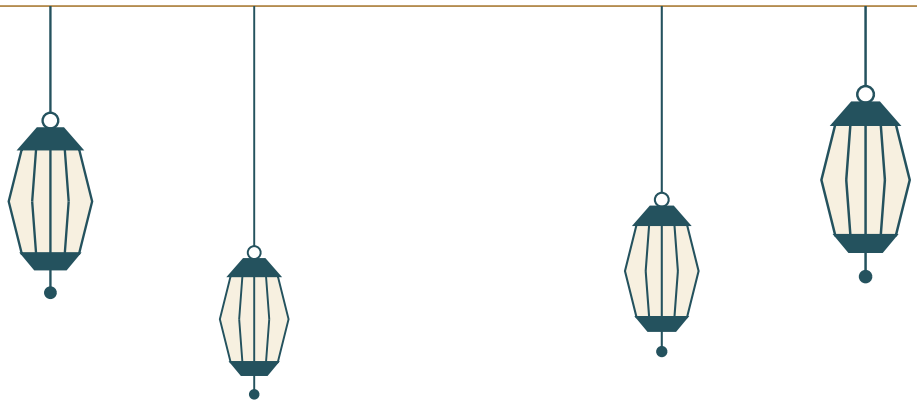

FREE MINI KIT

Ramadan

Daily page · Prayers · Groceries · Reading

4 pages to fill in · taken from the full 57-page planner

Name: _____ Year: _____

Bonapro

How to use

Your mini kit: 4 pages to fill in, ready to print

1 Print

A4 file (Europe, Africa…) or US Letter (USA, Canada). Print at “actual size” or “100%”, in color or with the ink-saver version.

2 Every day

Print as many copies of the daily page as you need (30 for the month). Write the day number and the date yourself.

3 For the whole month

The prayer tracker and the reading plan each fit all 30 days on one page. Why some things appear twice: the daily page is a detailed summary of each day, while the trackers on pages 4 and 6 give you a quick view of all 30 days. Use either one, or both.

4 Meals and groceries

One page covers 6 days: plan the menus, then check off the grocery list at the store. Print 5 copies for the month.

Tip: on a tablet, the contents lines and the tabs on the right edge are clickable.

Contents

Number = page = tab on the right edge · reprint pages 3 and 5

3 Daily page (reprint every day) 3

4 Prayer tracker (30 days) 4

5 Meals and grocery list (reprint) 5

6 Reading plan (30 days) 6

7 The full planner (57 pages) 7

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Day _____

Date: _____

Fasting: ☐ Yes ☐ No

Prayers

Fajr	Dhuhr	Asr	Maghrib	Isha
○	○	○	○	○

Extra

Night prayer (Taraweeh/Qiyam)	Other
○	○

Quran reading

From: _____ To: _____

Pages / juz: _____ ☐ Goal reached

Water



My energy

1 2 3 4 5

Suhoor menu

_____

_____

_____

Iftar menu

_____

_____

_____

Today's good deed

Write your idea for today:

_____

_____

_____

☐ Sadaqah given today

Gratitude: 3 things

1. _____
2. _____
3. _____

Today's priorities

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Notes

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Prayer tracker

Check off each prayer as you pray it (prayer times not included: follow your local timetable)

						Extra prayers			
Day	Fajr	Dhuhr	Asr	Maghrib	Isha	Night prayer (Taraweeh/Qiyam)	Other	Other	Notes
Day 1	☐	☐	☐	☐	☐	☐	☐	☐	
Day 2	☐	☐	☐	☐	☐	☐	☐	☐	
Day 3	☐	☐	☐	☐	☐	☐	☐	☐	
Day 4	☐	☐	☐	☐	☐	☐	☐	☐	
Day 5	☐	☐	☐	☐	☐	☐	☐	☐	
Day 6	☐	☐	☐	☐	☐	☐	☐	☐	
Day 7	☐	☐	☐	☐	☐	☐	☐	☐	
Day 8	☐	☐	☐	☐	☐	☐	☐	☐	
Day 9	☐	☐	☐	☐	☐	☐	☐	☐	
Day 10	☐	☐	☐	☐	☐	☐	☐	☐	
Day 11	☐	☐	☐	☐	☐	☐	☐	☐	
Day 12	☐	☐	☐	☐	☐	☐	☐	☐	
Day 13	☐	☐	☐	☐	☐	☐	☐	☐	
Day 14	☐	☐	☐	☐	☐	☐	☐	☐	
Day 15	☐	☐	☐	☐	☐	☐	☐	☐	
Day 16	☐	☐	☐	☐	☐	☐	☐	☐	
Day 17	☐	☐	☐	☐	☐	☐	☐	☐	
Day 18	☐	☐	☐	☐	☐	☐	☐	☐	
Day 19	☐	☐	☐	☐	☐	☐	☐	☐	
Day 20	☐	☐	☐	☐	☐	☐	☐	☐	
Day 21	☐	☐	☐	☐	☐	☐	☐	☐	
Day 22	☐	☐	☐	☐	☐	☐	☐	☐	
Day 23	☐	☐	☐	☐	☐	☐	☐	☐	
Day 24	☐	☐	☐	☐	☐	☐	☐	☐	
Day 25	☐	☐	☐	☐	☐	☐	☐	☐	
Day 26	☐	☐	☐	☐	☐	☐	☐	☐	
Day 27	☐	☐	☐	☐	☐	☐	☐	☐	
Day 28	☐	☐	☐	☐	☐	☐	☐	☐	
Day 29	☐	☐	☐	☐	☐	☐	☐	☐	
Day 30	☐	☐	☐	☐	☐	☐	☐	☐	

