breaking fast

اللَّهُمَّ لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ  
بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

"O Allah! I fasted for You and I believe in You, and I break my fast with Your sustenance, by Your mercy O Most Merciful and Compassionate"

## Du'a for protection against diseases

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجَذَامِ وَمِنْ سَيِّئِ الْأَسْقَامِ

"O Allah! I seek Your protection from leukoderma, insanity, leprosy and from evil diseases."

# ETIQUETTE OF DU'A

**1** Have Tawheed in Allah  
[al-Baqarah 2:186]

**2** Sincerify towards Allah alone in  
making du'a. [al-Bayyinah 98:5]

**3** Invoke using Allah's beautiful  
names. [al-A'raaf 7:180]

**4** Start with praise of Allah as  
He deserves before we call  
upon Him. (Abu Daud)

**5** Sending blessing upon the  
Prophet PBUH. (al-Tabarani)

**6** Facing towards the qiblah  
(al-Bukhari)

**7** Raising the hands.  
(al-Bukhari & at-Tirmidhi)

**8** Focus and having faith that  
Allah will respond. (at-Tirmidhi)

**9** Asking frequently and not  
giving up (al-Bukhari & Muslim)

**10** He should be firm in his du'aa',  
(al-Bukhari & Muslim)

**11** Beseeching, humility, hope  
and fear. [al-Anbiya' 21:90]

**12** Saying du'a's three times.  
(al-Bukhari & Muslim)

**13** Saying du'a silently and  
not out loud.  
[al-A'raaf 7:55][Maryam 19:3]

# CHARITIES LIST

*“Those who spend their wealth in the Cause of Allah, and do not follow up their gifts with reminders of their generosity or with injury, their reward is with their Lord. On them shall be no fear, nor shall they grieve”*

Al-Baqarah, 2:262

*List the details of organisations you want to donate / give contributions to this month, Find out local donation packages which you can join.*



# LAILATUL QADR PLANS

*"The Night of Glory is better than a thousand months."*

Al-Qadr, 97:3

## GOALS FOR LAILATUL QADR

### DU'AS TO MAKE

### SURAH TO RECITE

## TO DO LIST

# PRAYER LOG



Mark one tick for a prayer done



2 ticks for prayer done in jamaah

PRAYER/DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Tahajjud															
Sunnah before Subuh															
Subuh															
Isyraq															
Dhuha															
Sunnah before Zuhr															
Zuhr															
Sunnah after Zuhr															
Sunnah before Asr															
Asr															
Maghrib															
Sunnah after Maghrib															
Isha'															
Sunnah after Isha'															
Tarawih															
Witr															

Notes & Reflections:.....

.....

.....

.....

# PRAYER LOG



Mark one tick for a prayer done



2 ticks for prayer done in jamaah

PRAYER/DAY	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Tahajjud															
Sunnah before Subuh															
Subuh															
Isyraq															
Dhuha															
Sunnah before Zuhr															
Zuhr															
Sunnah after Zuhr															
Sunnah before Asr															
Asr															
Maghrib															
Sunnah after Maghrib															
Isha'															
Sunnah after Isha'															
Tarawih															
Witr															

Notes & Reflections:.....


.....

.....




.....

# QURAN LOG

Track your progress this month of Quran

Place a  for the following things done.

## Legends

-  Recitation
-  Tafsir
-  Memorization

## Reminder/ Notes

SURAHS	R	T	M
Al-Fatihah			
Al-Baqarah			
Al-'Imran			
An-Nisa'			
Al-Ma'idah			
Al-An'am			
Al-A'raf			
Al-Anfal			
At-Taubah			
Yunus			
Hud			
Yusuf			
Ar-Ra'd			
Ibrahim			
Al-Hijr			
An-nahl			
Bani Isra'il			
Al-kahf			
Maryam			
Ta Ha			
Al-anbiya'			
Al-hajj			
Al-mu'minun			
An-nur			
Al-furqan			
Ash-shu'ara'			
An-naml			
Al-qasas			


