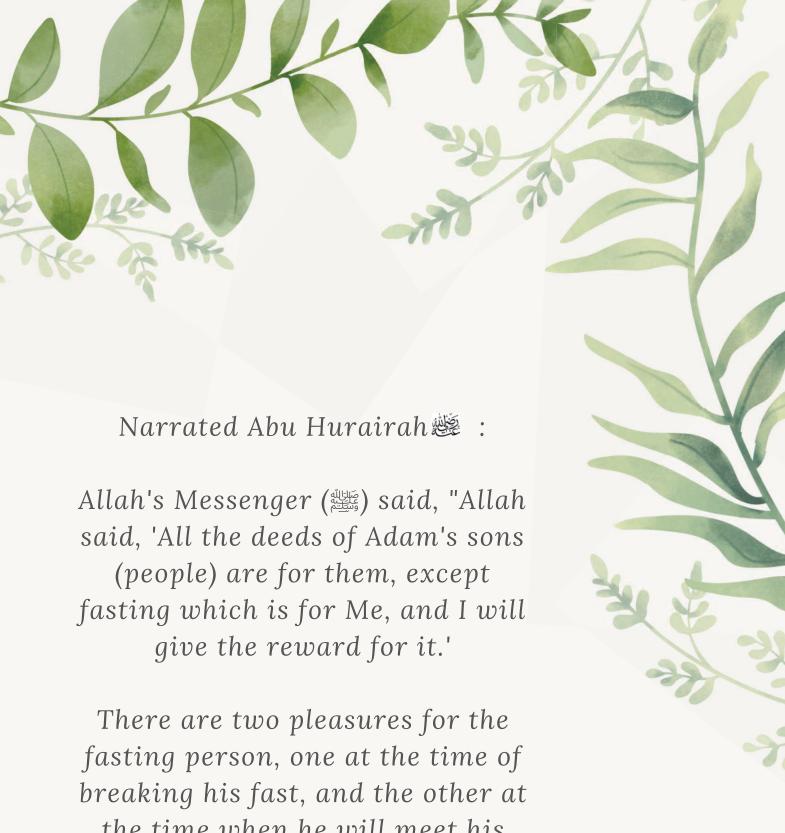




It was narrated that Abu Hurairah said:

"The Messenger of Allah (ﷺ) said: 'There has come to you Ramadan, a blessed month, which Allah, the Mighty and Sublime, has enjoined you to fast. In it the gates of heavens are opened and the gates of Hell are closed, and every devil is chained up. In it Allah has a night which is better than a thousand months; whoever is deprived of its goodness is indeed deprived."

[Sunan an-Nasa'i]



the time when he will meet his Lord; then he will be pleased because of his fasting."

[Al Bukhari]

RAMADAN AGENDA

Prayer Tracker (Sunnah)

Aishah narrated that Allah's Messenger () said: Whoever is regular with twelve Rak'ah of Sunnah (prayer), Allah will build a house for him in Paradise: Four Rak'ah before Zuhr, two Rak'ah after it, two Rak'ah after Maghrib, two Rak'ah after Isha', and two Rak'ah before Fajr." [Tirmidhi]

Narrated 'Ali : That the Prophet (:) used to pray two rak'ahs before the 'Asr prayer. [Abu Dawood]

Prayer Tracker (Taraweeh)

He who observes optional prayer (Taraweeh prayers) throughout Ramadan, out of sincerity of faith and in the hope of earning reward, will have his past sins pardoned. [Al Bukhari]

Qur'an Tracker

Schedule various acts of worship around prayer times - example: recite 2 pages of Al Qur'an, before and after each fardh prayer = 1 juz a day.

Daily Checklist

For morning and evening adhkar, you may refer to the Hisnul Muslim book, Daily Adhkar by Ummah Welfare Trust or other books/online references that refer to Al Qur'an and Sunnah.

