

**CALENDER  
& HAYDHI TRACKER**

**2024**

**FOR MY BELOVED  
MUSLIM SISTER**

*This calendar has been specially designed for you; my Muslim sister, to help organise your time, as well as keep track of your Haydh cycle dates.*

*This calendar comes with a new challenge every month, to help and inspire you to develop good habits that will, In-sha-Allah, be a means of Khayr and Barakah, in this world and the Hereafter.*

*~ Bint Irfan Asra*

# January 2024

## HAYDTH TRACKER & SHOWING GRATITUDE

### THIS MONTH...

Every day, write down 3 blessings that you are grateful for.

Allah ﷻ Says:

**“If you are grateful, I will certainly give you more.”**  
[Qur’an (14:7)]

Many psychological research studies have found that that acts of gratitude can help treat anxiety and depression and can help increase your positive feelings and emotions.

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	1 B Corl CD T	2 B Corl CD T	3 B Corl CD T	4 B Corl CD T	5 B Corl CD T	6 B Corl CD T
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#### For HAYDTH: Remember to Note:

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2. Whether the flow is **continuous** or **intermittent** – with the letter **(C or I)**
3. The days on which you observe **coloured discharge** – with the letters **(CD)**
4. The **colour** of the discharge; yellow, green, grey etc.
5. The days of **Tuhr** – purity – with the letter **(T)**

#### COUNT:

Total number of Tuhr (‘pure’ days) .....

Total number of Haydh (period days) .....

**This is now your Aadah – habit**

# February 2024

## HAYDH TRACKER & THE DAILY DHIKR AFTER FAJR

### THIS MONTH...

**Daily**, immediately after finishing the Dawn; Fajr Prayer, before moving from your place or talking to anyone, say the following **ten times**:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

None has the right to be worshipped except Allah alone having no partner, sovereignty is His and all praise is for Him and He brings life and He causes death and He has full power over everything,

1. 10 good deeds will be recorded for you
2. 10 sins will be eliminated from you
3. You will be upgraded ten ranks (in reward)
4. You will be safeguarded from all kinds of harm that whole day
5. You will be guarded against Shaytaan
6. No sin can overtake you on that day (and nullify your good deeds) except Shirk

[Tirmidhi – Authentic]

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Total number of Tuhr ('pure' days) .....

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**This is now your Aadah – habit**

# March 2024

## HAYDTH TRACKER & BEING CONTENT

### THIS MONTH...

Recite the following Du'aa, understanding and believing the meaning, with all your heart **3 times** daily, morning and evening:

رَضِيْتُ بِاللَّهِ رَبًّا، وَبِالْإِسْلَامِ دِينًا، وَبِمُحَمَّدٍ ﷺ نَبِيًّا

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

"Allah has promised that anyone who says this three times every morning or evening will be pleased on the Day of Resurrection."

[Tirmidhi, An-Nasa'i, Ahmed – Sound]

Scholars explain that this Du'aa refers to a Muslim's affirmation of contentment with his/her life.

Regardless of the challenges and difficulties that you are facing, you affirm that you are content with Allah ﷻ's Decree, the teachings of His Prophet ﷺ, and the rules of His Deen.

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5. The days of **Tuhr** – purity – with the letter **(T)**

#### COUNT:

Total number of Tuhr ('pure' days) .....

Total number of Haydh (period days) .....

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# April 2024

## HAYDTH TRACKER & SEEKING FORGIVENESS

### THIS MONTH...

Have a quiet moment; daily, just between yourself and Allah and try to recite Istighfaar- saying “أَسْتَغْفِرُ اللَّهَ” sincerely, asking Allah to forgive your sins.

If you wish, you may recite any other Du’aa/ Dhikhr of seeking forgiveness.

The Messenger of Allah, ﷺ said, “Whoever increases his prayers for forgiveness, Allah will grant him:

- Relief from every worry
- A way out from every hardship
- And provide for him in ways he does not expect.”

[Ahmed – Authentic]

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# May 2024

## HAYDH TRACKER & PROTECTING YOUR PRAYER

### THIS MONTH...

Try to perform all your 5 daily Salaah on time, during your pure days.

When you hear the Adhaan calling, respond to it, and get ready to meet Allah.

Abu Bakr bin Abdullah al Muzani said: "Who is like you, O son of Adam? Whenever you wish, you use water to make ablution, go to the place for worship and thus enter the presence of your Lord (i.e. start praying) without a translator or a barrier between you and Him!"

[Al Bidayah wa an Nihayah 9/256]

'Umar Ibn Al-Khattaab would write to his governors during his caliphate and say: "The most important of your affairs in my view is prayer; whoever prays regularly has protected his faith, but whoever neglects it, is bound to be more negligent in other issues of faith."

[At-Taareeqah Al-Hakamiyah fee As-Siyaasah Ash-Shar'iyah]

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# June 2024

## HAYDTH TRACKER & BEAUTIFUL PATIENCE

### THIS MONTH...

Try to look at all the challenges you are facing through the lens of hope and patience!

The Messenger of Allah ﷺ said: “There is no Muslim who is stricken with a calamity and says what Allah has enjoined:

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ، اللَّهُمَّ أَجْرِي فِي مُصِيبَتِي، وَأَخْلِفْ لِي خَيْرًا مِنْهَا

but Allah will compensate him with something better.”

[Sahih Muslim]

Just like in an academic test; in which some questions are difficult while others are easy; the same way in this test of life, there are some good times, and some difficult times. A true Muslim will bear the difficulties with true Sabr- patience. It is important to note:

**Sabr does NOT mean you cannot show emotions!** You can react, cry and breakdown and still have Sabr. You can express your feelings and emotions, if you need to (without harming yourself/others & without complaining), and still have Sabr.

Remember, having Sabr means you never question Allah's Plan for you, and while at the moment, it seems like a bitter pill to swallow; having Sabr also means that you have complete faith and trust in Allah, the All-Wise and the Most Merciful, that this is all part of His most perfect Plan for you, and you are getting rewarded for every moment you endure, and observe patience.

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						1 B Corl CD T
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# July 2024

HAYDH TRACKER & SALAAH ALAN-NABI ﷺ / DUROOD

## THIS MONTH...

Recite Salaah Alan-Nabi ﷺ/Durood daily, 10 times in the morning and 10 times in the evening

The Prophet ﷺ said: "Who recites blessings upon me ten times in the morning and ten times in the evening will obtain my intercession on the Day of Resurrection."

[At-Tabarani – Reliable chain of Narration]

You may recite any version you choose from the Sunnah. Here are some options:

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ

OR

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T
7	8	9	10	11	12	13
B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T
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B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T	B Corl CD T
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### COUNT:

Total number of Tuhr ('pure' days) .....

Total number of Haydh (period days) .....

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# August 2024

## HAYDTH TRACKER & GOOD CHARACTER

### THIS MONTH...

To increase the goodness in your character, try to perform one act of kindness daily.

Acts of kindness do not have to be difficult, arduous tasks. A genuine smile at someone, a kind word, lending a listening ear to someone going through a difficult time, are all examples of acts of kindness. Remember to do your action for the sake of Allah ﷻ!

Abdullah ibn Amr reported: The Messenger of Allah ﷺ said, “If you have these four qualities, you will not worry about what you missed in the world: fulfilling the trust, truthful speech, good character, and restraint with food.”

[Ahmed – Authentic]

‘Umar b. Al-Khattaab said:

“No man can have anything **better** after faith (imân) than a woman of righteous character, loving and child-bearing. And no man can have anything **worse** after unbelief (kufr) than a sharp-tongued woman of bad character.”

[Al-Targheeb Wa Al-Tarheeb]

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Total number of Tuhr (‘pure’ days) .....

Total number of Haydh (period days) .....

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# September 2024

## HAYDTH TRACKER & ACQUIRING ISLAMIC KNOWLEDGE

### THIS MONTH...

**Commit to attending a daily class; online or on-site, to sincerely learn something beneficial.**

If done sincerely; this will help you become a better Muslim: a better person; and ultimately, gain closeness to Allah ﷻ. Look at the virtues of being a seeker of knowledge:

The Messenger of Allah ﷺ said:

- “If anyone travels on a road in search of knowledge, Allah will cause him to travel on one of the roads of Paradise.
- The angels will lower their wings in their great pleasure with one who seeks knowledge
- The inhabitants of the heavens and the Earth and the fish in the deep waters will ask forgiveness for the learned man.
- The superiority of the learned man over the devout is like that of the moon, on the night when it is full, over the rest of the stars.
- The learned are the heirs of the Prophets, and the Prophets leave neither dinar nor dirham, leaving only knowledge, and he who takes it takes an abundant portion.”

[Sunan Abi Dawud - Authentic]

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# October 2024

HAYDTH TRACKER & BUILDING YOUR DREAMS WITH DU'AA

## THIS MONTH...

**Every day, fix a time and spend 5 minutes making Du'aa; asking Allah for all your heart's desires.**

Allah ﷻ has promised in the Qur'an: "Call upon Me, I will respond to you." (40:60) Allah can truly make your dreams come true.