SURAHS	R	T	M
Al-Ankabut			
Ar-rum			
Luqman			
As-sajdah			
Al-ahzab			
Al-saba'			
Al-fatir			
Ya Sin			
As-saffat			
Sad			
Az-zumar			
Al-mu'min			
Ha Mim			
Ash-shura			
Az-zukhruf			
Ad-dukhan			
Al-jathiyah			
Al-ahqaf			
Muhammad			
Al-fath			
Al-hujurat			
Qaf			
Ad-dhariyat			
At-tur			
An-najm			
Al-qamar			
Ar-rahman			
Al-waaqi'ah			

# QURAN LOG




Track your progress this month of Quran

SURAHS	R	T	M
Al-Hadid			
Al-Mujadilah			
Al-Hashr			
Al-Mumtahanah			
As-Saff			
Al-Jumu'ah			
Al-Munafiqun			
At-Taghabun			
At-Talaq			
At-Tahrim			
Al-Mulk			
Al-Qalam			
Al-Haqqah			
Al-Ma'arij			
Nuh			
Al-Jinn			
Al-Muzzammil			
Al-Muddaththir			
Al-Qiyamah			
Al-Insan			
Al-Mursalat			
An-Naba'			
An-Nazi'at			
'Abasa			
At-Takwir			
Al-Infitar			
At-Taifif			
Al-Inshiqaq			
Al-Buruj			

SURAHS	R	T	M
At-Tariq			
Al-A'la			
Al-Ghashiyah			
Al-Fajr			
Al-Balad			
Ash-Shams			
Al-Lail			
Ad-Dhuha			
Al-Inshirah			
At-Tin			
Al-'Alaq			
Al-Qadr			
Al-Bayyinah			
Al-Zilzal			
Al-'Adiyat			
Al-Qari'ah			
At-Takathur			
Al-'Asr			
Al-Humazah			
Al-Fil			
Al-Quraish			
Al-Ma'un			
Al-Kauthar			
Al-Kafirun			
An-Nasr			
Al-Lahab			
Al-Ikhlās			
Al-Falaq			
An-Nas			

Place a  for the following things done.

## Legends

-  Recitation
-  Tafsir
-  Memorization

Reminder/ Notes

**DAY 1**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Allah loves those who turn to him (2:222)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

Blank area for daily checklist.

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- ⬡
- ⬡
- ⬡
- ⬡
- ⬡

*Things I need to improve on*

- ⬡
- ⬡
- ⬡
- ⬡
- ⬡

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 2**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**  
Make friends who remind you of Allah, not those whose company make you forget HIM

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**



## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log

**DAY 3**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Allah has everything perfectly planned for everyone, including you

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 4**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Be a better Muslim than you were yesterday

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

**DAY 5**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

The tongue is very small and light but it can take you to the greatest heights and it can put you in the lowest depths (Al-Ghazali)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 6**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Verily, with every hardship, comes ease (94:5)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**



## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 7**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

So, which of the favours of your lord will you deny? (55:13)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**

**Quran Recitation**

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log

**DAY 8**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

The most barren house is the one in which the Quran is not recited

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 9**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

The life of this world is nothing but play and amusement (6:32)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 10**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

If you make opportunities for others, Allah will create opportunities for you. If you help others, Allah will help you

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**



## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

But perhaps you hate a thing and it is good for you;  
and perhaps you love a thing and it is bad for you.  
And Allah knows, while you know not (2:216)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**

**Quran Recitation**

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 12**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Allah says: "Call upon me, I will respond to you" (40:60)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**

**Quran Recitation**

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Worship Him as though you see Him, and if you can't do that, know that He sees you" -Imam Ghazali

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

**Quran Recitation**

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Our Lord, let not our hearts deviate after you have guided us and grant us from Yourself mercy. Indeed, You are the Bestower (3:8)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**



## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

I only complain of my grief and sorrow to Allah (12:886)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

**Quran Recitation**

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 16**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

If you truly care for somebody, make dua for them.  
If you truly dislike somebody, make dua for them

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 17**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Show forgiveness, enjoy kindness, avoid ignorance (7:199)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 18**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Nothing Allah has written for you goes to someone else.  
So relax, take a deep breathe and be patient

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**



## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 19**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Allah burden no soul beyond what it can bear (2:286)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Du'a is an amazing exchange. You hand over your worries to Allah & He hands over His blessings to you