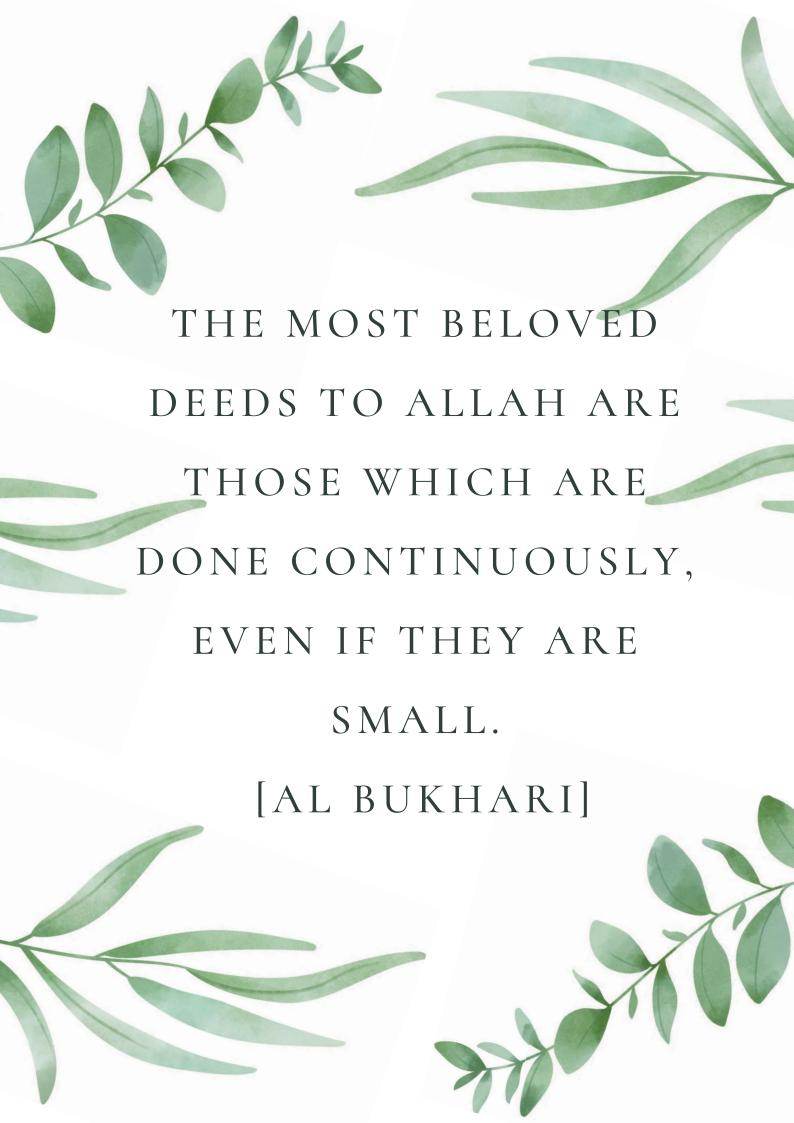
Pre Ramadan Checklist



- Prepare list of Du'a.
- Set goals for worship prayers, recitation of Qur'an, dhikr.
- Set aside money to be given for daily charity and ideally list for whom.
- Cut bad habits.
- Go on a "Technology diet". Focus on Al Qur'an and Sunnah. Reduce distractions and unnecessary access to social media.
- Clean your house.
- Prepare daily menu for Ramadan. Be moderate.
- Buy groceries.
- Complete Eid Fitri shopping prior to Ramadan.



LET'S START PLANNING!



Sunnah & Du'a for Ramadan

Break fast with dates or water

"When any one of you breaks his fast, let him break it with dates. If he cannot find dates, then let him break it with water, for it is a means of purification." [Sunan Ibn Majah]

Hasten breaking of fast

"The people will remain upon goodness so long as they hasten to break the fast. Hasten to break the fast, for the Jews delay it."

[Sunan Ibn Majah]

Du'a when breaking fast

"The thirst is gone, the veins are moistened, and the reward is established-if Allah wills." [Abu Dawood]

In seeking Laylat ul-Qadr

"Allah, you are the Forgiving and love to forgive, so forgive me." [Tirmidhi]

It is recommended to recite this du'a regularly, particularly (but not only) in the last ten days of Ramadan – by day and night.

Hadith of the Day

Whoever seeks for giveness for every male and female believer, Allah will record a good deed for him for every male and female believer.

[Tabarani]

DAY | MONTH | DATE (Example: Friday | April | 24

Deed of the Day

Purify our intentions to perform our fast and good deeds for the sake of Allah and take a minute or two today to seek Allah's forgiveness for all the believers.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| , A C D | SUNNAH | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness (examples on page 41) |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| TAHAJJUD | DUHA | | Deed of the Day |
| ТАПАЈЈОО | DOTA | Juz(s) | Adhkar before Sleep (refer to page 42 - 43) |

Du'a of the Day

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Our Lord, Forgive me, and my parents, and the believers on the Day of Accounting.

[lbrahim, 14:41]

Hadith of the Day

Whoever recites a letter from the Book of Allah, he will receive one good deed as ten good deeds like it. I do not say that Alif Lam Meem is one letter, but rather Alif is a letter, Lam is a letter, and Meem is a letter.

[Tirmidhi]

DAY | MONTH | DATE

Deed of the Day

Recite SubhanAllah 33x, Alhamdulillah 33x, Allahu Akbar 33x and completes the hundred with Laa ilaaha ill-Allah wahdahu laa shareeka lahu, lahu'l-mulku wa lahu'l-hamd wa huwa 'ala kulli shay'in qadeer after every salah - sins will be forgiven even if they are like the foam of the sea. [Muslim]

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| 2 | | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| TANAWEETT | WITH | | Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُبْنِ، وَأَعُوذُ بِكَ أَنْ أُرَدَّ إِلَى أَرْذَلِ الْعُمُرِ، وَأَعُوذُ بِكَ أَنْ أُرَدَّ إِلَى أَرْذَلِ الْعُمُرِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ

O Allah! I seek refuge in You from cowardice. O Allah, I seek refuge in You from being brought back to a bad stage of the age, I seek refuge in You from trials of this world and from the torment of the grave. [Al Bukhari]

Verse of the Day

If you loan Allah a goodly loan, He will multiply it for you and forgive you. And Allah is [most]
Appreciative and Forebearing.

[At-Taghabun, 64:17]

DAY | MONTH | DATE

Deed of the Day

Donate, even a little, for the construction of a mosque, school or any charitable cause.

You can also donate your energy in cleaning your house, mosque, old folks home or orphanage.

Qur'an Daily Prayer Tracker Checklist Tracker Morning Adhkar FAJR SUNNAH Evening Adhkar **DHUHR SUNNAH** Verse(s) Istighfar at least 70 times 'ASR SUNNAH Syukr: Say Alhamdulillah SUNNAH **MAGHRIB** Give Charity Surah(s) Random Act of Kindness SUNNAH ISYA' Recite Al Our'an & Tadabbur **TARAWEEH** WITR Deed of the Day DUHA TAHAJJUD Adhkar before Sleep Juz(s)

Du'a of the Day

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَمِنْ عَذَابِ الْقَبُّرِ وَمِنْ فِتْنَةِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَّالِ الْمَحْيَا وَالْمَمَاتِ وَمِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَّالِ

O Allah! I seek refuge in you from the torment of hell, from the torment of the grave, from the trial of life and death and from the evil of the trial of Masih al-Dajjal.

[Muslim]

Hadith of the Day

He who supplicates for his brother behind his back (in his absence), the Angel commissioned (for carrying supplication to his Lord) says:

Amen, and it is for you also.

