



Ramadan

PLANNER

WWW.THEORGANIZEDMUSLIMAH.COM

Table of Contents

Ramadan...	3
Good Deeds To Do...	4
Seeking Forgiveness...	6
Remembrance of Allah...	7
Ramadan Supplications...	9
Pre-Ramadan Prep...	10
Eid Prep...	11
Meal Plan...	13
Grocery List...	18
My Ramadan Vision...	19
Goal Setting...	20
My Dua List...	22
Calendar...	23
Daily Pages...	26
Eid Checklist...	41
Post Ramadan Reflections...	42

Ramadan

The purpose of fasting is to attain Taqwa:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

'O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous.' [Surah al-Baqarah: 183]

Fasting in the month of Ramadan is a means of having our sins forgiven:

The Prophet ﷺ said: "Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven. "
[Sahih al-Bukhari]

There is a huge reward for Fasting:

Allah the Exalted and Majestic said, "Every act of the son of Adam is for him, except fasting. It is (exclusively) meant for Me and I (alone) will reward it."
[Sahih al-Bukhari]

Fasting is a shield:

The Prophet ﷺ said: "Fasting is a shield, therefore whoever is fasting should not resort to obscene language and immoral behaviour. If any person quarrels or abuses a person who is fasting, then the one who is fasting should say: 'I am fasting.'" [Sahih al-Bukhari]

Good Deeds To Do

Taking the Pre-Dawn Meal (Suhoor):

The Prophet ﷺ said: "Take the Suhur, for there is in it blessing." [Sahih al-Bukhari]

Hastening to break the fast at sunset:

The Prophet ﷺ said: "My Ummah will continue to be upon good for as long as they hasten to break the fast and delay the pre-dawn meal." [Sahih al-Bukhari]

Praying

The Prophet ﷺ said: "Whoever stands in prayer in Ramadan (night prayers) with Imaan and seeking reward (from Allah), his past sins will be forgiven." [Sahih al-Bukhari]

Giving in charity

Ibn 'Abbaas (ra) said: "The Prophet ﷺ was the most generous of people, but he would be his most generous during Ramadan when he would meet with the Angel Jibreel. He would meet with him every night and recite the Qur'an. When Jibreel met him, he used to be more generous than a fast wind." [Sahih al-Bukhari]

Seeking Forgiveness

'And in the hours before dawn they would ask forgiveness.' [Surah adh-Dhariyat:18]

Making Du'a

The Prophet ﷺ said: "Supplications made by three people are not rejected: the father, the fasting person and the traveler." [Sunan al-Kubra al-Bayhaqi]

Good Deeds To Do

Reciting the Qur'an

The Prophet ﷺ said: "Whoever reads one letter of the Book of Allah will have one good deed for it, and each good deed is a tenfold reward. I do not say that Alif-Laam-Meem is a letter, rather Alif is a letter, Laam is a letter, Meem is a letter." [Sunan at-Tirmidhi]

Dhikr (Remembrance of Allah)

The Messenger of Allah (ﷺ) said, "Shall I not inform you of the best of your actions which are the purest to your Rabb, which exalt you to the high ranks, which are more efficacious than spending gold and silver (in charity), and better for you than you should encounter your enemies whom you will smite their necks and they will smite your necks?" They said, "Certainly." He ﷺ said, "Remembrance of Allah the Exalted." [At-Tirmidhi].

Seeking Laylatul Qadr in the last 10 nights

The Prophet ﷺ said: "Seek it (Lailatul Qadr) in the last (ten nights). If one among you shows slackness and weakness (in the earlier part of Ramadan), it should not be allowed to prevail upon him in the last week." [Sahih Muslim]

Abu Hurairah (ra) narrated that the Prophet ﷺ said: "Whoever establishes prayers during the Night of Al-Qadr with sincere faith and hoping to attain Allah's rewards (not for showing off), all his past sins will be forgiven." [Sahih al-Bukhari]

Seeking Forgiveness

Use the month of Ramadan to repent from all your sins and draw closer to Allah.

