

**30
DAYS**

RAMADAN CHALLENGE

2022

DAY 1

Watch video on Ramadan

DAY 2

Write 3 goals and how to achieve them

DAY 3

Plan your week, prioritise good deeds

DAY 4

Make a meal plan

DAY 5

Avoid overeating, choose 1 or 2 snacks

DAY 6

Pick 2 Books for the Month

DAY 7

Learn Duas for Fasting

DAY 8

Replace Shows with Documentaries

DAY 9

Go To Bed Early

DAY 10

Drink Enough Water

DAY 11

Research The Prophets Ramadan

DAY 12

Watch Vid On Fasting Benefits

DAY 13

Plan To Tackle a Bad Habit

DAY 14

Practice Quiet Time Before Bed

DAY 15

Read Translation of Juz 30

DAY 16

Go For Walk/ Read Outside

DAY 17

Smile More

DAY 18

Watch Vid On Major Sins

DAY 19

Forgive Before Bed

DAY 20

Watch vid/ lecture on Laylatul Qadr

DAY 21

Start a Charity box

DAY 22

Bake For Neighbours

DAY 23

Replace Chore with Worship

DAY 24

Watch Vid On Jannah Description

DAY 25

Don't Talk When Angry/ Annoyed

DAY 26

Count Blessings In The Morning

DAY 27

Listen To Beneficial Podcast

DAY 28

Learn About Prophets Eid Day

DAY 29

Ask Forgiveness After Prayers

DAY 30

Plan Productive After Ramadan

As the Qur'an is recited during the Ramadan season, I pray that our hearts and minds agree to what we read and practice it in our lives. Ramadan Kareem!

30
DAYS

RAMADAN QURAN CHALLENGE

2022

DAY 1

Read Juz 1-2

DAY 2

Read
Translation of
Last Chapter

DAY 3

Read Juz 3-4

DAY 4

Listen to
lecture on
Quran

DAY 5

Read Juz 5-6

DAY 6

Revise A Surah

DAY 7

Read Juz 7-8

DAY 8

Memorize
Surah

DAY 9

Read Juz 9-10

DAY 10

Listen to some
Quran

DAY 11

Read Juz 11-12

DAY 12

Research Ayahs
on manners

DAY 13

Read Juz 13-14

DAY 14

Revise more
Surahs

DAY 15

Read Juz 15-16

DAY 16

Watch video on
miracles in the
Quran

DAY 17

Read Juz 17-18

DAY 18

Research Ayahs
on Jannah

DAY 19

Read Juz 19-20

DAY 20

Research on
the rewards of
reading Quran

DAY 21

Read Juz 21-22

DAY 22

Watch video on
Arabic letters
pronunciation

DAY 23

Read Juz 23-24

DAY 24

Revise a Surah

DAY 25

Read Juz 25-26

DAY 26

Research about
stories in Quran

DAY 27

Read Juz 27-28

DAY 28

Watch Videos
about Quran

DAY 29

Read Juz 29-30

DAY 30

Make plan to
understand the
whole Quran

As the Qur'an is recited during the Ramadan season, I pray that our hearts and minds agree to what we read and practice it in our lives. Ramadan Kareem!