

# Ramadaan Planner

RAMADAAN 1444



***Jaamia-Zainab***

*For Girls  
Lusaka*



**Jaamia-Zainab**  
For Girls  
Lahore

# RAMADAAAN PLANNER

RAMADAAAN 1444

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# Taraweek Counter

RAMADAAN 1444


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Each minibox marks 2 rakats

# Duas

## For the 3 Ashra of Ramadaan

According to Hadith narrated by Salman Farsi (R.A.), who said that the Prophet (S.A.W.) said: "Ramadan is a month whose beginning is mercy, its middle is forgiveness and its end is ransom from the Fire". [Sahih Ibn Khuzaymah, Hadith No. 1887]

### The first 10 days

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

"My Lord, grant pardon and have mercy, for You are the best of all the merciful." [23:118]

The first Ashra Dua is self-explanatory and we are asking for Allah's mercy through this Supplication.

### The 2nd 10 days

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ زَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah for all my sins and turn to Him.

The 2nd Ashra Dua is self-explanatory as we are asking for Allah's forgiveness through this Supplication.

### The last 10 days

اللَّهُمَّ اجِرْنِي مِنَ النَّارِ

O Allah, save me from the fire (Jahannam).

Prophet (S.A.W.) used to strive hard in worship during the last 10 days of Ramadan as he never did at any other time.

## Lailatul Qadr

One of the odd nights of the last 10 days.

لَيْلَةُ الْقَدْرِ خَيْرٌ مِنْ أَلْفِ شَهْرٍ ۃ

The Night of Qadr is much better than one thousand months. [Quran 97:3]

قُلْتُ: يَا رَسُولَ اللَّهِ، أَرَأَيْتَ إِنْ عَلِمْتُ أَيُّ لَيْلَةٍ لَيْلَةُ الْقَدْرِ مَا أَقُولُ فِيهَا؟ قَالَ: قُولِي: اللَّهُمَّ إِنَّكَ عَفُوٌّ كَرِيمٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Aishah narrated: "I said: 'O Messenger of Allah, what is your view if I know when the Night of Al-Qadr is, then what should I say in it?' He said: 'Say: "O Allah, indeed You are Pardoning, [Generous,] You love pardon, so pardon me (Allāhumma innaka `Afuwwun [Karīmun], tuḥibbul-`afwa fa`fu `anni)." [Tirmidhi:3513]

Most scholars recommend the following Dua for the last 10 days of Ramadan.

اللَّهُمَّ إِنَّكَ عَفُوٌّ كَرِيمٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

O Allah, indeed You are Pardoning, [Generous,] You love pardon, so pardon me

# Duas

## Ramadaan moon sighting Dua

اللَّهُمَّ أَهْلِلْهُ عَلَيْنَا بِالْيَمَنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ رَبِّي وَرَبُّكَ اللَّهُ

*O Allah! Let the moon appear over us with security, Iman peace and Islam; [o moon], my Rabb and your rabb is Allah.*

[Tirmidhi: 3451]

اللَّهُ أَكْبَرُ، اللَّهُمَّ أَهْلِلْهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ، وَالسَّلَامَةِ وَالْإِسْلَامِ، وَالتَّوْفِيقِ لِمَا تُحِبُّ رَبَّنَا وَتَرْضَى  
رَبَّنَا وَرَبُّكَ اللَّهُ

Allah is the greatest. O Allah! let the moon appear over us with security, Iman, peace, and Islam, and in agreement with all that You love and pleases You, [O Moon], our Rabb and your Rabb is Allah.

[Ad-Darimi: 1729]

## Breaking the fast

اللهم إني لك صُمتُ وِلكَ آمَنتُ وَعَليكَ تَوَكَّلْتُ وَ عَلَى رِزْقِكَ أَفْطَرْتُ

*O Allah! I fasted for You and I believe in You and I put my trust in You and I break my fast with Your sustenance.*

## Upon breaking the fast

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ العُرُوقُ وَثَبَتَ الأَجْرُ إِنْ شَاءَ اللَّهُ

*The thirst is quenched, the nerves are refreshed, and the reward (for the fast), if Allah wills, has become certain.*

[Abu Dawud: 2357]

## When breaking the fast in someone's home

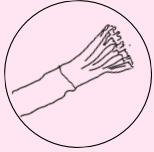
أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ وَأَكَلَ طَعَامَكُمْ الأَبْرَارُ وَصَلَّتْ عَلَيْكُمْ المَلَائِكَةُ

*May fasting people break thier fast by you and may pious persons partake of your food and may the angels send prayers apon you.*

[Abu Dawud 3854] [Ibn Majah 1747]

# Creating New Habits

## Miswaak/siwak



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ السَّوَاكُ مَطَهْرَةٌ لِلْفَمِ مَرْضَاةٌ لِلرَّبِّ.

Abu Bakr as-Siddeeq (RA) said: The Messenger of Allah (S.A.W) said: The siwak is purifying for the mouth and pleasing to the Lord." [Musnad Ahmad 62 : Book 1, Hadith 59]

Some benefits of using one Are: it helps fight plaque and gum disease, prevents any existing tooth decay from getting worse, strengthen Enamel, contains minerals e.g Chloride, Sodium, Bicarbonate, and Potassium, and its sustainable and Eco-friendly.

## Eating with Mindfulness



The concept of mindful eating goes beyond the individual. It also encompasses how what you eat affects the world. Pay attention to the motivation for why you cook and why you eat. Every time you eat, with every morsel thank Allah. Make the intention of obeying Allah and worshipping him. Ask your self why do you eat? How much do u eat? Are you fueling your body with nutritious food?

سَمِعْتُ رَسُولَ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - يَقُولُ : مَا مَلَأَ آدَمِيَّ وَعَاءً شَرًّا مِنْ بَطْنٍ حَسْبُ الْآدَمِيِّ لُقَيْمَاتٌ يُقْمَنُ صَلْبَهُ فَإِنْ غَلَبَتْ الْآدَمِيَّ نَفْسُهُ فَقُلْتُ لِلطَّعَامِ وَثَلْتُ لِلشَّرَابِ وَثَلْتُ لِلنَّفْسِ

Miqdam bin Madikarib said:

"I heard the Messenger of Allah (S.A.W) say: 'A human being fills no worse vessel than his stomach. It is sufficient for a human being to eat a few mouthfuls to keep his spine straight. But if he must (fill it), then one third of food, one third for drink and one third for air.'" [Sunan Ibn Majah 3349]

## Good Character traits

Having good Akhlaq/praiseworthy character means to deal with each individual in such a way that he will be happy (on condition you don't have to do anything contrary to Shari'ah because displeasing the Creator in the process of pleasing the creation is not regarded as good akhlaaq at all)

Focus on increasing your praiseworthy character traits e.g. kindness, Honesty, Modesty, and love and suppressing or reducing bad characters traits e.g. anger, jealousy and backbiting.

رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: إِنَّمَا بُعِثْتُ لِأَتَمِّمَ صَالِحَ الْأَخْلَاقِ.

Abu Hurayra reported that the Messenger of Allah, may Allah bless him and grant him peace, said, "I was sent to perfect good character." [Al-Adab Al-Mufrad 273]

Consider the ayah below for Charity (an act of kindness)

وَسَيُجَنَّبُهَا الْأَتْقَى ۖ الَّذِي يُؤْتِي مَالَهُ يَتَزَكَّى ۚ ۱۸ وَمَا لِأَحَدٍ عِنْدَهُ مِنْ نِعْمَةٍ تُجْزَىٰ ۖ إِلَّا أَتَيْغَاءَ وَجْهِ رَبِّهِ الْأَعْلَىٰ ۚ ۲۰  
وَلَسَوْفَ يَرْضَىٰ ۚ ۲۱

"Who gives his wealth (in charity) to become purified, while no one has conferred any Favour on him for which he would give a return, but (he gave his wealth in charity) only to seek the Countenance of his Lord, the Most High. And surely, he will soon be happy." [Quran 92:18-21]

# Creating New Habits

## Reflect on the names of Allah

*Our purpose in life is to worship and recognise Allah (SWT). By analysing and reflecting on the meaning of His names and the role each name plays in our life we will be able to recognise Him better and love Him unconditionally*

*Therefore, for every name, we should go in depth and see the roles each name is playing in our lives.*

*Don't know where/how to start? Visit our YouTube channel to watch videos to help.*

