

Ramadan Prep

Six weeks before

Six weeks out

- ☐ Set one intention for this Ramadan
- ☐ Book time off around the last ten nights
- ☐ Start sleeping earlier

Five weeks out

- ☐ Begin fasting Mondays and Thursdays
- ☐ Read a page of Quran daily
- ☐ List who you want to give to

Four weeks out

- ☐ Plan simple iftar meals
- ☐ Reduce caffeine gradually
- ☐ Choose a Quran plan

Three weeks out

- ☐ Clear outstanding fasts
- ☐ Set a nightly dhikr time
- ☐ Tidy a space to pray in

Two weeks out

- ☐ Stock the kitchen
- ☐ Agree family routines
- ☐ Set your reminders

One week out

- ☐ Calculate your zakat
- ☐ Write your duas down
- ☐ Rest