[Muslim]

DAY | MONTH | DATE

Deed of the Day

Purify your heart and make du'a for blessings and goodness for those you love and those who have hurt you.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times |
| | | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| TAHAJJUD | DUHA | | Deed of the Day |
| | | Juz(s) | Adhkar before Sleep |

Du'a of the Day

رَبِّ تَقَبَّلْ تَوْبَتِي وَاغْسِلْ حَوْبَتِي وَأَجِبْ دَعْوَتِي وَثَبِّتْ حُجَّتِي وَأَجِبْ دَعْوَتِي وَثَبِّتْ حُجَّتِي وَالْمِي وَلِمُ وَالْمِي وَالْمِي وَالْمِي وَالْمِي وَالْمِي وَالْمِي وَالْمِي وَالْمِي وَالْمِي وَلِمِي وَالْمِي وَلِمِي وَالْمِي وَالْمُيْلُ الْمُتِي وَالْمِي وَالْمِي وَالْمِي وَالْمُؤْتِي وَالْمِي وَلِي وَالْمِي وَالْمِيْمِ وَالْمِي وَل

My Lord, accept my repentance, wash away my sin, answer my supplication, clearly establish my evidence, guide my heart, make true my tongue and draw out malice in my breast.

[Abu Dawood]

Hadith of the Day

There is no servant who fasts a day in the way of Allah except that Allah will distance his face from the Hellfire by a length of seventy years of travel.

[Muslim]

DAY | MONTH | DATE

Deed of the Day

Provide or prepare a drink/food for those who are fasting or anyone who is in need of food.

"Guard yourself from the Hellfire, even with half of a date in charity." [Muslim]

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| Briefint | | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| | | | Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا الطَّعَامَ وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

All praise is due to Allah who has given me food to eat and provided it without any endeavour on my part or any power.

[Tirmidhi]

Whoever eats food and say (the above) at the end, all his past sins will be forgiven. [Tirmidhi]

Hadith of the Day

The best of you is the one who has the best character. [Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Treat your parents/ spouse/ children/ siblings with gentleness and kindness. Help them with anything they need.

Make du'a to Allah for them to be forgiven, granted mercy and Jannatul Firdaus.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|---|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | Vanag(a) | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| DULLAHAT | DUHA | Juz(s) | Deed of the Day Adhkar before Sleep |
| | | | |

Du'a of the Day

اللَّهُمَّ اهْدِنِي لِأَحْسَنِ الْأَعْمَالِ وَأَحْسَنِ الْأَخْلَاقِ لَا يَهْدِي لِأَحْسَنِهَا إِلَّا أَنْتَ وَقِنِي سَيِّئَهَا إِلَّا أَنْتَ الْأَخْلَاقِ لَا يَقِي سَيِّئَهَا إِلَّا أَنْتَ

O Allah, guide me to the best of deeds and the best of manners, for none can guide to the best of them but You. And protect me from bad deeds and bad manners, for none can protect against them but You. [An-Nasa'i]

Hadith of the Day

The most beloved people to Allah are those who are most beneficial to the people.

[Ahmad]

DAY | MONTH | DATE

Deed of the Day

Share information or video on Islam, Al Quran and sunnah that will be beneficial in the Dunya and Akhirah.

Share "Du'a of the Day" with someone.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|---------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| | 6111111 | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| TANAWLLII | VVIIIX | | Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ

O my Lord! Inspire and bestow upon me the power and ability that I may be grateful for Your favours which You have bestowed on me and on my parents, and that I may do good deeds (righteous) that will please You, and admit me by Your mercy among Your righteous servants. [An Naml, 27:19]

Hadith of the Day

The closest of people to me (Prophet (P

DAY | MONTH | DATE

Deed of the Day

Recite salawat (blessings) for Prophet (ﷺ) as many times as possible and try to incorporate this in your daily routine.

The Prophet (ﷺ) said: "Whoever sends salah (blessings) upon me once, Allah (SWT) will send salah upon him tenfold." [An Nasa'i].

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|---|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | Vanag(a) | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| DULLAHAT | DUHA | Juz(s) | Deed of the Day Adhkar before Sleep |
| | | | |

Du'a of the Day

O Lord, make me steadfast in prayer, and (also) some of my offspring.

O our Lord, accept my prayer.

(Ibrahim, 14: 40)

Hadith of the Day

Harithah bin Wahb
narrated that the
Messenger of Allah (ﷺ)
said: "Shall I not tell you
about the people of
Paradise? Every weak
and oppressed one.
Shall I not tell you about
the people of Hell?
Every harsh, haughty
and arrogant one."
[Ibn Majah]

DAY | MONTH | DATE

Deed of the Day

Say Salam to someone and speak softly and with humility.

Avoid back-biting or saying harsh words to anyone.

Qur'an Daily Prayer Checklist Tracker Tracker Morning Adhkar FAJR SUNNAH Evening Adhkar **DHUHR SUNNAH** Verse(s) Istighfar at least 70 times 'ASR SUNNAH Syukr: Say Alhamdulillah SUNNAH **MAGHRIB** Give Charity Surah(s) Random Act of Kindness SUNNAH ISYA' Recite Al Our'an & Tadabbur **TARAWEEH** WITR Deed of the Day DUHA **TAHAJJUD** Adhkar before Sleep Juz(s)

Du'a of the Day

O Allah, I seek refuge in You from evil character, evil actions, and evil desires. [At-Tirmidhi

Hadith of the Day

He who has done a wrong affecting his brother's honour or anything else, let him ask his forgiveness today before the time (i.e., the Day of Resurrection) when he will have neither a dinar nor a dirham. If he has done some good deeds, a portion equal to his wrong doings will be subtracted from them; but if he has no good deeds, he will be burdened with the evil deeds of the one he had wronged in the same proportion. [Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Seek forgiveness from those you have done wrong.

If you are unable to, give in charity on their behalf and make doa for them.

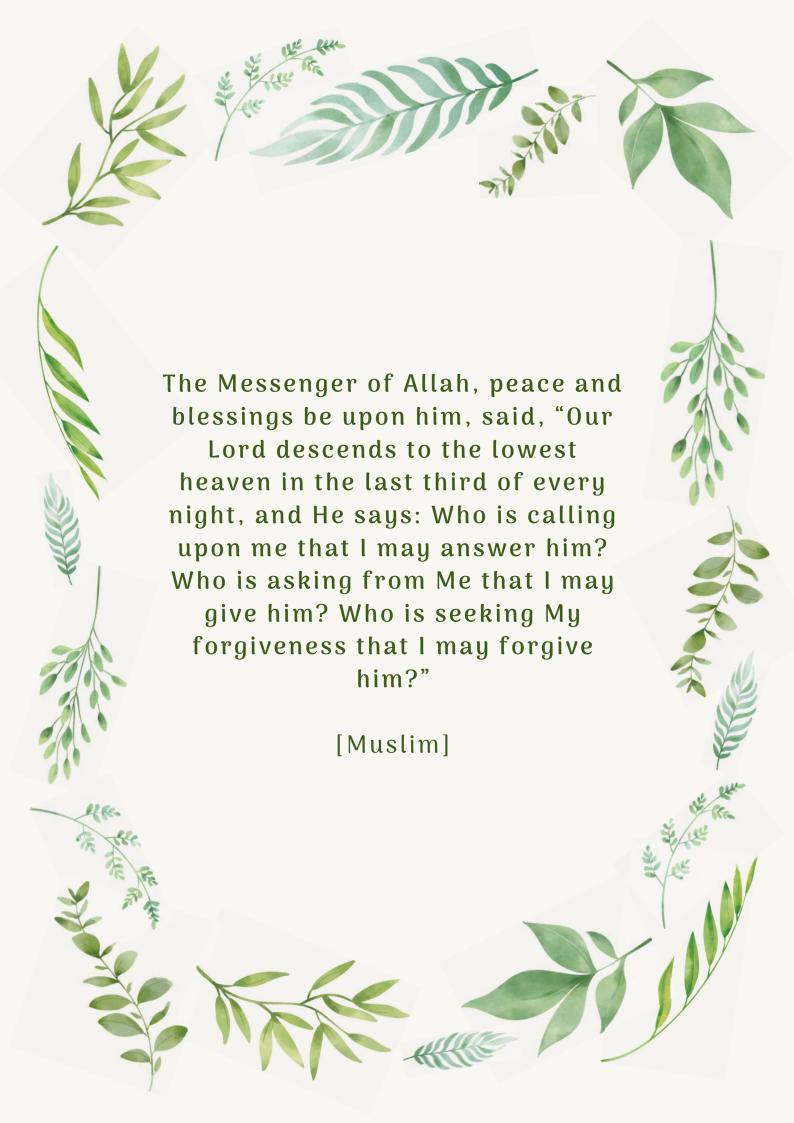
Qur'an Daily Prayer Tracker Checklist Tracker Morning Adhkar FAJR SUNNAH Evening Adhkar **SUNNAH** DHUHR Verse(s) Istighfar at least 70 times 'ASR SUNNAH Syukr: Say Alhamdulillah SUNNAH **MAGHRIB** Give Charity Surah(s) Random Act of Kindness SUNNAH ISYA' Recite Al Our'an & Tadabbur **TARAWEEH** WITR Deed of the Day DUHA **TAHAJJUD** Adhkar before Sleep Juz(s)

Du'a of the Day

رَّبِّ أَدْخِلْنِي مُدْخَلَ صِدْقٍ وَأَخْرِجْنِي مُخْرَجَّ صِدْقٍ وَاجْعَل لِّي مِن لَّدُنكَ سُلْطَانًا نَّصِيرًا

O Lord, cause me to enter a goodly entrance and cause me to exit a goodly exit, and grant me from Yourself a supporting authority.

[Sura al-'Isra', 17: 80]



Hadith of the Day

This world is a prison for the believer and a paradise for the disbeliever.

[Sunan Ibn Majah]

DAY | MONTH | DATE

Deed of the Day

Recite 100 times:

أَسْتَغْفِرُ للهَ وَأَتُوْبُ إِلَيْهِ

I seek forgiveness from Allah and repent towards Him.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| 2 | | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| TANAWEETT | WITH | | Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

اَللّٰهُمَّ إِنِّىٰ أَعُوْذُبِكَ مِنْ جَهْدِ الْبَلاَءِ ، وَدَرْكِ الشَّقَاءِ، وَللهُمَّ إِنِّى الشَّقَاءِ، وَشَمَاتَةِ الأَعْدَاءِ

O Allah! Indeed I seek refuge in You from severe trials and hardships, being overtaken by misfortune, a bad fate and the rejoicing of enemies.

[Bukhari, Muslim]

Hadith of the Day

Keep your rows straight for your rows resemble those of the angels. Join the shoulders and fill the gaps between yourselves, **be gentle** and soft in your brother's hands and do not leave the gaps for syaitan. He who connects a row, Allah will connect him (with His mercy). [Musnad Ahmad]

DAY | MONTH | DATE

Deed of the Day

Adhkar before Sleep

Deed of the Day

Pray in congregation.

Straighten your rows and be gentle with your brothers / sisters when straightening the rows.

Qur'an Daily Prayer Checklist Tracker Tracker Morning Adhkar FAJR SUNNAH Evening Adhkar **SUNNAH DHUHR** Verse(s) Istighfar at least 70 times 'ASR SUNNAH Syukr: Say Alhamdulillah SUNNAH **MAGHRIB** Give Charity Surah(s) Random Act of Kindness SUNNAH ISYA' Recite Al Our'an & Tadabbur **TARAWEEH** WITR

Du'a of the Day

TAHAJJUD

DUHA

رَّبِّ اغْفِرْ وَارْحَمْ وَأَنتَ خَيْرُ الرَّاحِمِينَ

Juz(s)

My Lord! Forgive and have mercy, for You are the best of those who show mercy. [Al-Mu'minun, 23:118]

Hadith of the Day

He who observed the 'Isha' prayer in congregation, it was as if he prayed up to midnight, and he who prayed the morning prayer in congregation, it was as if he prayed the whole night.

[Muslim]

DAY | MONTH | DATE

Deed of the Day

Perform Fajr and Isha' prayers in congregation, preferably at the mosque.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| A C D | SUNNAH | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| TAHAJJUD | DUHA | | Deed of the Day |
| IANAJJUU | DOTTA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

O Allah, help me remember You, to be grateful to You, and to worship You in an excellent manner. [Abu Dawood]

Verse of the Day

And (remember)
when your Lord
proclaimed, "If you
are grateful, I will
surely increase you
(in favor), but if you
deny, indeed, My
punishment is
severe."
[Ibrahim, 14:7]

DAY | MONTH | DATE

Deed of the Day

Reflect on everything you have been blessed with and thank Allah for the blessings.

Say Alhamdulillah with your tongue and use the wealth/knowledge/energy in a manner that is pleasing to Allah.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|---|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | Vanag(a) | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| DULLAHAT | DUHA | Juz(s) | Deed of the Day Adhkar before Sleep |
| | | | |

Du'a of the Day

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ عَذَابَ النَّارِ

Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.

[Al Baqarah, 2:201]

Hadith of the Day

Whoever takes a path upon which to obtain knowledge, Allah makes the path to Paradise easy for him.

[Tirmidhi]

DAY | MONTH | DATE

Deed of the Day

Read the tafsir of some ayah of the Al Qur'an and tadabbur (ponder) over the meaning.

Share any lessons learnt with a family member or friend.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times |
| | | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | Sunah (a) | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness Recite Al Qur'an & |
| TARAWEEH | WITR | | Tadabbur Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

رَّبِّ زِدْنِی عِلْمًا

O'My Lord! Increase me in knowledge. [Ta-Ha, 20:114]

Hadith of the Day

The servant is closest to his Lord during prostration, so increase your supplications therein.
[Muslim]

DAY | MONTH | DATE

Deed of the Day

Prepare for prayer early, focus on taking wudhu' properly and pray as if Allah is in front of you.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|---|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | Verse(s) | Evening Adhkar Istighfar at least 70 times |
| 'ASR | SUNNAH | verse(s) | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| DULLAHAT | DUHA | Juz(s) | Deed of the Day Adhkar before Sleep |

Du'a of the Day

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الأَرْبَعِ مِنْ عِلْمٍ لاَ يَنْفَعُ وَمِّنْ قَلْبٍ لاَ يَنْفَعُ وَمِنْ قَلْبٍ لاَ يَنْفَعُ وَمِنْ دُعَاءٍ لاَ يُسْمَعُ وَمِنْ دُعَاءٍ لاَ يُسْمَعُ 0 Allah, I seek refuge in Thee from four things: Knowledge which does not profit, a

O Allah, I seek refuge in Thee from four things: Knowledge which does not profit, a heart which is not submissive, a soul which has an insatiable appetite, and a supplication which is not heard.

[Abu Dawood]

Hadith of the Day

Every day two angels come down from Heaven and one of them says, 'O Allah! Compensate every person who spends in Your Cause,' and the other (angel) says, 'O Allah! Destroy every miser.

[Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Prepare or arrange for some food or drinks to be provided to those breaking their fast or in need, even if it is a glass of water.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| BIIOIII | | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| TANAWLLII | VVIIIX | | Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

اَللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا, وَ رِزْقًا طَيَّبًا, وَ عَمَلاً مُتَقَبَّل

O Allah! I ask You for knowledge that is of benefit, a good provision and deeds that will be accepted.

[Sunan Ibn Majah]

Hadith of the Day

When carried to his grave, a dead person is followed by three, two of which return (after his burial) and one remains with him: his relative, his property, and his deeds follow him; relatives and his property go back while his deeds remain with him."

[Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Share the du'a below with a family member or friend and encourage them to recite it everyday.

"Whoever teaches some knowledge will have the reward of the one who acts upon it, without that detracting from his reward in the slightest."

[Sunan Ibn Majah]

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|---|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| | | | Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

O Turner of hearts, keep my heart steadfast on Your deen. [Tirmidhi]

Hadith of the Day

Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.) [Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Avoid ill speech - verbally or through texts.

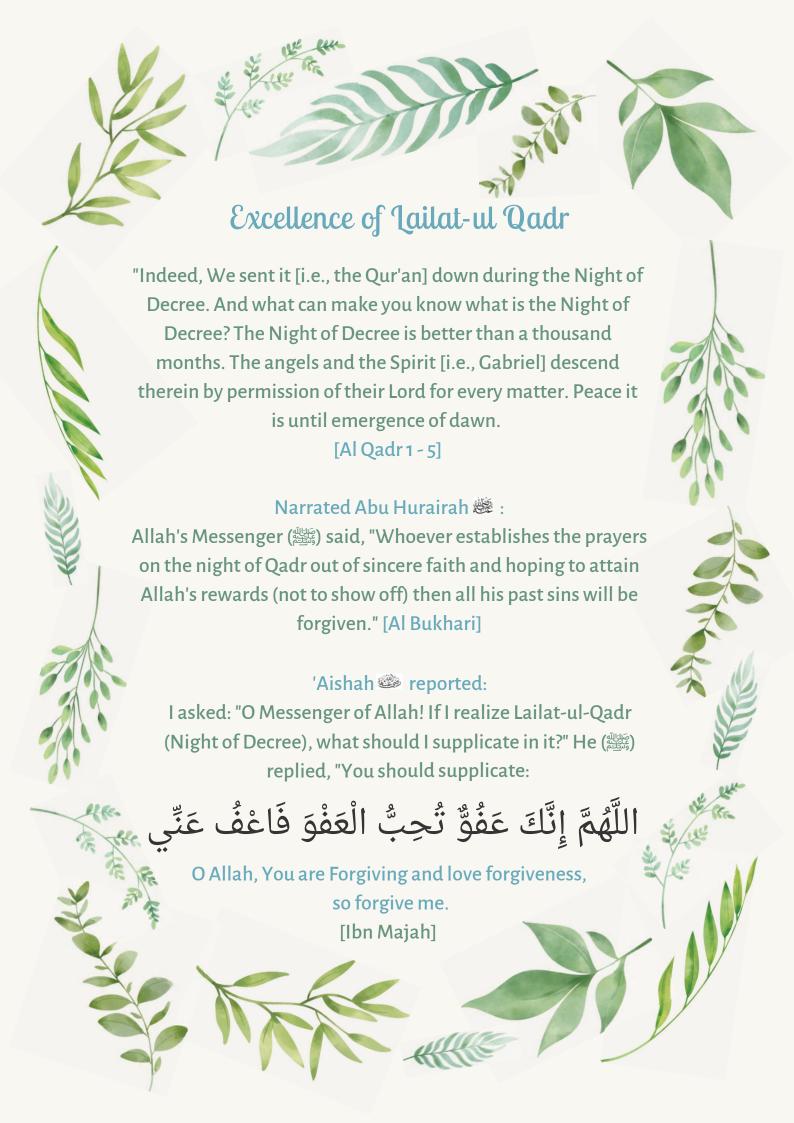
| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|---|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | Verse(s) | Evening Adhkar |
| 'ASR | SUNNAH | verse(s) | Istighfar at least 70 times Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Our Lord! We have wronged ourselves, and if You do not forgive us and not have mercy on us, we shall most surely be among the losers.