*([JaamiaZainab Lusaka Zambia](https://www.youtube.com/channel/UC6R11pT53T8U0T38E5eG0aQ))*

## Controlling Anger

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكُظُمِينَ الْغَيْظِ وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

"-the ones who spend (for Allah's sake) in prosperity and adversity, and those who control anger and forgive people. And Allah loves those who are good in their deeds," [Quran 3:134]

*Ways to reduce/repel anger: stay silent, change your environment, drink water, perform wudhu.*

## Islamic tips for anger.

1. Praying Durood-e-Tunjeena 313 times helps but if you're unable to then pray it 70 times and if you're unable to then pray it 7 times. (This is in accordance to the fact that 1 gives the reward of 10)
2. Pray Bismillahirahmanirahim 21 times after salah and/or pray it 21 times and blow it on food. (blowing on food can be used to help treat others too)
3. Seek refuge from Shaitan

## Renewing intentions

عَنْ أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - : " إِنَّمَا يُبْعَثُ النَّاسُ عَلَى نِيَّاتِهِمْ "

It was narrated by Abu Hurairah that the Prophet of Allah (PBUH) said: "People will be resurrected (and judged) according to their intentions." [Sunan Ibn Majah 4229]

*Always recall your intentions before starting a task. Make sure you're doing each action with the right intentions(good intentions). If you can, write them down.*

## Journaling

*Writing down what you did throughout the day, your thoughts and feelings (when you were happy, angry or sad), can help you understand them more clearly.*

*It'll also help you hold yourself accountable (add a daily salah tracker, a Quran tracker, a voluntary deed tracker and many other similar tools to help hold yourself accountable)*



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# Cleanse your heart

## Tazkiyah

Identify the problem eg  
anger/jealousy (Bad  
Character traits)

Increase Dhikr

Thank Allah when  
you're praised (reduce  
your pride)

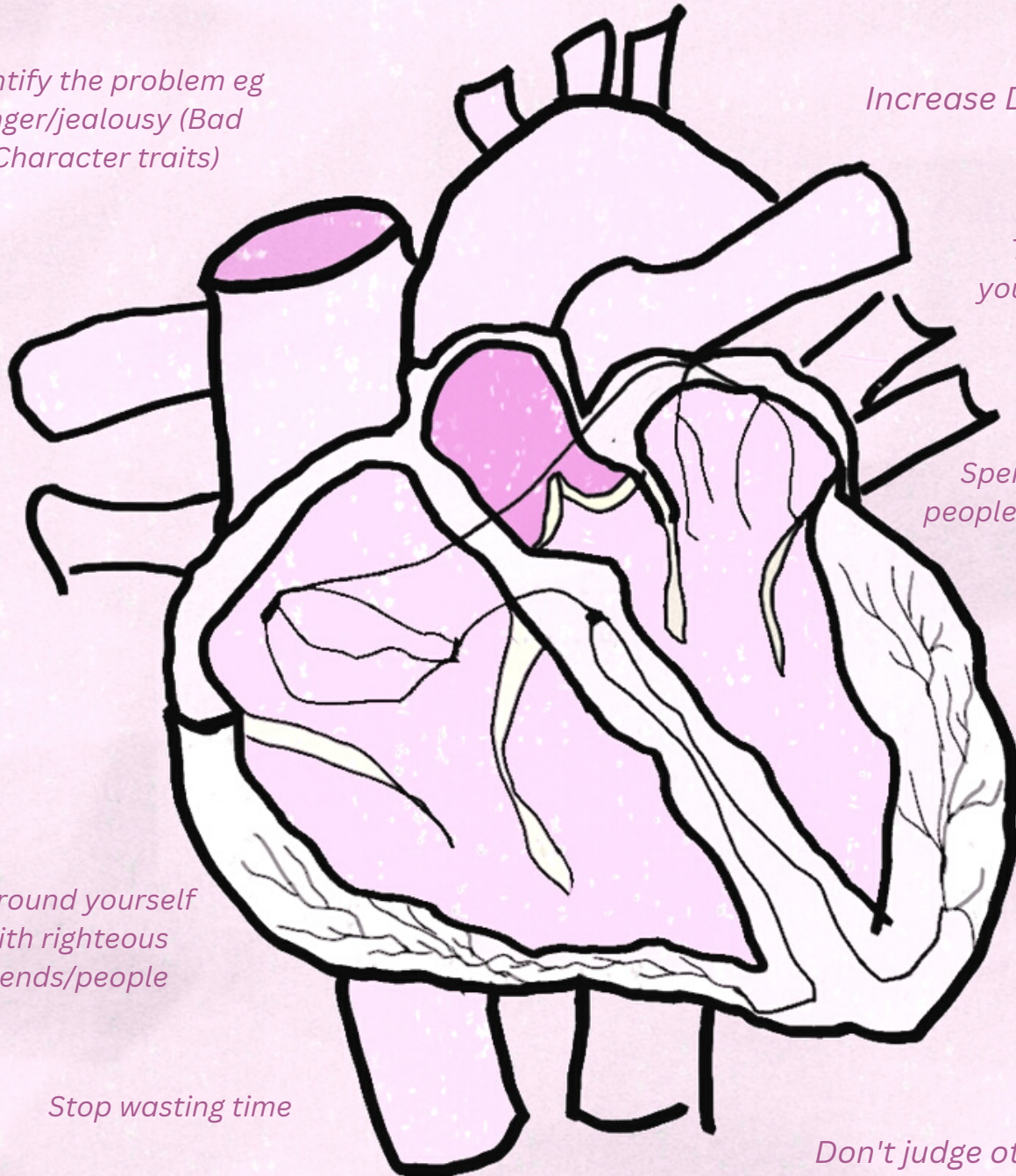
Spend less time with  
people unmindful of Allah  
(SWT)

