

DAILY CHECKLIST

RAMADAN 1429

(September 2008)

In the left column, list the things you want to do *every day* in Ramadan and then tick the boxes relevant for each of the 29/30 days of Ramadan each day.

Specific for the Morning	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
1. Ate suhoor and breakfast quickly.																														
2. Fajr on time with its Sunnah																														
3. Made my morning dhikr																														
Achievements During the Day	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
4. Prayed all prayers on time and all Sunnah rakas																														
5. Read at least 1 pages of Qur'an and act upon it																														
6. Read the Tafsir of one verse																														
7. Read one new Hadeeth and its meaning																														
1. Prayed more than 1 fard prayer in a mosque (males)																														
2. Pondered 10 minutes about struggling for this Deen																														
3. Made Dua for my parents																														
4. Did not do anything I was unsure about its permissibility																														
5. Took care of my body																														
6. Made the recommended Dhikr after every prayer																														
7. Made my parents smile, hugged and kissed them																														
8. Attempted to increase in knowledge (Reading/Listening)																														
9. Attempted to practise one rare Sunnah of Rasulallah (saws)																														
10. Made Dua from prepared list *1																														
11. Made Dua for the Prophet (saws)																														
12. Made tasbeeh and self-reflection																														
13. Made repentance, Make Tawbah and Istighfaar 100 times																														
14. Was kind to family, friends & others																														
15. Performed an act of charity																														
16. Did not argue, swear or backbite																														
17. Did not harbour ill feelings in my heart against anyone																														
18. Lower gaze																														
19. Made a Muslim smile																														
20. Preserved or removed a harm from the environment																														
21. Taught someone a bit about Islam																														
22. Made my afternoon Dhikr																														
23. Did a special deed that is secret between myself and Allah																														
24. Gave some of the extra food from Iftar to my neighbours																														
25. Was a role model at work																														
Specific For the Evening	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
1. Prayed Taraweeh																														
2. Prayed the Witr prayer																														
3. Made Qunut/Dua for the Muslim Ummah in a prayer																														
4. Pondered about my Death and of the Day of Judgement																														
5. Read Surah Mulk before going to sleep																														
6. Went to sleep in a state of Wudu																														
7. Went to sleep without ill feelings towards any Muslim																														
8. Wrote down/updated my will																														
9. Prayed absolute minimum 2 rakah Tahajjud prayer																														
10. Asked Allah for Jannah and refuge from Jahannam (X3)																														
Weekly achievements	1	2	3	4	5	Friday Achievements	1	2	3	4	5																			
1. Memorized minimum 1/4 page of the Quran Fed/						1. Read Surah Kahf																								
2. Clothed one needy person or gave a gift to someone						2. Took extra care to maintain myself																								
3. Memorized 1 hadeeth of Rasulallah						3. Attempted to pray Jumah earliest time																								
4. Made Istikharah about an important matter						4. Made Dua only for Rasulallah (saws)																								
5. Memorized 1 Dua from the Sunnah						5. Pondered 5-10 minutes about the khutbah & its message																								
6. Attempted to join the hearts between 2 Muslims																														

(prepare duas and things to ask for before Ramadan).

What's morning dhiker?

1. Reading the du'ah for waking up, e.g:
"All praise is due to Allah Who gives us life after He has caused us to die and to Him is the return"
AND / OR
"There is none worthy of worship alone, Who has no Partner. His is the dominion and to Him belongs all praise, and He is able to do all things. Glory is to Allah. Praise is to Allah. There is none worthy of worship but Allah. Allah is the Most Great. There is no Might and no Power except by Allah's leave, the Exalted, the Mighty. My Lord forgive me."
2. Reading the Qur'an
3. Saying "Subhaan Allah" 33 times, "Alhamdulillah" 33 times and then saying "Allahu akbar" 34 times from the heart.

What sunnah's should I pray for each prayer?

1. Two rakah before Fajr
2. Four Rakah before Dthuhr and then two rakah afterwards
3. Four Rakah before Asr only and none afterwards
4. Two rakah after Mugrib
5. Four rakah before Isha and two afterwards and then 1 or three rakah for Witre prayer (this is 'Waajib' which means strongly recommended).

