

ilmfeed

RAMADAN COMMITMENT BOARD

This is your simple, 4-step Ramadan worship planner and tracker.

YOUR NAME:

YOUR REFEREE'S NAME:

Your referee is someone who you share your plan with so that they can check you are doing what you say you will in the plan. This can be your spouse, sibling, parent, friend etc.

1 INTENTION
Your Ramadan goal. Define it. Make it specific, achievable and measurable.

2 ACTION
Intention implementation - these are the things you need to do to achieve your goal.

3 BRIGHT LINE
A no-nonsense, clear line that you will NOT cross, to help you achieve your goal.

4 REVIEW
When you will review your progress with your referee to keep you on track.

Example

I will complete one recitation of the Quran by the end of Ramadan

I will recite half a juz straight after Dhuhr salah and another half straight after Asr salah every day in Ramadan

I will not go to sleep after tarawih until I have recited that day's juz

1. 10th night of Ramadan
2. 20th night of Ramadan
3. final review on Eid night

GOAL 1

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GOAL 2

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GOAL 3

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