Gain ilm-> seek  
knowledge

Surround yourself  
with righteous  
friends/people

Stop wasting time

Don't judge others



**The Prophet (sallalahu alaihi wasallam) said, "Beware, in the body there is a piece of flesh; if it is sound, the whole body is sound and if it is corrupt the whole body is corrupt, and hearken it is the heart." [Sahih Muslim]**



# Dhikr

## Recitation of the Quran

*For each letter you read you will get 10 rewards.*

## SubhanAllah (×33), Alhamdulillah (×33), Allahuakbar (×34)

*("Glory be to Allah"), ("Praise be to Allah"), ("Allah is most great")*

*We know that this dhikr is said after each salah and before sleeping. when Fatima (RA) the daughter of the Prophet (S.A.W) came to her father requesting a servant to help with the household, the Messenger of Allah (S.A.W) told her to repeat the dhikr before her sleep and the results would be better than having a servant.*

## Astaghfirullah

*("I seek protection from Allah's punishment")*

*You will get protection from Allah's punishment.*

## La hawla wa la quwwata illa billah

*("There is no power or might except (by) Allah.")*

*You will enter through a special door in Paradise for those who use this remembrance.*

## SubhanAllah wal hamdulillah, wa la ilah illAllah wa Allahu akbar

*"I praise Allah (or All Praise is to Allah) above all attributes that do not suit His Majesty. All praise is for Allah. There is no deity worthy of worship besides Allah. Allah is Great."*

*This combination of dhikr is the one most beloved by Allah, subhana wa ta'ala. When you say them, sins fall off of you like leaves off of trees.*

## Alhamdulillah

*("All praise is for Allah")*

*Your scales will be tipped on the Day of Judgment, full of rewards!*

# Dhikr

## Allahuma inni As'alukal jannah Allahumma Ajirni Min an-nar

(O Allah, I ask You for Paradise, O Allah, protect me from the Fire)  
(\*7) everyday after fajr and magrib salah. It will protect you from hellfire

## SubhanAllah or SubhanAllah wa bihamdihi

("Glory be to Allah") ("Glory be to Allah and praise him")

A tree will be planted for you in Paradise. Another hadith relates that whoever says this 100 times a day, his/her sins will be forgiven even if they were as much as foam of the sea. [Bukhari]

## Durood.

إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا الَّذِينَ ءَامَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا ٥٦

Surely, Allah and His angels send blessings to the Prophet. O you who believe, do pray Allah to bless him, and send your Salām (prayer for his being in peace) to him in abundance. [Quran 33:56]

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

Allaahumma salli 'ala Muhammad wa 'ala Aali Muhammad kama salayta 'ala Ibrahim wa 'ala aali Ibraaheem innaka hameedun majeed, Allahumma baarik 'ala Muhammad wa 'ala Aali Muhammad kama baarakta 'ala Ibrahim wa 'ala aali Ibraaheem innaka hameedun majeed.

