

The Ramadan Survival Checklist 2026

"Starve the Distractions, Feed the Soul."

SECTION 1: The Essential Duas (Cheat Sheet)

Keep this on your fridge or phone lock screen.

1. Sehri Dua (Intention for Fasting)

- Arabic: **وَبِصْوَمٍ غَدٍ نَّوَيْتُ مِنْ شَهْرِ رَمَضَانَ**
- Transliteration: *Wa bi-sawmi ghadin nawaiytu min shahri Ramadan.*
- Meaning: "I intend to keep the fast for tomorrow in the month of Ramadan."

2. Iftar Dua (Breaking the Fast)

- Arabic: **اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ**
- Transliteration: *Allahumma inni laka sumtu wa bika amantu wa 'alay rizqika aftartu.*
- Meaning: "O Allah! I fasted for You, I believe in You, and I break my fast with Your sustenance."

SECTION 2: The "High-5" Daily Tracker

Mark an 'X' when completed. Aim for a streak!

Instructions:

1. Fajr: Did you pray on time?
2. Quran: Did you read at least 1 page?
3. No Anger: Did you control your temper today?
4. Dua: Did you make a specific dua before Iftar?
5. Taraweeh: Did you pray Qiyam (even 2 rakats at home counts)?

Day	Fajr	Qur an (1 Pg)	No Ang er	Iftar Dua	Tara wee h
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<p>10</p> <p><i>(Repeat for Days 11-20 and 21-30)</i></p>	■	■	■	■	■
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💧 SECTION 3: The "Bio-Hack" Survival Log

Ramadan is not just spiritual; it is physical. Don't crash.

Hydration Strategy (The 2-4-2 Rule):

- 2 Glasses at Iftar (Break fast + Post-Maghrib)
- 4 Glasses between Taraweeh & Sleep (Sip slowly)
- 2 Glasses at Sehri (Pre-Fajr)

The "Digital Sunnah" Challenge:

- Phone Free Iftar: No phone 10 mins before Maghrib (Best time for Dua).
- Social Detox: Delete one time-wasting app for 30 days.

🌸 SECTION 4: My 3 Grand Intentions

Write down 3 specific things you want from Allah this month.

Pro Tip for your Blog:

