

# RAMADAN TRACKER (TEENS/ADULTS)

Allah SWT said, "Every good deed of Adam's son is for him except fasting; it is for Me and I shall reward it..." (Saheeh Bukhari)

	DAY NO.	DAILY SALAH						QUR'AN		CHARITY	LEARN A DUA, SURAH OR HADITH	ZIKR SUBHANALLAH ALHAMDULILLAH ASTAGFIRULLAH ALLAHU AKBAR LA ILAHA ILLALLAH	LEARN THE NAMES OF ALLAH SWT Write over the number	
		F	Z	A	M	I	T	Write the number of pages you read every day. Circle yes or no if you read the translation	READING					TRANSLATION
DAYS OF MERCY	RAMADAN 1	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	1-4
	RAMADAN 2	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	5-8
	RAMADAN 3	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	9-12
	RAMADAN 4	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	13-16
	RAMADAN 5	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	17-20
	RAMADAN 6	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	21-24
	RAMADAN 7	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	25-27
	RAMADAN 8	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	28-30
	RAMADAN 9	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	31-33
	RAMADAN 10	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	Revise 1-33
DAYS OF FORGIVENESS	RAMADAN 11	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	34-37
	RAMADAN 12	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	38-41
	RAMADAN 13	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	42-45
	RAMADAN 14	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	46-49
	RAMADAN 15	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	50-53
	RAMADAN 16	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	54-57
	RAMADAN 17	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	58-60
	RAMADAN 18	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	61-63
	RAMADAN 19	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	64-66
	RAMADAN 20	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	Revise 1-66
SAFETY FROM HELLFIRE	RAMADAN 21	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	67-70
	RAMADAN 22	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	71-74
	RAMADAN 23	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	75-78
	RAMADAN 24	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	79-82
	RAMADAN 25	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	83-86
	RAMADAN 26	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	87-90
	RAMADAN 27	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	91-94
	RAMADAN 28	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	95-99
	RAMADAN 29	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	Revise 1-99
	RAMADAN 30	T*	F	Z	A	M	I	T	_____ pages	Yes / No	✓	Yes / No	Yes / No	Revise 1-99

Divide Qur'an time into three: 1. Recitation 2. Translation of what you recited. 3. Reflecting/Pondering upon what you recited.

Ramadan is the month of fasting and **not** feasting. Ramadan is the month to **empty** our stomach and **feed** our soul.

Ramadan is like the rain, it **nourishes** the seeds of good deeds. Ramadan is the best time to **start** a good habit and **stop** a bad habit.

**Don't pause** your bad habits in Ramadan, **stop them** completely. This month has roughly **720 hours**, **plan/organize** your day properly.

**Carry on** with your good habits of Ramadan **throughout your entire life**. Remember **Allah, Morning, Afternoon, Day And Night**.



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