



LAYTH & LAYAN

Ramadan Planner

Thirty days of salah, Quran, dhikr and good deeds

Ramadan _____ AH

This planner belongs to _____

My Ramadan at a glance

Ramadan _____ AH

DAY	DATE	FASTED	FAJR	DHUHR	ASR	MAGHRIB	ISHA	TARAWEEH	QURAN	GOOD DEED
1		☐	☐	☐	☐	☐	☐	☐	☐	
2		☐	☐	☐	☐	☐	☐	☐	☐	
3		☐	☐	☐	☐	☐	☐	☐	☐	
4		☐	☐	☐	☐	☐	☐	☐	☐	
5		☐	☐	☐	☐	☐	☐	☐	☐	
6		☐	☐	☐	☐	☐	☐	☐	☐	
7		☐	☐	☐	☐	☐	☐	☐	☐	
8		☐	☐	☐	☐	☐	☐	☐	☐	
9		☐	☐	☐	☐	☐	☐	☐	☐	
10		☐	☐	☐	☐	☐	☐	☐	☐	
11		☐	☐	☐	☐	☐	☐	☐	☐	
12		☐	☐	☐	☐	☐	☐	☐	☐	
13		☐	☐	☐	☐	☐	☐	☐	☐	
14		☐	☐	☐	☐	☐	☐	☐	☐	
15		☐	☐	☐	☐	☐	☐	☐	☐	
16		☐	☐	☐	☐	☐	☐	☐	☐	
17		☐	☐	☐	☐	☐	☐	☐	☐	
18		☐	☐	☐	☐	☐	☐	☐	☐	
19		☐	☐	☐	☐	☐	☐	☐	☐	
20		☐	☐	☐	☐	☐	☐	☐	☐	
21 ★		☐	☐	☐	☐	☐	☐	☐	☐	
22		☐	☐	☐	☐	☐	☐	☐	☐	
23 ★		☐	☐	☐	☐	☐	☐	☐	☐	
24		☐	☐	☐	☐	☐	☐	☐	☐	
25 ★		☐	☐	☐	☐	☐	☐	☐	☐	
26		☐	☐	☐	☐	☐	☐	☐	☐	
27 ★		☐	☐	☐	☐	☐	☐	☐	☐	
28		☐	☐	☐	☐	☐	☐	☐	☐	
29 ★		☐	☐	☐	☐	☐	☐	☐	☐	
30		☐	☐	☐	☐	☐	☐	☐	☐	

COLOUR A JUZ AS YOU FINISH IT

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

★ Odd nights of the last ten: look for Laylat al-Qadr

Give zakat al-fitr before the Eid prayer

Eid morning: the Eid Takbir



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 1 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

1 of 99

الرَّحْمَنُ

Ar-Rahman

The Most Merciful to all creation



Dhikr of the day

لَا إِلَهَ إِلَّا اللَّهُ

La ilaha illa Allah

There is no god but Allah



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 2 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

2 of 99

الرَّحِيمُ

Ar-Raheem

The Most Merciful, especially to the believers



Dhikr of the day

سُبْحَانَ اللَّهِ

SubhanAllah

Glory be to Allah



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 3 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

3 of 99

الْمَلِكُ

Al-Malik
The King



Dhikr of the day

الْحَمْدُ لِلَّهِ

Alhamdulillah

All praise is for Allah



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 4 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

4 of 99

الْقُدُّوسُ

Al-Quddus

The Most Holy



Dhikr of the day

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 5 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

5 of 99

السَّلَامُ

As-Salam

The Source of Peace



Dhikr of the day

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subhanallahi wa bihamdih

Glory be to Allah, and all praise is His.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 6 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

6 of 99

الْمُؤْمِنُ

Al-Mumin

The Giver of Security



Dhikr of the day

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ

Asbahna wa asbahal-mulku lillah

We have reached the morning, and all the kingdom belongs to Allah. All praise is for Allah.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 7 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

7 of 99

الْمُهَيْمِنُ

Al-Muhaymin

The Guardian



Dhikr of the day

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ وَالْحَمْدُ لِلَّهِ

Amsayna wa amsal-mulku lillah

We have reached the evening, and all the kingdom belongs to Allah. All praise is for Allah.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 8 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

8 of 99

الْعَزِيزُ

Al-Aziz

The Almighty



Dhikr of the day

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا

Radi'u billahi Rabba

I am happy with Allah as my Lord, with Islam as my religion, and with Muhammad ﷺ as my Prophet.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 9 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

9 of 99

الْجَبَّارُ

Al-Jabbar

The Compeller



Dhikr of the day

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ

Allahumma bika asbahna

O Allah, by You we reach the morning and by You we reach the evening, by You we live and by You we die, and to You we return.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 10 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

10 of 99

الْمُتَكَبِّرُ

Al-Mutakabbir

The Supreme in Greatness



Dhikr of the day

اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ الْمَصِيرُ

Allahumma bika amsayna

O Allah, by You we reach the evening and by You we reach the morning, by You we live and by You we die, and to You is the final return.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 11 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

11 of 99

الْخَالِقُ

Al-Khaliq

The Creator



Dhikr of the day

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahilladhi la yadurru

In the name of Allah, with whose name nothing on earth or in the sky can bring harm. He is the All-Hearing, the All-Knowing.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 12 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐ Fajr 4 pages ☐ Dhuhr 4 pages ☐ Asr 4 pages ☐ Maghrib 4 pages ☐ Isha 4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

12 of 99

الْبَارِئُ

Al-Bari

The Maker



Dhikr of the day

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bi kalimatillahit-tammat

I take shelter in the perfect words of Allah from the harm of everything He has made.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 13 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

13 of 99

الْمُصَوِّرُ

Al-Musawwir

The Fashioner



Dhikr of the day

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

La ilaha illa Allahu wahdah

There is no god but Allah alone, with no partner. His is the kingdom, His is the praise, and He has power over everything.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 14 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

14 of 99

الْغَفَّارُ

Al-Ghaffar

The Ever-Forgiving



Dhikr of the day

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Alhamdulillahil-ladhi ahyana ba'da ma amatana wa ilayhi an-nushoor

All praise is for Allah who gave us life after taking it from us, and to Him we will return



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 15 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

15 of 99

الْقَهَّارُ

Al-Qahhar

The All-Prevailing



Dhikr of the day

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amootu wa ahya

In Your name, O Allah, I sleep and I wake up



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 16 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

16 of 99

الْوَهَّابُ

Al-Wahhab

The Giver of Gifts



Dhikr of the day

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

Bismillahi fee awwalihi wa akhirihi

In the name of Allah at the beginning and the end



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 17 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

17 of 99

الرَّزَّاقُ

Ar-Razzaq

The Provider



Dhikr of the day

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا

Alhamdu lillahil-ladhi at'amana wa saqana

All praise is for Allah who fed us and gave us drink



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 18 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

18 of 99

الْفَاتِحُ

Al-Fattah

The Opener



Dhikr of the day

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Rabbana taqabbal minna, innaka antas-Sami'ul-'Alim

Our Lord, accept this from us. You are the All-Hearing, the All-Knowing.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 19 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

19 of 99

الْعَلِيمُ

Al-Alim

The All-Knowing



Dhikr of the day

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina 'adhaban-nar

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 20 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

20 of 99

الْقَابِضُ

Al-Qabid

The One Who Holds Back



Dhikr of the day

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni 'ilma

My Lord, increase me in knowledge.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections

★ An odd night of the last ten: tonight could be Laylat al-Qadr



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 21 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐ Fajr 4 pages ☐ Dhuhr 4 pages ☐ Asr 4 pages ☐ Maghrib 4 pages ☐ Isha 4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

21 of 99

الْبَاسِطُ

Al-Basit

The Expander



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 22 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

22 of 99

الْخَافِضُ

Al-Khafid

The One Who Lowers



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections

★ An odd night of the last ten: tonight could be Laylat al-Qadr



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 23 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐ Fajr 4 pages ☐ Dhuhr 4 pages ☐ Asr 4 pages ☐ Maghrib 4 pages ☐ Isha 4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

23 of 99

الرَّافِعُ

Ar-Rafi

The One Who Raises



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 24 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

24 of 99

الْمُعِزُّ

Al-Mu'izz

The Giver of Honor



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections

★ An odd night of the last ten: tonight could be Laylat al-Qadr



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 25 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐ Fajr 4 pages ☐ Dhuhr 4 pages ☐ Asr 4 pages ☐ Maghrib 4 pages ☐ Isha 4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

25 of 99

الْمُذِلُّ

Al-Muzil

The One Who humbles



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 26 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

26 of 99

السَّمِيعُ

As-Sami

The All-Hearing



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections

★ An odd night of the last ten: tonight could be Laylat al-Qadr



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 27 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐ Fajr 4 pages ☐ Dhuhr 4 pages ☐ Asr 4 pages ☐ Maghrib 4 pages ☐ Isha 4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

27 of 99

الْبَصِيرُ

Al-Baseer

The All-Seeing



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IF TAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 28 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

28 of 99

الْحَكَمُ

Al-Hakam

The Judge



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections

★ An odd night of the last ten: tonight could be Laylat al-Qadr



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 29 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐ Fajr 4 pages ☐ Dhuhr 4 pages ☐ Asr 4 pages ☐ Maghrib 4 pages ☐ Isha 4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

29 of 99

الْعَدْلُ

Al-Adl

The Just



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections



Salah tracker

	FARD	SUNNAH
Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz 30 of 30

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

30 of 99

اللطيف

Al-Lateef

The Gentle



Dua of the night

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwwun tuhibbul-'afwa fa'fu 'anni

O Allah, You are the One who pardons, and You love to pardon, so pardon me.



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections

M T W T F S S

DAY

OF 30

Date _____



Salah tracker

FARD SUNNAH

Fajr	☐ 2	☐ 2 before
Dhuhr	☐ 4	☐ 4 before ☐ 2 after
Asr	☐ 4	—
Maghrib	☐ 3	☐ 2 after
Isha	☐ 4	☐ 2 after ☐ Witr

☐ Taraweeh

The 12 sunnah rak'ahs the Prophet ﷺ encouraged each day. Some count 2 before Dhuhr.



Fasting tracker

☐ I fasted today

Suhoor _____

Iftar _____

AT IFTAR

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu, wa bika amantu, wa 'alayka tawakkaltu, wa 'ala rizqika aftartu

O Allah, I fasted for You, I believe in You, I put my trust in You, and I break my fast with Your provision.



Recitation tracker

Juz _____

4 pages after each prayer, and you read the whole Quran this month.

☐	☐	☐	☐	☐
Fajr	Dhuhr	Asr	Maghrib	Isha
4 pages	4 pages	4 pages	4 pages	4 pages

Pages read today _____



Hydration tracker

Colour in a glass each time you drink one. Aim for 8 between iftar and suhoor.



Allah's beautiful names

____ of 99



Dhikr of the day



More than food and water

A good deed today _____

A kind word I said _____



What I am grateful for, and my reflections