O Allah! Send Your Mercy on Muhammad and on the family of Muhammad, as You sent Your Mercy on Abraham and on the family of Abraham, for You are the Most Praise-worthy, the Most Glorious. O Allah! Send Your Blessings on Muhammad and the family of Muhammad, as You sent your Blessings on Abraham and on the family of Abraham, for You are the Most Praise-worthy, the Most Glorious. [Sahih Bukhari]

### Another sahih Durood

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى أَزْوَاجِهِ وَذُرِّيَّتِهِ كَمَا صَلَّيْتَ عَلَى آلِ إِبْرَاهِيمَ وَبَارِكْ عَلَى مُحَمَّدٍ وَعَلَى أَزْوَاجِهِ وَذُرِّيَّتِهِ كَمَا بَارَكْتَ عَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

Allaahumma salli 'ala Muhammadin wa 'ala azwaajih wa dhurriyyatih kama salayta 'ala aali Ibraaheem, wa baarik 'ala Muhammadin wa 'ala azwaajih wa dhurriyyatih kama baarakta 'ala aali Ibraaheem, innaka hameedun majeed.

O Allaah, send Your salaah (grace, honour and mercy) upon Muhammad and upon his wives and offspring, as You sent Your salaah upon the family of Ibraaheem, and send Your blessings upon Muhammad and upon his wives and offspring, as You sent Your blessings upon the family of Ibraaheem. You are indeed Praiseworthy, Most Glorious." [Bukhari and Muslim]

### Shortening the durood

Allaahumma salli wa sallim 'alaa Nabiyyinaa Muhammadin.

O Allah, we ask for your peace and blessings upon our Prophet Muhammad.

اللَّهُمَّ صَلِّ وَ سَلِّمْ عَلَى نَبِيِّنَا مُحَمَّدٍ

# What to do when on your periods

- Do Dhikr
- Make a lot of Dua
- Read an Islamic book
- Help with/do the cooking
- Listen to Quran recitation
- Listen to Islamic Lectures
- Recite Quran from memory
- Donate what you can
- Eat and stay hydrated

# Some Sunnah Foods

## Olives

Eat the olive oil and massage it on your hair and skin, for it comes from a blessed tree." [Tirmidhi]

*Eating olives has a positive effect on maintaining healthy blood, as they boost iron levels, keeping our energy levels consistent. Olives also allow our immune system function better, as well as having a positive effect on our cognitive development.*

## Dates

There is a tree among the trees which is similar to a Muslim (in goodness). Its leaves do not fall. What is that tree? The Prophet (PBUH) himself said, "That is the date palm tree".

*Eating dates benefits our diet greatly. Dates are rich in vitamins and protein and lowers cholesterol. Eating dates during iftar and suhoor therefore, help equip the body with these nutrients that will help maintain the fast.*

## Figs

"I swear by the Fig and the Olive, and by Tūr, the mount of Sinai, and by this peaceful city [Makkah]." [Quran 95:1-3]

*In the Quran there is a Surah called "The Fig". The fact that Allah (SWT) swears by this tree indicates the tremendous benefits and great value of its fruit.*

*Figs have a good source of various vitamins, minerals, antioxidants and fibre. They are most popularly used to prevent constipation and improve the digestive system.*

## Honey

"Honey is a remedy for every illness and the Qur'an is a remedy for all illness of the mind, therefore I recommend to you both remedies, the Qur'an and honey." [Bukhari]

*Honey has anti-bacterial and anti-fungal properties, beneficial for wounds or poor skin conditions. Honey strengthens the immune system and regulates blood sugar levels.*

## Watermelon/melon

It is narrated in Abu Dawood and At-Tirmidhi that the Prophet (PBUH) used to eat watermelon with ripe dates, saying:"The hotness of this substance (dates) neutralises the coolness of that (watermelon)."