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 21**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Allah is with you wherever you are (57:4)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

The only relationship where you will never have your heart broken is your relationship with Allah

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**



**Quran Recitation**

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 23**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

When you have taken a decision,  
put your trust in Allah (3:159)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

The two (2) rak'ahs at dawn are better than this world and what it contains. (Muslim)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Allah knows what lies in every heart (67:13)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 26**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

A trial which brings you closer to God is better than a blessing which makes you forget Him”  
-Ibn Taymiyyah

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**



## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log

**DAY 27**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Allah is closer to you than your jugular vein (50:16)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 28**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Show people what Islam is in the way you live and the way you act

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log  
**DAY 29**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Eat Sahoor, for in Sahoor there is a blessing."  
(Bukhari and Muslim)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 
- 

**Daily checklist**

## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

Daily Log **DAY 30**

00.00			
00.30			
01.00			
01.30			
02.00			
02.30			
03.00			
03.30			
04.00			
04.30			
05.00			
05.30			
06.00			
06.30			
07.00			
07.30			
08.00			
08.30			
09.00			
09.30			
10.00			
10.30			
11.00			
11.30			
12.00			
12.30			
13.00			
13.30			
14.00			
14.30			
15.00			
15.30			
16.00			
16.30			
17.00			
17.30			
18.00			
18.30			
19.00			
19.30			
20.00			
20.30			
21.00			
21.30			
22.00			
22.30			
23.00			
23.30			

**DAILY REMINDER**

Good deeds repel evil deeds (11:14)

**Main goals for today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAL PLANNER**

**SAHUR**

- 
- 

**IFTAR**

- 
- 

**EXERCISE PLANNER**

- 
- 
- 
- 
- 

**Daily checklist**



## Quran Recitation

SURAH	VERSE	LESSON/REFLECTIONS

*Good deeds I did today*

- ☆
- ☆
- ☆
- ☆
- ☆

*Today, I am grateful for*

- 
- 
- 
- 
- 

*Things I need to improve on*

- 
- 
- 
- 
- 

*Plans for tomorrow*

- ☆
- ☆
- ☆
- ☆
- ☆

# EID CHECKLIST

TO BUY	PRICE	TO PREPARE

**Others**

# EID CHECKLIST

TO DO	NOTES

**Others**

# EID TRAVEL PLANNER

Day/Date		
Morning		
Afternoon		
Evening		
Notes:		

Day/Date		
Morning		
Afternoon		
Evening		
Notes:		

Day/Date		
Morning		
Afternoon		
Evening		
Notes:		

Day/Date		
Morning		
Afternoon		
Evening		
Notes:		

# EID TRAVEL PLANNER

Day/Date		
Morning		
Afternoon		
Evening		
Notes:		

Day/Date		
Morning		
Afternoon		
Evening		
Notes:		

Day/Date		
Morning		
Afternoon		
Evening		
Notes:		

Day/Date		
Morning		
Afternoon		
Evening		
Notes:		

