

Productive Ramadan Worksheet for Busy Moms

Schedule Your Day Around Salah – Increase Barakah

Fajr

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POINTS

Dhuhr

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POINTS

Asr

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POINTS

Maghrib

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POINTS

Isha

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POINTS

Taraweeh

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POINTS

How to use this sheet?

- **Spiritual development** (i.e. Quran Recitation, Physical Sadaqah.
- **Daily chores** - Assign simple chores to young kids while you get the bigger duties done. Everyone is working together.
- **Quiet time | Power nap.**
- **Mini - halaqah with children** - Discuss Ramadan, why we fast, the example of the Prophet (SAW) and companions during Ramadan, and ask if they have any questions.
- **One act of charity.**

Give yourself 5 points if you've completed all activities with sincere intentions and hard work. (Deduct accordingly as well).

Aim for a full mark each day!

Don't lose momentum – At the end of your day, plan for tomorrow's M.I.Ts (Most Important Tasks) first.

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Total Points

Use this space each day to journal about your Ramadan experience this year. At the end of Ramadan you'll have a collection of 30 entries which will document your struggles, achievements and spiritual development. Commit to yourself and watch as you develop your productivity, self-discipline and growth, bithni'Allah

DAY