## Barley

Aisha (RA) said: "When a member of the family of the Messenger of Allah (PBUH) would fall sick, he would order that barley soup is made and then the ill person would be commanded to have some of it. He used to say, 'It strengthens the heart of the sad person and relieves the heart of the ill person, just as one of you would wash the dirt off her face with water'." [Ibn Majah]

*Barley is extremely healthy and nutrient dense. It is loaded with vitamins and minerals, is a rich source of antioxidants and has a high fibre content.*

# Meals from the Sunnah

## Nabidh

أَخْبَرَنَا سُؤَيْدٌ، قَالَ أَنْبَأَنَا عَبْدُ اللَّهِ، قَالَ سَمِعْتُ سُفْيَانَ، سُئِلَ عَنِ النَّبِيذِ، قَالَ انْتَبِذْ عَشِيَّةً وَأَشْرَبْهُ غَدَوَةً .

Abdullah said:"I heard Sufyan being asked about Nabidh. He said: "Make Nabidh at night and drink it in the morning." [Sunan an-Nasa'i 5742]

### Recipe

1 cup of dried dates (Sukkari dates make a Great nabidh. Nice and sweet)  
4 cups of water

Soak overnight,  
Strain and drink at pre-dawn meal or at iftar.  
Never keep the drink for more than 2 days (otherwise it will ferment and eventually become alcoholic).  
Refrigerating may allow for it to last more than 2 days.

## Talbina

سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ التَّلْبِينَةُ مَجْمَعَةٌ لِفُؤَادِ الْمَرِيضِ تُذْهِبُ بَعْضَ الْحُزَنِ .

A'isha (RA) the wife of Allah's Apostle( PBUH) said:

When there was any bereavement in her family the women gathered there for condolence and they departed except the members of the family and some selected persons. She asked to prepare talbina in a small couldron and it was cooked and then tharid was prepared and it was poured over talbina, then she said: Eat it, for I heard Allah's Messenger (may peace be upon him) as saying: "Talbina gives comfort to the aggrieved heart and it lessens grief." [Sahih Muslim 22161]

### Recipe

2 tablespoons barley flour (or normal barley into processor) + 1 cup milk

Combine on a stove and mix till boiled for about 3-4 minutes. Add topping like honey, dates, walnuts, pistachios etc. Different variations can also be made. Add some chopped almonds, walnuts, berries, apricots, hemp seeds, sunflower seeds etc and eat it as a cereal. Or you could either add some kewra or rose essence or orange blossom water for fragrance, garnish with some sliced or chopped almonds on top and enjoy it as a drink or kheer (pudding).





# Ramadaan Journal

RAMADAAN 1444



***Jaamia-Zainab***

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Lusaka*



**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*...who listen to what is said, then, follow the best of it. Those are the ones whom Allah has guided, and those are the ones who possess understanding. [39:18]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juz: \_\_\_\_\_ page \_\_\_\_\_ to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud  
 Fajr  
 Zohr  
 Asr  
 Magrib  
 Isha  
 Taraweeh

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*Surely, in (the story of) Yūsuf and his brothers, there are signs for those who ask. [12:7]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page \_\_\_\_\_ to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Today's salah->

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*As for those who believe and do righteous deeds, -of course, We do not waste the reward of those who are good in deeds. [18:30]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Tahajud

Tahajud

Tahajud

Tahajud

Today's salah->

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*Glorious is the One in whose hand is the Kingdom (of the whole universe), and He is powerful over every thing, [67:1]*

Today's intention: \_\_\_\_\_

\_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

\_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

\_\_\_\_\_

What I could've done better: \_\_\_\_\_

\_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Today's salah->

AYAAT OF THE DAY

DATE:

Write the Arabic below

*You are distracted by mutual competition in amassing (worldly benefits), [102:1]*

Today's intention:

Today I'm grateful for:

Quran recited:      Juzz:                      page      to

Voluntary acts of worship I did today:

What I could've done better:

Today's thoughts and feelings:

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Today's salah->

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*As for those who believed and did righteous deeds, they are the best of all human beings. [98:7]*

Today's intention: \_\_\_\_\_

\_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

\_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

\_\_\_\_\_

What I could've done better: \_\_\_\_\_

\_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Today's salah->

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*But you prefer the worldly life, [87:16]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

No

Yes

Am I fasting today?

