

1. The first thing that comes to my MIND about the Holy Month of Ramadan is:

RAMADAN

- A - Variety of food, Iftar, Suhoor
- B - Hardships, Thirst, Hunger
- C - Spirituality, Being away from sins
- D - Gatherings with friends
- E - Quran and Prayers

2. I have decided the Primary GOAL for this Ramadan to:

GOAL

- A - Be God fearing and increase Taqwa
- B - Build my character
- C - Attain perfection
- D - Increase my spirituality & purify soul
- E - Prepare for death

3. To Improve my Salah (Prayers), I have decided the following:

SALAH

- A - Improve concentration
- B - Understand its meaning
- C - To stand in night prayers (Tahajjud)
- D - To be punctual for Jamaat prayers
- E - Increase my prostrations

4. To improve my relationship with Quran, I have decided the following:

QURAN

- A - Read the whole Quran atleast once (Tilawat)
- B - Memorize a few Surahs (Aayaat)
- C - Learn to recite the Quran correctly (Tajweed)
- D - Understand its meanings & ponder over its verses
- E - Go through the Tafseer

5. To be closer to Allah (SWT), I have decided to recite the following:

DUA

- A - Daily duas for Ramadan
- B - Dua after prayers
- C - Supplications for Iftaar
- D - Duas from Quran & Hadith
- E - Duas with tears

6. From health point of view, I have decided the following:

HEALTH

- A - I will quit smoking
- B - I will control my eating and sleeping habits
- C - I will not over eat
- D - I will prefer fruits & vegetables over fatty foods
- E - I will do some light exercise to keep fit

7. From knowledge point of view, I have decided the following:

KNOWLEDGE

- A - Read Islamic books
- B - Attend Islamic lectures
- C - Start a study circle or Quran translation program
- D - Browse through Islamic websites
- E - Listen to Islamic CDs or Audio cassettes

8. I have decided to work on the following Ma'arof:

MA'AROF

- A - Arrange for Iftar
- B - Being kind to relatives
- C - Help my neighbours
- D - Lighten the burden of others
- E - Give alms to poor
- F - Respect my elders
- G - Attain good manners and behavior

9. I have decided to shun the following Munkar:

MUNKAR

- A - Telling lies
- B - Speaking ill of others, gheebat
- C - Losing temper
- D - Watching TV, serials, films, etc.
- E - Vain talk

10. For Shab-e-Qadr, I have decided the following:

SHABE QADR

- A - To search it in the odd nights of last 10 days
- B - To seek forgiveness for past sins
- C - To ask for guidance for future
- D - Recite Quran
- E - To stand in prayers

RAMDAN PLANNER

	Activity	Unit	Present Status	Ramadan Goal	Check after 1st Week	Check after 2nd Week	Check after 3rd Week	Check after 4th Week	Level Achieved
	WORSHIP								
S	SALAT								
	Fard with Jamat daily	quantity							
	Fard without Jamat daily	quantity							
	Sunnah daily	quantity							
S-T	Taraweeh daily	quantity							
S-N	Nafil daily	quantity							
	Level of Focus / Concentration (Khushoo)	1,2,3,4,5							
Q	QURAN								
Q-R	Tilawat - Reading	pages							
Q-W	Tilawat - Tajweed	1,2,3,4,5							
Q-J	Tarjuma - Word-to-Word / Understanding	yes/no							
Q-F	Tafseer - Commentary	yes/no							
Q-D	Tadabbur - Pondering	yes/no							
Q-H	Tahfeez - Hifz / Memorization	ayaat							
Z	ZIKR								
Z-A	Azkaar	minutes							
Z-D	Dua	minutes							
O	OTHERS								
O-U	Umrah	yes/no							
O-K	Itikaaf	yes/no							
N	FINANCIAL								
N-Z	Zakat	yes/no							
N-I	Infaq	% salary							
N-R	Any Relatives in need of your Support	quantity							
F	FAMILY								
	Spouse / Children Fard Salat	1,2,3,4,5							
	Spouse / Children Tilawat Quran	1,2,3,4,5							
	Spouse / Children Fasting Ramadan	yes/no							
F-S	Family Study Circle	yes/no							
F-A	Family Islamic Activities	yes/no							
F-F	Relationship with the family (parents/spouse/children)	1,2,3,4,5							
F-R	Relations with Relatives	1,2,3,4,5							
F-P	Shopping for Eid done before start of Ramadan	yes/no							
D	DAWAH								
	NON-MUSLIMS								
D-NI	How many Non-Muslim friends invited for Iftar ?	quantity							
D-NR	Did you Introduce Islam / Ramadan to them ?	yes/no							
	MUSLIMS								
D-MI	How many Muslims invited for Iftar ?	quantity							
D-MR	Did you remind them about utilizing Ramadan effectively ?	yes/no							
L	LEARNING ISLAM								
L-S	Seerat Study	pages							
L-H	Sahabah Study	pages							
L-A	Ambiya Study	pages							
L-L	Islamic Literature	pages							
H	HEALTH								
	Eating (overeating)	yes/no							
	Sleeping (excessive)	yes/no							
H-E	Exercise daily (Walking, etc.)	yes/no							
B	HABITS								
B-T	Watching TV / Serials / Films, etc.	hours							
B-C	Chatting with Friends	hours							
	Backbiting / gheebat	yes/no							
	Smoking	yes/no							
B-M	Going to Mosque immediately after / before azan	yes/no							