The Prophet ﷺ said, “One Ramadan expiates the sins till the next Ramadan provided that one has avoided the grave (major) sins.” (Sahih al-Bukhari)

So try to seek forgiveness at least 70-100 times a day.

رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

O my Lord forgive me and accept my repentance indeed You are the One who forgives and Most Merciful [Abu Dawud]

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي كُلَّهُ دِقَّةً وَجَلَّةً أَوَّلَهُ وَآخِرَهُ سِرَّهُ وَعَلَانِيَتَهُ

O Allaah forgive all my sins, the minute of them and the major of them, the first of them and the last of them, the ones committed secretly and openly. [Muslim]

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

I seek the forgiveness of Allah, Whom there is none worthy of worship except Him, the Living, the Self-Subsisting and Supporter of all, and I turn to Him in repentance (At-Tirmidhi)

Remembrance of Allah

Keep your tongue moist with the Remembrance of Allah

فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ

‘So remember Me; I will remember you. And be grateful to Me and do not deny Me’. [Surah al-Baqarah: 152]

The Messenger of Allah (ﷺ) said, "There are two statements that are light for the tongue to remember, **heavy in the Scales and are dear to the Merciful:**

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، سُبْحَانَ اللَّهِ الْعَظِيمِ

(Glory be to Allah and His is the praise, (and) Allah, the Greatest is free from imperfection)’. ” [Sahih al-Bukhari & Muslim]

The Messenger of Allah (ﷺ) said, “He who recites in the morning and in the evening the statement:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

(Allah is free from imperfection and I begin with praising Him)

One Hundred Times **will not be surpassed on the Day of Resurrection by anyone with better deeds than one who utters the same words or utters more of these words”** [Sahih Muslim]

Remembrance of Allah

The Messenger of Allah (ﷺ) said, "The uttering of the words:

سُبْحَانَ اللَّهِ ، وَالْحَمْدُ لِلَّهِ ، وَلَا إِلَهَ إِلَّا اللَّهُ ، وَاللَّهُ أَكْبَرُ

Subhan-Allah (*Allah is free from imperfection*),

Alhamdu lillah (*all praise is due to Allah*)

La ilaha illAllah (*there is no true god except Allah*)

Allahu Akbar (*Allah is the Greatest*)

is dearer to me than anything over which the sun rises.” [Sahih Muslim]

The Messenger of Allah (ﷺ) said, "He who utters a hundred times in a day these words:

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

(*there is no true god except Allah. He is One and He has no partner with Him; His is the sovereignty and His is the praise, and He is Omnipotent*),

he will have a reward equivalent to that for emancipating ten slaves, a hundred good deeds will be recorded to his credit, hundred of his sins will be blotted out from his scroll, and he will be safeguarded against the devil on that day till the evening;

and no one will exceed him in doing more excellent good deeds except someone who has recited these words more often than him.

[Sahih al-Bukhari & Muslim]

Ramadan Supplications

Du'a when sighting the new moon

اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ وَالتَّوْفِيقِ لِمَا
تُحِبُّ وَتَرْضَى رَبِّي وَرَبُّكَ اللَّهُ

*"O Allah, let this moon (month) pass over us in safety, faith, peace and Islam.
Grant us the ability to act on the actions that You love and Pleases You. My
Lord and Your Lord is Allah"*

Du'a when breaking the fast

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ الْعُرُوقُ، وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

*"The thirst has gone and the veins are quenched, and reward is confirmed, if
Allah wills."*

Du'a when seeking Laylatul Qadr

لِلَّهِمَّ إِنَّكَ عَفُوٌّ ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

The supplication that the Messenger of Allah (ﷺ), taught 'Aishah (ra), to say when seeking the Night of Decree is, "O Allah Indeed You are the One who pardons, You love to pardon, so pardon me." [At-Tirmidhi and Ibn Majah]

Pre-Ramadan Prep

The number of days in Ramadan are limited!

Prepare in advance so that you can dedicate most of your time to the worship of Allah during this blessed month!