Today's salah->  Taraweeh  Isha  Magrib  Asr  Zohr  Fajr  Tahajud

DATE: \_\_\_\_\_

**AYAAT OF THE DAY**

Write the Arabic below

*As for those who believed and did righteous deeds, for them there are gardens beneath which rivers flow. That is the big achievement. [85:11]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajjud  
 Fajr  
 Zohr  
 Asr  
 Magrib  
 Isha  
 Taraweeh



**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*To Allah belong the forces of the heavens and the earth, and Allah is All-Mighty, All-Wise. [48:7]*

Today's intention:

Today I'm grateful for:

Quran recited:      Juzz:                      page      to

Voluntary acts of worship I did today:

What I could've done better:

Today's thoughts and feelings:

No  
 Yes

Am I fasting today?

Today's salah->  Taraweeh  
 Isha  
 Magrib  
 Asr  
 Zohr  
 Fajr  
 Tahajud

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*Praise belongs to Allah, the Lord of all the worlds. [1:2]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juz: \_\_\_\_\_ page \_\_\_\_\_ to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Today's salah->

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*[Woe to every backbiter, derider [104:1]*

Today's intention: \_\_\_\_\_

\_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

\_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

\_\_\_\_\_

What I could've done better: \_\_\_\_\_

\_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today's salah->  Taraweeh  Isha  Magrib  Asr  Zohr  Fajr  Tahajud

Am I fasting today?  Yes  No

**AYAAT OF THE DAY**

**DATE :**

Write the Arabic below

*man is, indeed, very ungrateful to his Lord, [100:6]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud  
 Fajr  
 Zohr  
 Asr  
 Magrib  
 Isha  
 Taraweeh

DATE :

**AYAAT OF THE DAY**

Write the Arabic below

*And He found you unaware of the way (the Shari'ah), then He guided you. [93:7]*

Today's intention:

Today I'm grateful for:

Quran recited:      Juzz:      page      to

Voluntary acts of worship I did today:

What I could've done better:

Today's thoughts and feelings:

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Today's salah->

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

Say, "The truth is that Allah is One. [112:1]"

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juz: \_\_\_\_\_ page \_\_\_\_\_ to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud  
 Fajr  
 Zohr  
 Asr  
 Magrib  
 Isha  
 Taraweeh

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*So, (O mankind and Jinn,) which of the bounties of your Lord will you deny? [55:13]*

Today's intention:

Today I'm grateful for:

Quran recited:      Juzz:                      page      to

Voluntary acts of worship I did today:

What I could've done better:

Today's thoughts and feelings:

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud  
 Fajr  
 Zohr  
 Asr  
 Magrib  
 Isha  
 Taraweeh

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*Surely the Hereafter is much better for you than the present life. [93:4]*

Today's intention:

Today I'm grateful for:

Quran recited:      Juzz:      page      to

Voluntary acts of worship I did today:

What I could've done better:

Today's thoughts and feelings:

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud     Fajr     Zohr     Asr     Magrib     Isha     Taraweeh



**AYAAT OF THE DAY**

**DATE :**

Write the Arabic below

*O you who believe, fear Allah, and speak in straightforward words. [33:70]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Today's salah->

**AYAAT OF THE DAY**

**DATE :**

Write the Arabic below

*and He found you in need, then made you need-free. [93:8]*

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Today's intention: -----  
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-----  
Today I'm grateful for: -----  
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Quran recited:      Juzz:                      page      to  
-----

-----  
Voluntary acts of worship I did today: -----  
-----

-----  
What I could've done better: -----  
-----

-----  
Today's thoughts and feelings: -----  
-----

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud  
 Fajr  
 Zohr  
 Asr  
 Magrib  
 Isha  
 Taraweeh

**AYAAT OF THE DAY**

**DATE :**

Write the Arabic below

*So, Woe to those performers of Salāh, who are neglectful of their Salāh, [107:4-5]*

Today's intention:

Today I'm grateful for:

Quran recited:      Juzz:                      page      to

Voluntary acts of worship I did today:

What I could've done better:

Today's thoughts and feelings:

No  
 Yes

Am I fasting today?