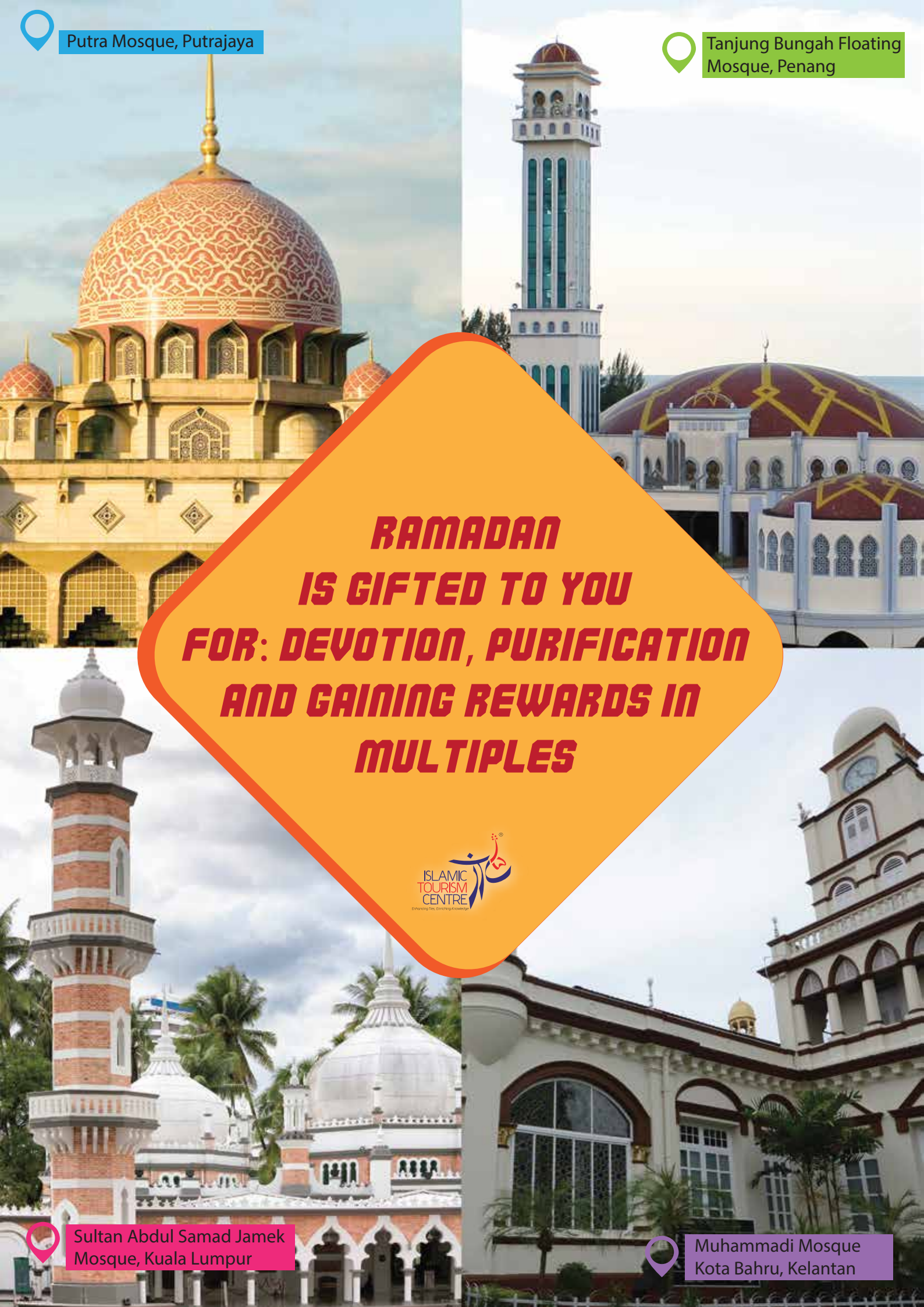
# NOTES



Putra Mosque, Putrajaya



Tanjung Bungah Floating Mosque, Penang



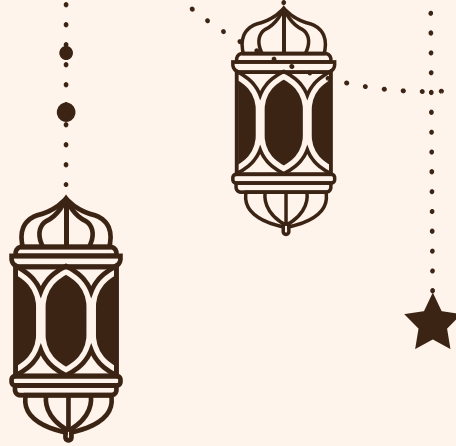
***RAMADAN  
IS GIFTED TO YOU  
FOR: DEVOTION, PURIFICATION  
AND GAINING REWARDS IN  
MULTIPLES***




Sultan Abdul Samad Jamek Mosque, Kuala Lumpur



Muhammadi Mosque Kota Bahru, Kelantan



 Islamic Tourism Centre

 ITC\_MY

 ITC\_MY

## Islamic Tourism Centre

(Ministry of Tourism, Arts and Culture)

Level 13, No.2, Tower 1, Jalan P5/6, Presint 5,  
62200 Putrajaya, Malaysia

[www.itc.gov.my](http://www.itc.gov.my)

Tel: +603-8891 7177 • Fax: +603- 8881 0686