[Al A'raf, 7:23]



Hadith of the Day

When the last ten days of Ramadan began, the Prophet (ﷺ) used to stay up at night, tighten his waist- wrap, and wake up his family (to pray).

[Sunan Ibn Majah]

DAY | MONTH | DATE

Deed of the Day

Invite your loved ones to join you for Qiyam, recitation of Al Qur'an, du'a and adhkar.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|---|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | Vanaa(a) | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| TAHAJJUD | DUHA | Juz(s) | Deed of the Day Adhkar before Sleep |
| | | | |

Du'a of the Day



O Allah, You are Forgiving and love forgiveness, so forgive me. [Sunan Ibn Majah]

Hadith of the Day

Whoever established prayers on the night of Oadr out of sincere faith and hoping for a reward from Allah, then all his previous sins will be forgiven; and whoever fasts in the month of Ramadan out of sincere faith, and hoping for a reward from Allah, then all his previous sins will be forgiven.

[Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Recite Surah Al Mulk before you sleep.

"There is a Surah in the Qur'an which contains thirty Ayat which kept interceding for a man until his sins are forgiven. This Surah is 'Blessed is He in Whose Hand is the dominion." (Surah Al-Mulk). [Abu Dawud]

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|----------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| 14 C D | CHNINIAH | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| | DIIIIA | | Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

فَاطِرَ السَّمَاوَاتِ وَالأَرْضِ أَنْتَ وَلِيِّي فِي الدُّنْيَا وَالآخِرَةِ تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ

Creator of the heavens and earth, You are my protector in this world and in the Hereafter. Cause me to die a Muslim and join me with the righteous.

[Yusuf 12:101]

Hadith of the Day

The best among you (Muslims) are those who learn the Qur'an and teach it.

[Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Learn the meaning of Surah Al Falaq and teach or share it with someone.

Recite Surah Al Falaq everyday for protection.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| Briefin | | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| | | | Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

إِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ. مِن شَرِّ مَا خَلَقَ. وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ. وَمِن شَرِّ التَّنَّادَ مِن شَرِّ مَا خَلَقَ. وَمِن شَرِّ عَاسِقٍ إِذَا وَقَبَ. وَمِن شَرِّ

النَّفَّا ثَاتِ فِي الْعُقَدِ. وَمِن شَرِّ حَاسِدٍ إِذَا ً حَسَدَ. I seek refuge with (Allah), the Lord of the daybreak. From the evil of what He has created. And from the evil of the darkening (night) as it comes with its darkness. And from the evil of those who practise witchcraft when they blow in the knots, And from the evil of the envier when he envies.

Verse of the Day

"And when My servants ask you, [O Muhammad, concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided."
[Al Baqarah 2:186]

DAY | MONTH | DATE

Deed of the Day

Make du'a using Allah's names. Example:

لاَ إِلَهَ إِلاَّ اللَّهُ الْعَظِيمُ الْحَلِيمُ لاَ إِلَهَ إِلاَّ اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ لاَ إِلَهَ إِلاَّ اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْعَرْشِ الْكَرِيمِ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

There is no god but Allah, the Great, the Tolerant, there is no god but Allah, the Lord of the Magnificent Throne There is no god but Allah, the Lord of the Heaven and the earth, the Lord of the Edifying Throne.

Qur'an Daily Prayer Tracker Checklist Tracker Morning Adhkar FAJR SUNNAH Evening Adhkar **DHUHR SUNNAH** Verse(s) Istighfar at least 70 times 'ASR SUNNAH Syukr: Say Alhamdulillah SUNNAH **MAGHRIB** Give Charity Surah(s) Random Act of Kindness SUNNAH ISYA' Recite Al Our'an & Tadabbur **TARAWEEH** WITR Deed of the Day DUHA **TAHAJJUD** Adhkar before Sleep Juz(s)

Du'a of the Day

O my Lord, forgive me, and accept my repentance. Verily, You are the Oft-Returning, the Most Forgiving. [Tirmidhi]

Hadith of the Day

The reward of the congregational prayer is twenty seven times greater (than that of the prayer offered by a person alone).

[Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Pray your fardh prayers in congregation, preferably at the mosque.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|---|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | M (2) | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an ♂ Tadabbur |
| | DUHA | | Deed of the Day |
| TAHAJJUD | ропа | Juz(s) | Adhkar before Sleep |

Du'a of the Day

اللَّهُمَّ إِنِّي أَسْأَلُكَ مُوْجِبَاتِ رَحْمَتِكَ، وَعَزَائِمَ مَغْفِرَتِكَ، وَالسَّلَامَةَ مِنْ كُلِّ بِرٍ، وَالْفَوْزَ بِالجَنَّةِ، وَالنَّجَاةَ مِنَ النَّارِ كُلِّ إِنْمٍ، وَالْغَنِيْمَةَ مِنْ كُلِّ بِرٍ، وَالْفَوْزَ بِالجَنَّةِ، وَالنَّجَاةَ مِنَ النَّارِ كُلِّ إِنْمٍ، وَالْعَلِيْمَةِ مِنْ كُلِّ بِرٍ، وَالْفَوْزَ بِالجَنَّةِ، وَالنَّجَاةَ مِنَ النَّارِ مَا الْعَلِيْمَةِ مِنْ كُلِّ بِرٍ، وَالْفَوْزَ بِالجَنَّةِ، وَالنَّجَاةَ مِنَ النَّارِ مَا الْعَلِيْمَةِ مِنْ كُلِّ بِرٍ، وَالْفَوْزَ بِالجَنَّةِ، وَالنَّجَاةَ مِنَ النَّارِ

O Allah! I beg You for that which incites Your mercy and the means of Your forgiveness, safety from every sin, the benefit from every good deed, success in attaining Jannah and safety from the Fire. [Al Hakim]

Hadith of the Day

The person who severs the bond of kinship will not enter Jannah.

[Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Visit your parents, siblings or relatives. If this is not possible, give them a call or send them a message.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|---|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | Vana (a) | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| TAHAJJUD | DUHA | Juz(s) | Deed of the Day Adhkar before Sleep |
| | | , | |

Du'a of the Day

اَللّٰهُمَّ اَلّٰفُ بَيْنَ قُلُوْبِنَا وَأَصْلِحْ ذَاتَ بَيْنِنَا، وَاهْدِنَا سُبُلَ اللّٰهُمَّ السَّلاَمِ، وَنَجِّنَا مِنَ الظُّلُمَاتِ إِلَى النُّوْدِ

O Allah, join our hearts, reform our matters within us, guide us to the path of peace, bring us from darkness to light.

[Abu Dawood]

Hadith of the Day

Whoever loves the meeting with Allah, Allah too, loves the meeting with him; and whoever hates the meeting with Allah, Allah too, hates the meeting with him.

[Al Bukhari]

DAY | MONTH | DATE

Deed of the Day

Seek forgiveness from Allah and make a list of bad habits that you would like to stop from now onwards or after Ramadan ends.

| Prayer Tracker | Qur'an Tracker | Daily Checklist |
|-------------------|-------------------|---|
| FAJR SUNN | АН | Morning Adhkar |
| DHUHR SUNN | AH Verse(s) | Evening Adhkar Istighfar at least 70 times |
| 'ASR SUNN | | Syukr: Say Alhamdulillah |
| MAGHRIB SUNN | АН | Give Charity |
| ISYA' SUNN | AH Surah(s) | Random Act of Kindness |
| TARAWEEH WITE | ? | Recite Al Qur'an & Tadabbur |
| TAHAJJUD DUHA | Juz(s) | Deed of the Day Adhkar before Sleep |

Du'a of the Day اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أُشْرِكِ بِكَ وَأَنَا أَعْلَمُ، وَأَسْتَغْفِرُكَ لِمَا

لَا أَعْلَمُ

O Allah! I seek refuge in you lest I associate anything with you while I know it, and I seek your forgiveness for what I do not know.

[Adab Al Mufrad]

Hadith of the Day

He who recites

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

in the morning and evening 100 times, will not be surpassed on the Day of Judgement by anyone with better deeds except the one who says the same words or more.

[Muslim]

DAY | MONTH | DATE

Deed of the Day

Recite 100 times:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Allah is free from imperfection, and all praise is due to Him.

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--------------------------------|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| Brieffitt | | Verse(s) | Istighfar at least 70 times |
| 'ASR | SUNNAH | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness |
| TARAWEEH | WITR | | Recite Al Qur'an & Tadabbur |
| | | | Deed of the Day |
| TAHAJJUD | DUHA | Juz(s) | Adhkar before Sleep |

Du'a of the Day

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّار

Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.

[Al-Bagarah, 2:201]

Hadith of the Day

Verily, when the slave (of Allah) commits a sin, a black spot appears on his heart. When he refrains from it, seeks forgiveness and repents, his heart is polished clean.

[Tirmidhi]

DAY | MONTH | DATE

Deed of the Day

- 1. Stop the wrong that you are doing.
- 2. Ask Allah for forgiveness
- 3. Repent regret and intend to never do it again.

Qur'an Daily Prayer Tracker Checklist Tracker Morning Adhkar FAJR SUNNAH Evening Adhkar **DHUHR SUNNAH** Verse(s) Istighfar at least 70 times 'ASR SUNNAH Syukr: Say Alhamdulillah SUNNAH **MAGHRIB** Give Charity Surah(s) Random Act of Kindness SUNNAH ISYA' Recite Al Our'an & Tadabbur **TARAWEEH** WITR Deed of the Day DUHA **TAHAJJUD** Adhkar before Sleep Juz(s)

Du'a of the Day

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ أَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْت

O Allah I hope for Your Mercy, do not entrust me to my own self even for the blink of an eye, correct for me all my matters, there is none worthy of worship except You.

[Ahmad, Abu Dawood]

Hadith of the Day

He whose last words are

لاَ إِلَهَ إِلاَّ اللَّهُ

will enter Paradise. [Abu Dawood]

DAY | MONTH | DATE

Deed of the Day

Recite 100 times:

لاَ إِلَهَ إِلاَّ اللَّهُ

There is no god but Allah.

