















| ACTIONS | | | MONTH OF 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 |
| Intention | Made intention to fast for the day |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salah | Prayed Fardh Salah on time |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Taraweeh +Tahajjud | Did Taraweeh and Tahajjud Prayers |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Quran | Did Tilawat of one juz + translation and short tafseer |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sadaqah | Did Sadaqah for the day |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dua | Made dua at the times when it is most acceptable |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Smile | Practised the Sunnah of smiling |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Temper Control | Tried to have a pleasant temper throughout the day |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Guard your Tongue | Did not say anything wrong or bad 'I am fasting' |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Taqwa | Obeys Allah's command and refrain from wrong doings |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eat healthy | Ate foods that Prophet SAS used to eat |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kindness | Was compassionate to family and community |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Family Ties | Tried to maintain family ties |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ramadan talk | Had a talk about virtues of Ramadan and helped at home |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |