

"So remember Me; I will remember you. And be grateful to Me and do not deny Me."
(Qur'an 2:152)

★★★★★

Date: _____

Day: _____

Month: _____



Salah Tracker

Fajr	<input type="radio"/>
Dhuhr	<input type="radio"/>
Asr	<input type="radio"/>
Maghrib	<input type="radio"/>
Isha	<input type="radio"/>
Taraweeh	<input type="radio"/>

Thikr Tracker

Subhan Allah	<input type="radio"/>
Alhamdulillah	<input type="radio"/>
Allahu Akbar	<input type="radio"/>
Astaghfirullah	<input type="radio"/>
La ilaha illallah	<input type="radio"/>
Bismillah	<input type="radio"/>

My Ramadan Duas

Write down 3 things you are asking Allah for this Ramadan:

1 (O Allah, grant me...)

2 (O Allah, bless me with...)

3 (O Allah, forgive me for...)

Daily Reflections

What is my intention (niyyah) for today's fast?

"O Allah, I intend to fast Ramadan with faith and seeking Your reward, so forgive my past and future sins."

What blessing am I most grateful for today?

(Reflect on health, family, sustenance, peace, etc.)

What is one Sunnah I practiced today?

(E.g., breaking fast with dates, praying extra Sunnah prayers, smiling at others, helping someone in need.)

What is one way I improved my character (Akhlaq) today?

(E.g., patience, kindness, humility, forgiveness.)

Daily Reflections

What is a verse from the Qur'an that spoke to my heart today?

(Write down the verse and its personal meaning to you.)

What is a dua I want to focus on tonight?

("O Allah, You are Forgiving and love forgiveness, so forgive me.")

How did I take care of my body while fasting?

(E.g., mindful eating at Iftar/Suhoor, hydration, rest, stretching, deep breathing.)

What is one act of charity (Sadaqah) I did today?

(E.g., giving to those in need, sharing knowledge, a kind word, a smile.)

Sunnah Practices to Incorporate

Morning (Suhoor)



Wake up early for
Tahajjud, recite
Qur'an

During the Fast



Make Thikr, control
anger, increase
patience

Evening (Iftar)



Break fast with
dates & water, recite
Iftar dua

Night (Taraweeh & Qiyam)



Extra prayers, seek
Laylat Al Qadr



Notes