Calculate and set aside your zakat and sadaqah

Plan your menu and stock up on major groceries (*See page 13*)

Set goals for yourself (*See page 20*)

Buy your Eid clothes and gifts (*See page 11*)

Notes

Eid Prep

Aisha (ra) narrated that the Prophet (ﷺ) used to accept gifts and used to give something in return. [Sahih al-Bukhari]

Tip: in "what to buy", you can also write down the Eid clothes that you have to get for yourself and your family

For Whom	What to Buy	Where to Buy	When to Buy

Eid Prep

Aisha (ra) narrated that the Prophet (ﷺ) used to accept gifts and used to give something in return. [Sahih al-Bukhari]

Tip: in "what to buy", you can also write down the Eid clothes that you have to get for yourself and your family

For Whom	What to Buy	Where to Buy	When to Buy

Meal Plan

The Prophet (ﷺ) said, “Whoever gives iftar to the one who is fasting will have a reward like his, without that detracting from the reward of the fasting person in the slightest.” [At-Tirmidhi]

Tip: keeps your meals simple and nutritious. Remember it is the month of Fasting not Feasting.

Ramadan	Suhoor	Iftaar	Dinner
01			
02			
03			
04			
05			
06			

Meal Plan

Ramadan	Suhoor	Iftaar	Dinner
07			
08			
09			
10			
11			
12			
13			

Meal Plan

Ramadan	Suhoor	Iftaar	Dinner
14			
15			
16			
17			
18			
19			
20			

Meal Plan

Ramadan	Suhoor	Iftaar	Dinner
21			
22			
23			
24			
25			
26			
27			

Meal Plan

Ramadan	Suhoor	Iftaar	Dinner
28			
29			
30			

Grocery List

Jabir (ra) reported that he heard the Messenger of Allah ﷺ saying: "Every act of goodness is sadaqah." (Sahih al-Bukhari)

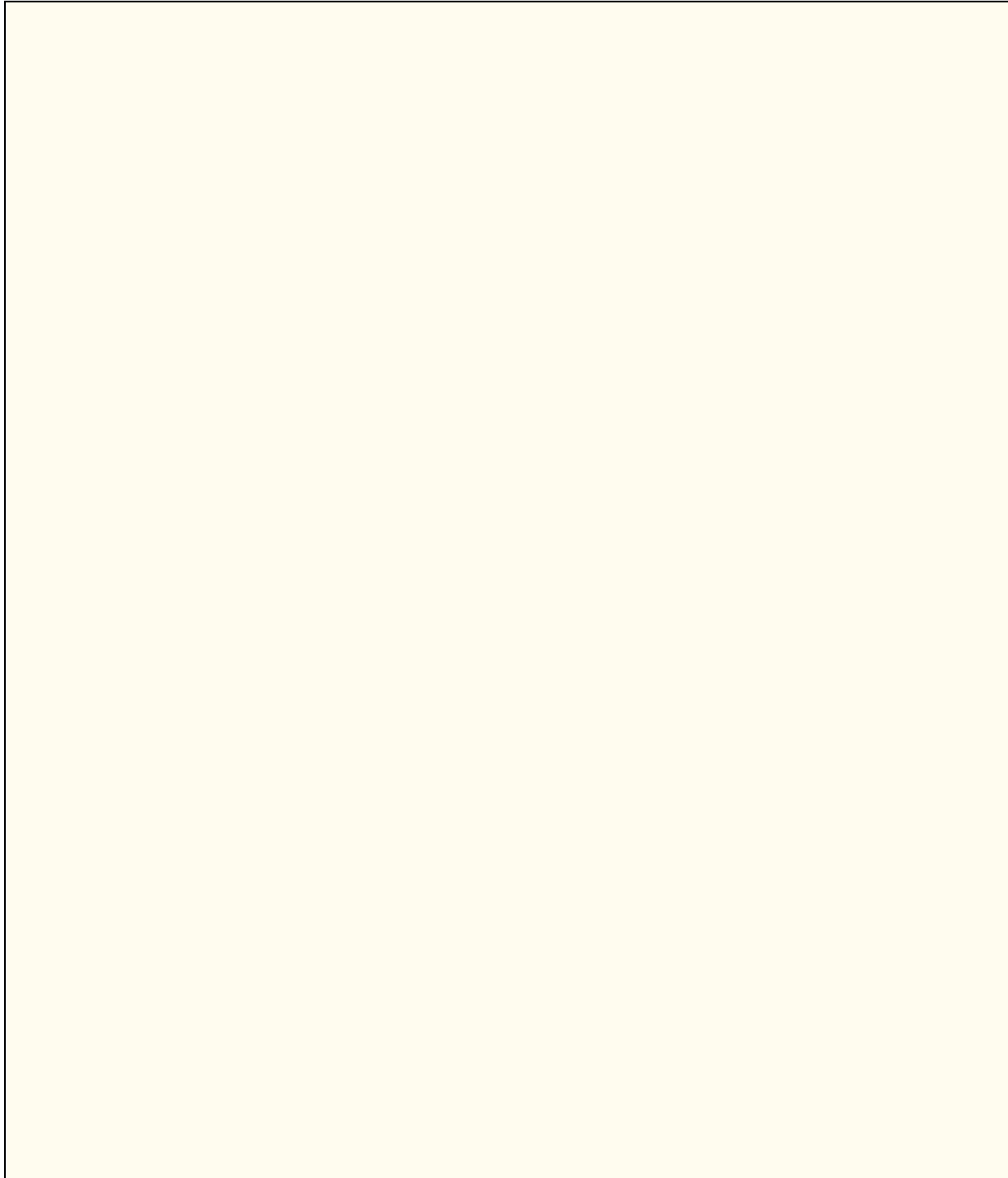
Tip: When you cook and buy things for your family, do it seeking the Pleasure of Allah, and it may be written down as a good deed for you InshaAllah!

