RAMADAN SAMPLE SCHEDULE

| **TIME** | **TASK** | **NOTE** |
| --- | --- | --- |
| 4 AM - 4:30 AM | Tahajjud | (adjust according to Fajr time change) |
| 4:30 AM - 5 AM | Sehri |  |
| 5:00 AM - 5:30 AM | Wudhu / Fajr Prayer |  |
| 5:30 AM - 6:00 AM | Tilawat - Qur’an recitation |  |
| 6:00 AM - 7:00 AM | Rest |  |
| 7:00 AM - 8 AM | Prep / Commute to work / school |  |
| 8 AM - 4 PM | Work / School | (Zuhr offered at work / scool) |
| 1:30 PM | Zuhr Prayer | (Zuhr prayer time if at home / able to go to Mosque) |
| 5:00 PM | Asr Prayer | (Asr prayer time if at home / able to go to Mosque) |
| 5:15 - Iftaar | Dars ul Quran | At the Mosque |
| 6PM - 7 PM | Iftar / Maghreb Prayer | At the mosque |
| 7 PM - 8 PM | Dinner |  |
| 8:30 PM - 8:45 PM | Isha prayer | Time will change over the month |
| 8:45 PM - 9:30 PM | Taraweeh | At the mosque |
| 9:30 - 10:30 PM | Return home / family time |  |
| 10:45 - 11 PM | Ready for bed |  |
| 11:15 PM | Lights out |  |
|  |  |  |

MY RAMADAN SAMPLE SCHEDULE

| **TIME** | **TASK** | **NOTE** |
| --- | --- | --- |
| 4-4:30 AM | tahajud |  |
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