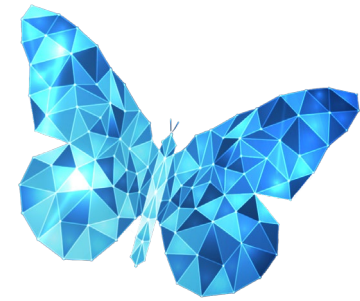


# Ramadan Checklist



## FASTING YOUR METAMORPHOSIS

Ramadan 1443 AH / April 2022

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	
<b>Total Points Earned Each Day:</b>		

## 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
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																														
<b>Total Points Earned Each Day:</b>																															

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	
<b>Total Points Earned Each Day:</b>	

## My Reflections On The Day How Can I Improve?

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

<b>Actions to Review: Avoiding Shar/Evil</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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																														
<b>Total Points Earned Each Day:</b>																														