Prayer Tracker

FAJR

SUNNAH

DHUHR

SUNNAH

'ASR

SUNNAH

MAGHRIB

SUNNAH

ISYA'

SUNNAH

TARAWEEH

WITR

TAHAJJUD

DUHA

Qur'an Daily

Tracker

Verse(s)

Surah(s)

Juz(s)

Checklist

Morning Adhkar

Evening Adhkar

Istighfar at least 70 times

Syukr: Say Alhamdulillah

Give Charity

Random Act of Kindness

Recite Al Our'an & Tadabbur

Deed of the Day

Adhkar before Sleep

Du'a of the Day

رَبَّنَا لاَ تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِن لَّدُنكَ رَحْمَةً إِنَّكَ أَنتَ الْوَهَّابُ

Our Lord! Let not our hearts deviate after You have guided us, and grant us mercy from You. Truly, You are the One Who Bestows. [Al-Imran, 3:8]

Hadith of the Day

Whoever observes
the fast of
Ramadan and
follows it up with
six fasts in
Shawwal will be
rewarded as if he
has fasted the
entire year.
[Muslim]

DAY | MONTH | DATE

Deed of the Day

Pay Fitr charity (zakah).

"Whoever distributes Fitr Charity before Eid prayer, it will be accepted as Fitr charity. Whoever distributes it after Eid prayer, his Fitr charity will be similar to ordinary charity." [Ahmad, Ibn Majah]

| Prayer Tracker | | Qur'an Tracker | Daily Checklist |
|-------------------|--------|-------------------|--|
| FAJR | SUNNAH | | Morning Adhkar |
| DHUHR | SUNNAH | | Evening Adhkar |
| 'ASR | SUNNAH | Verse(s) | Istighfar at least 70 times |
| | | | Syukr: Say Alhamdulillah |
| MAGHRIB | SUNNAH | 0 1() | Give Charity |
| ISYA' | SUNNAH | Surah(s) | Random Act of Kindness Recite Al Qur'an & |
| TARAWEEH | WITR | | Tadabbur |
| TAHAJJUD | DUHA | Juz(s) | Deed of the Day Adhkar before Sleep |
| | | Ju2(3) | |

Du'a of the Day

اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَاىَ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِّ وَالْمَغْرِبِ اللَّهُمَّ نَقِّنِي مِنْ خَطَايَاىَ كَمَا يُنَقَّى الثَّوْبُ الأَبْيَضُ مِنَ الدَّنَسِ اللَّهُمَّ اغْسِلْنِي مِنْ خَطَايَاىَ بِالثَّلْجِ وَالْمَاءِ وَالْبَرَدِ

O Allah, remove my sins from me as Thou hast removed the East from the West. O Allah purify me from sins as a white garment is purified from filth. O Allah! wash away my sins with snow, water and ice. [Muslim]





Random act of Kindness (Examples)

Smile to someone

Forgive someone

Say Salam to people you meet

Refrain from back biting

Donate your lunch money Surprise someone with a kind gesture

Control your anger and tongue

Share with someone a dua

Pick up trash & throw in dustbin

Make Dua for your parents/ other family members Give some food/water to birds or other animals

Assist someone with their chores

Say something nice to someone Call or message a relative you haven't spoken to in a while Provide or prepare a drink for someone to break fast



Adhkar before sleeping

اللهُ أَكْبَر

سُبْحَانَ الله الْحُمْدُ للله

Great (34 times)

Allah is Most Praise is to Allah (33 times)

Glory is to Allah (33 times)

Recite Ayatul Qursi (Al Baqarah 255), Al Ikhlas (3 times), Al Falaq (3 times), An Nas (3 times)

Recite Al Bagarah 285 - 286:

ءامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِن رَّبِّهِ وَالْمُؤْمِنُونَ كُلُّ ءامَنَ باللهِ وَمَلآئِكَتِهِ ۚ وَكُتُبِهِ وَرُسُلِهِ لاَ نُفَرِّقُ بَيْنَ أَحَدٍ مِّن رُّسُلِهِ وَقَالُواْ سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ

لاَ يُكَلِّفُ اللهُ نَفْسًا إِلاَّ وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لاَ تُؤَاخِذُّنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلاَ تَحْمِلْ عَلَيْنَا إِصْرًا كُمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا رَبَّنَا وَلاَ تُحَمِّلْنَا مَا لاَ طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاغْفِرْ لَنَا وَارْحَمْنَآ أَنتَ مَوْلاَنَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرينَ

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], "We make no distinction between any of His messengers." And they say, "We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination."

Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of what [evil] it has earned. "Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people."

Adkhar before sleeping

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

In Your Name, O Allah, I die and I live. [Al Bukhari]

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، فَإِنْ أَمْسَكْتَ نَفْسِي فَارْحَمْهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا، بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

With Your Name my Lord, I lay myself down; and with Your Name I rise. And if You take my soul, have mercy on it, and if You send it back then protect it as You protect Your righteous slaves. [Al Bukhari, Muslim]

اللَّهُمَّ إِنَّكَ خَلَقْتَ نَفْسِي وَأَنْتَ تَوَفَّاهَا، لَكَ مَمَاتُهَا وَمَحْيَاهَا، إِنْ أَحْيَيْتَهَا فَاحْفَظْهَا، وَإِنْ أَمَتَّهَا فَاغْفِرْ لَهَا، وَمَحْيَاهَا، إِنْ أَحْيَيْتَهَا فَاحْفَظْهَا، وَإِنْ أَمَتَّهَا فَاغْفِرْ لَهَا، اللَّهُمَّ إِنِّى أَسْأَلُكَ الْعَافِيَةَ اللَّهُمَّ إِنِّى أَسْأَلُكَ الْعَافِيَةَ

O Allah, You have created my soul and You shall take its life. Unto You is its death and its life. If You give it life then protect it, and if You cause it to die then forgive it. O Allah, I ask You to grant me well-being. [Muslim]

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ

"O Allah, save me from Your punishment on the Day that You resurrect Your slaves." [Abu Dawood]

