



National Zakat
Foundation™

30 DAYS

TO PREPARE FOR
RAMADAN



HOW TO MAKE THE MOST OF
SHA'BAN



COUNTDOWN TO RAMADAN

Ramadan is almost here

and it's time to double down on our preparations for the most awaited month of the year. This calendar will help you countdown to Ramadan 2024 by preparing for a month of worship while also getting the most out of the blessed month of **Sha'ban**.

The Prophet (ﷺ) said:

“[There] is a month to which people do not pay attention, between Rajab and Ramadan, and it is a month in which **deeds are lifted up to the Lord of the Worlds.**”

[Sunan an-Nasa'i]

From getting your home and fridge in order to helping you prepare your dua lists and purify your heart, this calendar will have you organized and ready for Ramadan in the next 30 days.

Print your calendar and use it to help you stay on track for your Ramadan prep.



SHA'BAN 1445



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<p>1</p> <p>Order your Ramadan decorations in advance</p>
<p>2</p> <p>Start fasting every Monday & Thursday</p>	<p>3</p> <p>Wake up for Tahajjud at least three times a week</p>	<p>4</p> <p>Start cutting back on caffeine</p>	<p>5</p> <p>Start reading daily adhkar</p>	<p>6</p> <p>Make up your fasts from previous years</p>	<p>7</p> <p>Help someone with their meal prep or donate to a food program</p>	<p>8</p> <p>Build better sleeping habits to prepare your body for late nights & early mornings</p>
<p>9</p> <p>Make a list of books to read to boost your Iman this month</p>	<p>10</p> <p>Spend more time in the Masjid</p>	<p>11</p> <p>Plan out any pending projects for the next few weeks</p>	<p>12</p> <p>Start staying up from Fajr to sunrise for the reward of Hajj & Umrah</p>	<p>13</p> <p>Start meal prepping & freeze what you can</p>	<p>14</p> <p>Try to stay up in worship tonight</p>	<p>15</p> <p>Spend some time today planning your Ramadan goals</p>
<p>16</p> <p>Wrap all your Eid presents</p>	<p>17</p> <p>Cut back on social media & TV</p>	<p>18</p> <p>Set up a prayer corner for yourself</p>	<p>19</p> <p>Put up Ramadan decorations! It's never too early!</p>	<p>20</p> <p>Make a list of the Islamic video series you'll be watching this year</p>	<p>21</p> <p>Write down your Qur'an goals for next month & make an action plan</p>	<p>22</p> <p>Get the children in your life little presents to get them excited for Ramadan</p>
<p>23</p> <p>Memorize more duas</p>	<p>24</p> <p>Make a healthy meal plan for Iftar and Suhoor</p>	<p>25</p> <p>Revise the Qur'an you have memorized</p>	<p>26</p> <p>Start cleaning & decluttering</p>	<p>27</p> <p>Plan your charity for the month of Ramadan</p>	<p>28</p> <p>Finish your Ramadan grocery shopping</p>	<p>29</p> <p>Start a dua list</p>
<p>30</p> <p>First night of Taraweeh in sha Allah!</p>						

MOTIVATION TO MAKE THE MOST OF SHA'BAN



Stay up between Fajr and sunrise



Prophet Muhammad (ﷺ) said:

"Whoever prays Fajr in congregation then remains sitting remembering and mentioning Allah until the sun rises, then prays two Rak'ahs (15 minutes after the sun rises), will have a **reward like that of performing Hajj and 'Umrah**, complete, complete, complete."

Fast as much as you can



Aishah (RA) said: "The Messenger (ﷺ) used to fast until we thought he would never break his fast, and not fast until we thought he would never fast. **I never saw the Messenger of Allah fasting for an entire month except in Ramadan, and I never saw him fast more than he did in Sha'ban.**"

[Sahih al-Bukhari]

Stay up in worship on the 15th of Sha'ban



Prophet Muhammad (ﷺ) said:

"When it is the night of the middle of Sha'ban, spend its night in prayer and observe a fast on that day. **For Allah descends at sunset on that night to the lowest heaven and says: 'Is there no one who will ask Me for forgiveness, that I may forgive him? Is there no one who will ask Me for provision so that I may provide for him? Is there no one who is afflicted by trouble, that I may relieve him?'**

And so on, until dawn comes."

[Sunan Ibn Majah]

Clear your heart of all negativity



Prophet Muhammad (ﷺ) said:

"Allah Almighty looks upon all those created by Him in the middle Night of Sha'ban and forgives all those created by Him, except the one who associates partners with Him or the one who has malice in his heart (against a Muslim)."

[Sunan Ibn Majah]

Increase good deeds like charity



Usamah ibn Zayd (RA) said: "I said, 'O Messenger of Allah, I do not see you fasting in any other month as you fast in Sha'ban.' He (ﷺ) said, 'That is a month to which people do not pay attention, between Rajab and Ramadan, and **it is a month in which deeds are lifted up to the Lord of the Worlds. I like for my deeds to be lifted up when I am fasting.**'"

[Sunan an-Nasa'i]



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