

## MY RAMADAN RESOLUTION FOR 1425H

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'AROOF

- 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

# RAMADAN PLANNER - 1425 H

	Activity	Unit	Present Status	Ramadan Goal	Check after 1st Week	Check after 2nd Week	Check after 3rd Week	Check after 4th Week	Level Achieved
	<b>WORSHIP</b>								
S	<b>SALAT</b>								
	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	<b>QURAN</b>								
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	<b>ZIKR</b>								
Z-A	Azkaar	minutes							
Z-D	Dua	minutes							
O	<b>OTHERS</b>								
O-U	Umrah	yes/no							
O-K	Itikaaf	yes/no							
N	<b>FINANCIAL</b>								
N-Z	Zakat	yes/no							
N-I	Infaq	% salary							
N-R	Any Relatives in need of your Support	quantity							
F	<b>FAMILY</b>								
	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	<b>DAWAH</b>								
	<b>NON-MUSLIMS</b>								
D-NI	How many Non-Muslim friends invited for Iftar ?	quantity							
D-NR	Did you Introduce Islam / Ramadan to them ?	yes/no							
	<b>MUSLIMS</b>								
D-MI	How many Muslims invited for Iftar ?	quantity							
D-MR	Did you remind them about utilizing Ramadan effectively ?	yes/no							
L	<b>LEARNING ISLAM</b>								
L-S	Seerat Study	pages							
L-H	Sahabah Study	pages							
L-A	Ambiya Study	pages							
L-L	Islamic Literature	pages							
H	<b>HEALTH</b>								
	Eating (overeating)	yes/no							
	Sleeping (excessive)	yes/no							
H-E	Exercise daily (Walking, etc.)	yes/no							
B	<b>HABITS</b>								
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							

## MY RAMADAN TIMETABLE 1425H

1425H	F	S	U	M	T	W	H	F	S	U	M	T	W	H	F	S	U	M	T	W	H	F	S	U	M	T	W	H	F	S		
Ramadan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
3:00-4:00																															Suhoor/ Tahajjud	
4:00-5:00																																
Fajr	4:59	4:59	5:00	5:00	5:00	5:01	5:01	5:01	5:02	5:02	5:02	5:03	5:03	5:03	5:04	5:04	5:05	5:05	5:05	5:05	5:06	5:06	5:07	5:07	5:07	5:08	5:08	5:09	5:09	5:10	5:10	
5:00-6:00																																
6:00-7:00																																
7:00-8:00																																
8:00-9:00																																
9:00-10:00																																
10:00-11:00																																
11:00-12:00																																
Dhuhr	12:07	12:07	12:07	12:06	12:06	12:06	12:06	12:06	12:06	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:05	12:06		
12:00-13:00																																
13:00-14:00																																
14:00-15:00																																
Asr	3:27	3:27	3:26	3:26	3:25	3:25	3:24	3:24	3:24	3:23	3:23	3:22	3:22	3:21	3:21	3:21	3:20	3:20	3:20	3:20	3:19	3:19	3:19	3:18	3:18	3:18	3:18	3:17	3:17	3:17	3:17	
15:00-16:00																																
16:00-17:00																																
Maghrib	5:57	5:57	5:55	5:54	5:53	5:53	5:52	5:51	5:51	5:50	5:49	5:49	5:48	5:47	5:47	5:46	5:45	5:45	5:44	5:44	5:43	5:43	5:42	5:42	5:42	5:42	5:41	5:41	5:40	5:40	5:40	
17:00-18:00																																
18:00-19:00																																
Isha	7:57	7:57	7:55	7:54	7:53	7:53	7:52	7:51	7:51	7:50	7:49	7:49	7:48	7:47	7:47	7:46	7:45	7:45	7:44	7:44	7:43	7:43	7:42	7:42	7:42	7:42	7:41	7:41	7:40	7:40	7:40	
19:00-20:00																																Tarawih
20:00-21:00																																
21:00-22:00																																
22:00-23:00																																
23:00-24:00																																
24:00-1:00																																Sleeping
1:00-2:00																																
2:00-3:00																																