Nothing is impossible for Him. Sincerely, beg and ask Him for everything your heart desires, for if He does not give it to you, who else will?!

Sometimes, you may feel that your Du'aa is not being answered, and you want to give up; but remember Zakariyya (عليه السلام). He made Du'aa for a child, and after so many years look at the beautiful, pious, well-mannered son Allah SWT gave him! Truly, Allah SWT blessed him with a very mubarak (blessed) son!

Sometimes, when you have been making Du'aa for something for a long time, and apparently, it seems like your prayers have not been answered, realise that this is definitely NOT the case, and Allah is listening to your every whisper and cry. In these trying times, be patient and be full of conviction that when Allah SWT eventually does bless you with your heart's desire, it will be in the most beautiful and blessed - mubarak manner. The longer you pray for something, the more mubarak it will be when Allah SWT blesses you with it. So be patient and don't lose hope in Allah.

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# November 2024

## HAYDH TRACKER & VIRTUES OF SADAQAH (CHARITY)

### THIS MONTH...

Daily, try to give something in charity; whether it is money, clothes, food etc. whatever is in your means.

- The one who gives charity will be shaded on the Day of Judgement, as the Messenger of Allah ﷺ said, “Everyone will be in the shade of their charity until judgment is carried out between the people.”  
[Ibn Hibbaan – Authentic]
- Charity does not decrease your wealth. He ﷺ also said: “Charity (sadaqah) does not in any way decrease the wealth”.  
[Sahih Muslim]
- Charity extinguishes the Anger of Allah ﷻ: “... Giving charity secretly extinguishes the Anger of Allah...”  
[Al Mu’jam Al Kabir of Tabarani – Sound]

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# December 2024

## HAYDH TRACKER & BUILD A PALACE IN JANNAH

### THIS MONTH...

Try to implement the following Ahadith to earn multiple everlasting palaces in Jannah.

“Abu Huraira reported: The Prophet ﷺ said, “Whoever recites ten times;

﴿قُلْ هُوَ اللَّهُ أَحَدٌ ﴿الله الصَّمَدُ ﴿لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ﴾﴾

A palace will be built for him in Paradise. Whoever recites it twenty times, two palaces will be built for him. Whoever recites it thirty times, three palaces will be built for him.”

[Al Mu'jam Al Awsat of Tabarani - Authentic]

The Messenger of Allah ﷺ said:

1. Whoever **gives up telling lies in support of a false claim**, a palace will be built for him in the outskirts of Paradise.
2. Whoever **gives up argument when he is in the right**, a palace will be built from him in the middle (of Paradise).
3. And whoever had **good behavior**, a palace will be built for him in the highest reaches (of Paradise)."

[Ibn Majah – Sound]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 B C or I CD T	2 B C or I CD T	3 B C or I CD T	4 B C or I CD T	5 B C or I CD T	6 B C or I CD T	7 B C or I CD T
8 B C or I CD T	9 B C or I CD T	10 B C or I CD T	11 B C or I CD T	12 B C or I CD T	13 B C or I CD T	14 B C or I CD T
15 B C or I CD T	16 B C or I CD T	17 B C or I CD T	18 B C or I CD T	19 B C or I CD T	20 B C or I CD T	21 B C or I CD T
22 B C or I CD T	23 B C or I CD T	24 B C or I CD T	25 B C or I CD T	26 B C or I CD T	27 B C or I CD T	28 B C or I CD T
29 B C or I CD T	30 B C or I CD T	31 B C or I CD T				

### For HAYDH: Remember to Note:

1. The days on which you observe **blood** – with the letter **(B)**
2. Whether the flow is **continuous** or **intermittent** – with the letter **(C or I)**
3. The days on which you observe **coloured discharge** – with the letters **(CD)**
4. The **colour** of the discharge; yellow, green, grey etc.
5. The days of **Tuhr** – purity – with the letter **(T)**

### COUNT:

Total number of Tuhr ('pure' days) .....

Total number of Haydh (period days) .....

**This is now your Aadah – habit**

# REFERENCES

1. <https://sunnah.com/>
2. <https://www.abuaminaelias.com/dailyhadithonline>
3. <https://theauthenticbase.wordpress.com/quotes-from-the-salaf/>
4. <https://mudahamatan.home.blog/>

وَاللَّهُ أَعْلَمُ بِالصَّوَابِ

... and Allah ﷻ is Most Knowing of what is correct