

# RAMADAN

## Journal

### WEEK: 1

#### CHECKLIST:

M T W T F S S

5 DAILY PRAYERS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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RECITATION OF  
THE HOLY QUR'AN

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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LISTENED TO DARS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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RECITED DUROOD  
SHAREEF

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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#### IFTAR PRAYER

اَللّٰهُمَّ لَكَ صُمْتُ وَبِكَ اٰمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَىٰ رِزْقِكَ اَفْطَرْتُ

O Allah, I fasted for your sake, and I believe in You,  
and upon you do I rely, and with Your provision do I  
end my fast.



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## Journal

### WEEK: 2

#### CHECKLIST:

M T W T F S S

5 DAILY PRAYERS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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RECITATION OF  
THE HOLY QUR'AN

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WATCHED MTA

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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RECITED ISTIGHFAR

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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#### 2ND ASHRA PRAYER

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

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



# RAMADAN

## Journal

### WEEK: 3

#### CHECKLIST:

M T W T F S S

5 DAILY PRAYERS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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RECITATION OF  
THE HOLY QUR'AN

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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LEARNT A NEW PRAYER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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OFFERED TWO EXTRA  
NAWAFIL PRAYER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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#### PRAYER OF HAZRAT MUSA (AS)

رَبِّ إِنِّي لِبَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ ~

"My Lord, I am in need of whatever good Thou  
mayest send down to me."

(Surah Al-Qasas 28:25)



NASIRATUL AHMADIYYA  
UNITED KINGDOM

# RAMADAN

## Journal

### WEEK: 4

#### CHECKLIST:

M T W T F S S

5 DAILY PRAYERS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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RECITATION OF  
THE HOLY QUR'AN

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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LEARNT A NEW HADITH

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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OFFERED PRAYERS  
IN CONGREGATION

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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#### 3RD ASHRA PRAYER

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

"O Allah! Save me from the Hell-Fire"