Meals and groceries

Days ____ to ____ · plan 6 days of menus, then write your grocery list

Day	Suhoor	Iftar	To prepare
Day ___			
Day ___			
Day ___			
Day ___			
Day ___			
Day ___			

Iftar and suhoor grocery list

Fruit and vegetables

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Meat, fish & dairy

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Pantry

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Home and other

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Quran reading plan

Set your own goal (for example: 1 juz a day) and check off as you go

My goal: ☐ 1 complete reading (khatm) ☐ Half the Quran ☐ Other: _____

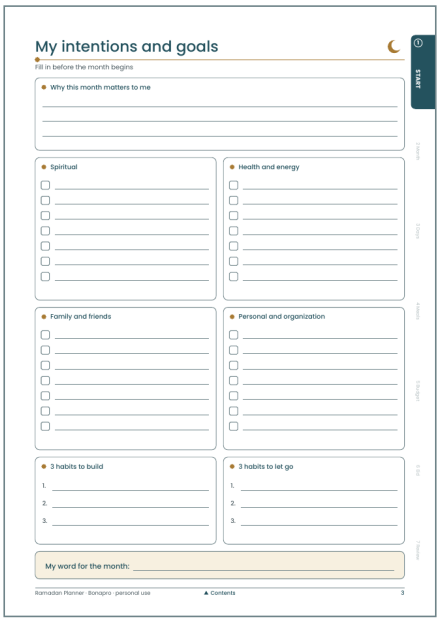
Day	Today's goal	From	To	Pages read	✓
Day 1					☐
Day 2					☐
Day 3					☐
Day 4					☐
Day 5					☐
Day 6					☐
Day 7					☐
Day 8					☐
Day 9					☐
Day 10					☐
Day 11					☐
Day 12					☐
Day 13					☐
Day 14					☐
Day 15					☐
Day 16					☐
Day 17					☐
Day 18					☐
Day 19					☐
Day 20					☐
Day 21					☐
Day 22					☐
Day 23					☐
Day 24					☐
Day 25					☐
Day 26					☐
Day 27					☐
Day 28					☐
Day 29					☐
Day 30					☐

The full planner: 57 pages

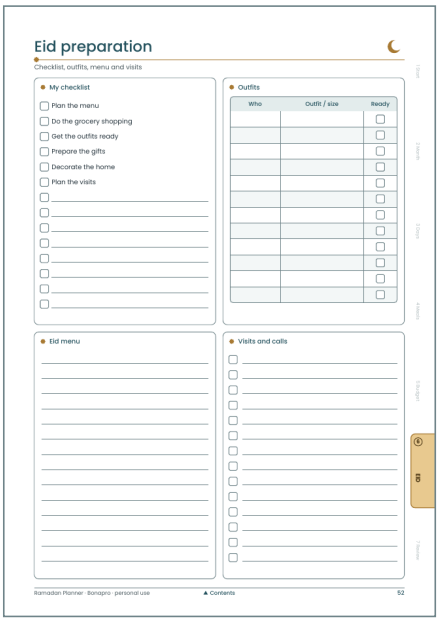
Like these pages? The full planner takes you through the whole month.



Cover



My intentions and goals



Eid preparation

In this mini kit

- ✓ Daily page
- ✓ Prayer tracker
- ✓ Meals and groceries
- ✓ Reading plan

4 pages

In the full planner

- 30 daily pages, each with a different good-deed idea
- Intentions and goals, month at a glance, habit tracker
- Reading plan and 30-juz tracker
- 5 meal and grocery pages, recipe cards, iftar invitations
- Monthly budget, expense log, donation tracker
- Eid gifts and preparation, end-of-month review, notes
- Tabs on the page edge, clickable contents and bookmarks
- Color + ink-saver versions, A4 + US Letter

See the full planner ›

Click the button, or type the address:

`https://bonaprostudio.etsy.com/listing/4617963917`

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