Where can I find hadeeths to learn?

1. Can visit the following site for Sahih Muslim and Bukhari hadeeths:
<http://www.usc.edu/dept/MSA/fundamentals/hadithsunnah/bukhari/>
2. Can purchase a small book of Hadeeth Qudsi to memorise. This is also downloadable from the following site:
<http://www.guidedways.com/qudsihadith.php?hadith=0>

What is the recommended dhiker for each prayer?

Saying "Subhaan Allah" 33 times, "Alhamdulillah" 33 times and then saying "Allahu akbar" 34 times from the heart.

Where can I find rare sunnah's of the Prophet (saws)?

http://www.guidedways.com/hadith_books.php#bukhari

What kind of things should I think about in self reflection?

1. All the good and bad things you did
2. Anything you did that you were doubtful about it's permissibility
3. The state of you heart throughout the day and the intentions you had for your actions
4. How you can improve tomorrow from how you performed today.

What counts as backbiting?

Prophet Muhammad (saw) said :*"Do you know what backbiting is?" They said, "God and His Messenger know best." He then said, "It is to say something about your brother that he would dislike." Someone asked him, "But what if what I say is true?" The Messenger of God (saw) said, "If what you say about him is true, you are backbiting him, but if it is not true then you have slandered him."* (Muslim)

How can I help preserve the environment?

"It is He who has appointed you guardians in the earth" (Qur'an 6:165)
Basically consume less and be resourceful, however there are many simple and effective things you can do that you can find out more about on these websites:
http://www.foe.co.uk/living/articles/index_home_front.html
<http://www.greenpeace.org.uk/>
<http://www.lineonweb.org.uk/>
<http://www.energysavingtrust.org.uk/>

What kind of things can I teach to others about Islam?

1. Islam is a peaceful religion that teaches people to worship only one God , to believe that the Prophet Muhammed (saw) is the last messenger of God and to strike a balance in worship and tending to worldly responsibilities,
2. to compromise for our religion and not compromise our religion.
3. That till today, no other religion or scientific theory can prove Allah's message through the Prophet Muhammed (saw) to be false because it has been so well documented by our scholars.

What is the benefit in keeping my good deeds secret between me and Allah (swt)?

There is more reward, because it proves to Allah you prefer Allah's pleasure so much that you are willing to do without praise from people of this world.

How can I be a role model at work?

Be punctual, stand up for you faith (I.e present it with elegance, dignity and intelligence), dress well, be happy and be the first to cheer your colleagues up and to make them laugh. Help others with their work and be understanding when other people are encountering difficulties. Perform your best.

Where can I find help to memorise the Qur'an?

<http://www.tayyibun.com/>
<http://www.quranexplorer.com/>
<http://www.reciter.org/recitera.php>
<http://www.islamicity.com/mosque/quran/>

How should I write my Will?

Visit: <http://www.islamicwill.com> to learn more about this important duty all Muslims have and to download a free will to make you own and update.

Where can I find duaahs from the Sunnah?

There are many available from islamic shops such as fortress of the Muslim and from websites online such as the following:
<http://www.islamawareness.net/Dua/Fortress/>
<http://nur313.wordpress.com/2006/12/28/duaas-from-the-fortress-of-the-muslim-book>
One booklet with many useful du'ah's is attached to the email this poster has been sent out with.

How did the Prophet (saws) teach us to take care of our bodies?

1. Looking after physical cleanliness such as shaving underarms and private parts, bathing daily as the Prophet (saw) did, using a miswak, and smelling nice (sisters to make sure we don't overdose on the perfume!)
2. It also includes looking after our physical mental and emotional health. A good guide to how the Prophet dealt with illnesses is compiled in the following book: 'Medicine of the Prophet' :
http://www.dar-us-salam.com/store/main.mvc?Screen=PROD&Product_Code=100&Category_Code=BT
3. Keeping physically fit and taking regular exercise is also crucial to maintaining a healthy balance.