Today's salah->  Taraweeh  
 Isha  
 Magrib  
 Asr  
 Zohr  
 Fajr  
 Tahajud

**AYAAT OF THE DAY**

**DATE :**

Write the Arabic below

*So, whoever does any good act (even) to the weight of a particle will see it. [99:7]*

Today's intention: \_\_\_\_\_

\_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

\_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page \_\_\_\_\_ to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

\_\_\_\_\_

What I could've done better: \_\_\_\_\_

\_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Today's salah->

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*The Night of Qadr is much better than one thousand months. [97:3]*

Today's intention:

Today I'm grateful for:

Quran recited:      Juzz:                      page      to

Voluntary acts of worship I did today:

What I could've done better:

Today's thoughts and feelings:

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud     Fajr     Zohr     Asr     Magrib     Isha     Taraweeh

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*And whoever does evil (even) to the weight of a particle will see it. [99:8]*

Today's intention: \_\_\_\_\_

\_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

\_\_\_\_\_

Quran recited: \_\_\_\_\_ Juz: \_\_\_\_\_ page \_\_\_\_\_ to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

\_\_\_\_\_

What I could've done better: \_\_\_\_\_

\_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Taraweeh  
 Isha  
 Magrib  
 Asr  
 Zohr  
 Fajr  
 Tahajud  
 Today's salah->

No  
 Yes  
 Am I fasting today?

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*Are they not aware that Allah knows what they conceal and what they reveal? [2:77]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juz: \_\_\_\_\_ page \_\_\_\_\_ to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud  
 Fajr  
 Zohr  
 Asr  
 Magrib  
 Isha  
 Taraweeh

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*And certainly We have revealed to you clear signs. And no one denies them except the sinful. [2:99]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud  
 Fajr  
 Zohr  
 Asr  
 Magrib  
 Isha  
 Taraweeh





**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

Say, "If the ocean were to be ink for (writing) the Words of my Lord, the ocean would have been consumed before the Words of my Lord are exhausted, even though we were to bring another (ocean) like it in addition." [18:109]

Today's intention: \_\_\_\_\_

\_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

\_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

\_\_\_\_\_

What I could've done better: \_\_\_\_\_

\_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today's salah->  Taraweeh  Isha  Magrib  Asr  Zohr  Fajr  Tahajud

Am I fasting today?  Yes  No

**AYAAT OF THE DAY**

**DATE :**

Write the Arabic below

*He gives life and brings death, and to Him you shall be returned. [10:56]*

-----  
Today's intention: -----  
-----

-----  
Today I'm grateful for: -----  
-----

-----  
Quran recited:      Juzz:                      page      to  
-----

-----  
Voluntary acts of worship I did today: -----  
-----

-----  
What I could've done better: -----  
-----

-----  
Today's thoughts and feelings: -----  
-----

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud  
 Fajr  
 Asr  
 Magrib  
 Isha  
 Taraweeh

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*So Remember Me, and I will remember you, and be thankful to Me, and be not ungrateful to Me.  
[2:152]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

Am I fasting today?  
 Yes  
 No

Today's salah->  
 Tahajud  
 Fajr  
 Zohr  
 Asr  
 Magrib  
 Isha  
 Taraweeh

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*(The infidels go on doing their misdeeds) until when death comes to one of them, he will say, "My Lord send me back, [23:99]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Today's salah->

**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*To Him belongs all that dwells in the night and the day. He is All-Hearing, All-Knowing. [6:13]*

Today's intention: \_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

What I could've done better: \_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

No

Yes

Am I fasting today?

Taraweeh

Isha

Magrib

Asr

Zohr

Fajr

Tahajud

Tahajud

Tahajud

Tahajud

Tahajud

Today's salah->



**AYAAT OF THE DAY**

**DATE:**

Write the Arabic below

*the ones who believe and their hearts are peaceful with the remembrance of Allah. Listen, the hearts find peace only in the remembrance of Allah.” [13:28]*

Today's intention: \_\_\_\_\_

\_\_\_\_\_

Today I'm grateful for: \_\_\_\_\_

\_\_\_\_\_

Quran recited: \_\_\_\_\_ Juzz: \_\_\_\_\_ page \_\_\_\_\_ to \_\_\_\_\_

Voluntary acts of worship I did today: \_\_\_\_\_

\_\_\_\_\_

What I could've done better: \_\_\_\_\_

\_\_\_\_\_

Today's thoughts and feelings: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

Today's salah->  Taraweeh  Isha  Magrib  Asr  Zohr  Fajr  Tahajud

Am I fasting today?  Yes  No





***Jaamia-Zainab***

*For Girls*  
*Lusaka*

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