[illegible][illegible]

My Ramadan Vision

What does your ideal Ramadan look like to you?

What good deeds do you envision yourself doing?



Goal Setting

Take your big goals and break them down to more do-able task

Big Goal → Smaller Goal → Daily Task

Goal Setting

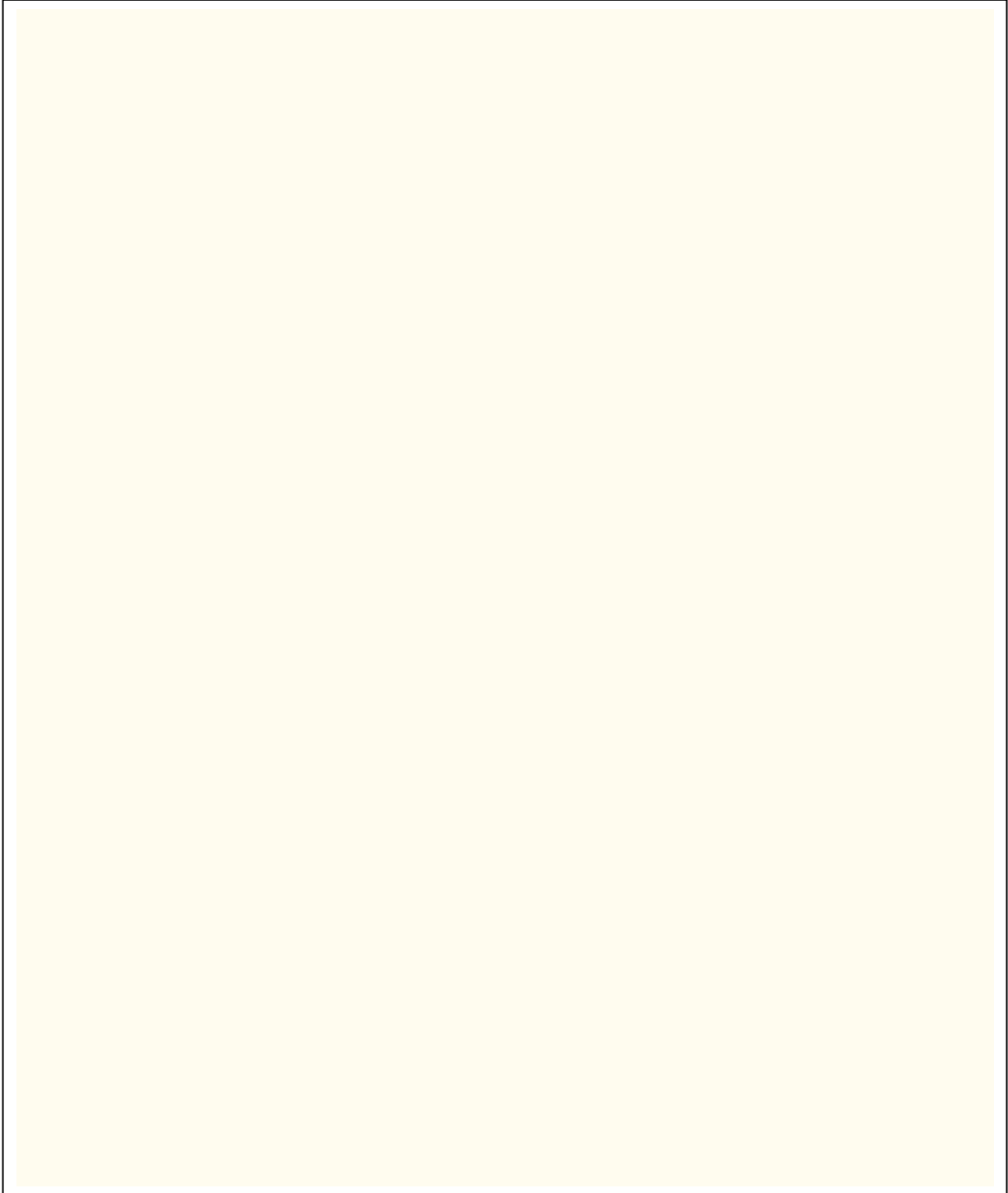
Take your big goals and break them down to more do-able task

