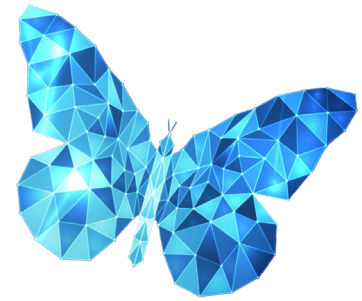


Ramadan Checklist



FASTING
YOUR METAMORPHOSIS

ACTIONS: Good Deeds	FREQUENCY	✓
Intentions before actions— seeking God's nearness	NIGHTLY	
Prayed all five on time	DAILY	
Dhikr	EACH SALAH	
Fasted	DAILY	
Prayed nafil (extra) prayers	DAILY	
Reflect on God's creation, others & own death, thanked God	DAILY	
Connected with family, parents, relatives positively	DAILY	
Forgave someone	DAILY	
Motivate others to goodness	DAILY	
Controlled anger, reminding self you are fasting	DAILY	
Connected with Quran & hadeeth with true understanding	1-10 AYAT DAILY	
50+ % of my actions were beneficial	DAILY	
Taught family/others something of Deen	WEEKLY	
Dua for self & others, mercy, forgiveness, power & strength	WEEKLY	
Gave charity, even a smile	WEEKLY	
Total Points Earned Each Day:		

My Reflections On The Day

Actions: Good Deeds	FREQUENCY	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
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Gave charity, even a smile	WEEKLY																														
Total Points Earned Each Day:																															

Actions to Review: Avoiding Shar/Evil	✓
Spread news without verifying	
Laughed at, sarcastic to, or called someone names	
Suspicious, spied on or backbit someone	
Lost temper	
Kept bad feeling of Muslim in heart	
Thought negatively of God, others, or generally	
Kept bad company	
Unkind or ignored to spouse, family or others	
Wasted time (games, devices, chatting)	
Engaged in what's bad (media, games, interactions)	
Acted arrogantly	
Withheld correction	
Did not accept correction from others	
Envied others	
Failed to keep desires in check	
Committed major sins (haraam actions)	
Violated the rights of others	
Lied, cheated, or deceived self or others	
Motivated, approved or did not stop others from haraam	
Wronged someone, fully judged him & not fixed it yet	
Total Points Earned Each Day:	

My Reflections On The Day How Can I Improve?

***Reminder To Seek Forgiveness, Ask For Power & Strength**

Actions to Review: Avoiding Shar/Evil	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
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