Big Goal → Smaller Goal → Daily Task

My Dua List

And when My servants ask you, [O Prophet], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me...

[Surah al Baqarah: 186]



Calendar

A space to insert your goals, tasks or reminders during Ramadan

Ramadan 1st	Ramadan 2nd	Ramadan 3rd
Ramadan 4th	Ramadan 5th	Ramadan 6th
Ramadan 7th	Ramadan 8th	Ramadan 9th
Ramadan 10th	Ramadan 11th	Ramadan 12th
Ramadan 13th	Ramadan 14th	Ramadan 15th

Calendar

A space to insert your goals, tasks or reminders during Ramadan

Ramadan 16th	Ramadan 17th	Ramadan 18th
Ramadan 19th	Ramadan 20th	Ramadan 21st
Ramadan 22nd	Ramadan 23rd	Ramadan 24th
Ramadan 25th	Ramadan 26th	Ramadan 27th
Ramadan 28th	Ramadan 29th	Ramadan 30th

Daily Pages

Ramadan 1-30

Ramadan 1

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 2

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 3

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 4

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 5

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 6

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 7

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 8

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 9

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 10

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 11

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 12

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 13

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 14

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 15

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 16

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 17

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 18

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 19

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 20

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 21

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 22

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 23

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 24

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 25

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 26

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 27

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 28

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 29

[Date]

Good Deeds to Do

My Qur'an Goals for today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Ramadan 30

[Date]

Good Deeds to Do

My Qur'an Goals for Today

Surah:

Ayaat to recite:

Lessons Learnt

Today's Meals

Suhoor:

Iftaar:

Dinner:

Charity Goals for Today

What to give:

To whom:

Where & When:

Eid Checklist

Don't forget to do the following on the day of Eid:

- ☐ Take a bath
- ☐ Wear your best clothes
- ☐ Eat some dates before attending the Eid Salah
- ☐ Recite the Takbiraat
- ☐ Offer the Eid Prayer
- ☐ Greet each other on this happy occasion

Also, remember to fast 6 days of Shawwal

Abu Ayyub Ansari (ra) narrates that Allah's Messenger ﷺ said:
“Whoever, after completing the fasts of Ramaḍan, fasts for six days
in Shawwaal (every year), he will be rewarded as if he has been
fasting for his entire life.” [Sahih Muslim]

Post-Ramadan Reflections

What was Ramadan like this year for you?

How can you improve for next year InshaAllah

