

MUSLIM  
LIFE  
DIARY

1441

2019–2020

Belongs to:

# Muslim Life Diary 1441 2019-2020 by Rachel Woodlock

Copyright © 2019 Rachel Woodlock.

All rights reserved. This book or any portion thereof  
may not be reproduced or used in any manner whatsoever  
without the express written permission of the author  
except for the use of brief quotations in a book review.

First printing 1440AH / 2019CE.

[www.rachelwoodlock.com](http://www.rachelwoodlock.com)

ISBN: 9781070838991

# CONTENTS

Introduction	1
Invocations	2
Prayer List of People & Needs	3
Ramaḍān Goals	90
Zakāh Calculation	91
Notes	134
Muḥarram 1440	4
Ṣafar	16
Rabī al-'Awwal	26
Rabī ath-Thānī	36
Jumādā al-'Ūlá	46
Jumādā al-Ākhirah	56
Rajab	68
Sha`bān	78
Ramaḍān	88
<u>Shawwāl</u>	100
Dhu al-Qa`dah	112
Dhu al-Hijjah	122
August 2019	6
September	7
October	18
November	29
December	39
January 2020	50
February	61
March	71
April	82
May	95
June	106
July	116
August	127



In the Holy Qurʾān, Allāh Most High says:

إِنَّ عِدَّةَ الشُّهُورِ عِنْدَ اللَّهِ اثْنَا عَشَرَ شَهْرًا فِي كِتَابِ اللَّهِ يَوْمَ  
خَلَقَ السَّمَاوَاتِ وَالْأَرْضِ مِنْهَا أَرْبَعَةٌ حُرُمٌ ذَلِكَ الدِّينُ الْقِيمُ .

which means, “Lo, the number of months with Allāh is twelve— it is in the Writ of Allāh (since) the day He created the heavens and the earth. Of these four are sacred; that is the upright religion” (at-Tawbah 9:36). Thus, the lunar (i.e. based on the moon’s cycle) calendar of twelve months has been divinely established to last until the end of time. The four sacred months are: Muḥarram, Rajab, Dhu al-Qa`dah, and Dhu al-Hijjah.

The Islāmic Hijrī calendar has twelve months, each of 29 or 30 days, to make a total of 355 or 356 days in the year. The Islāmic day begins at sunset (corresponding to the previous Gregorian day). In order to determine a new month, if the hilāl (new crescent moon) is visible shortly after sunset on the twenty-ninth day of the previous month, then the new month is declared. If it is not visible, then the previous month is completed to thirty days.

This life diary, first published in 1439/2018, has been designed to assist English-speaking Muslims to coordinate their daily planning in both the Islāmic and Gregorian calendars. This version has been substantially redesigned and updated from the previous year. Please note, because the beginning of lunar months is established by moon-sighting, there may be some differences between the forecast Islāmic dates, and their Gregorian equivalents. As such, the dates listed here can only be considered provisional.

The author hopes this life diary will be of benefit to you and asks for you to include her in your prayers. All good is from Allāh, Most High, and may He forgive her any mistakes.

—Rachel Woodlock, 1440/2019

# INVOCATIONS أَدْعِيَةٌ

The Messenger of Allāh ﷺ said:  
“When a man prays for his absent  
brother, the angels say: ‘amen, and  
for you the like’.” Sunan ‘Abī Dāwud

إِذَا دَعَا الرَّجُلُ لِأَخِيهِ يَظْهَرُ الْغَيْبِ قَالَتِ الْمَلَائِكَةُ  
آمِينَ وَلَكَ بِمِثْلِ.  
سنن أبي داود

O Allāh! I ask You for well-being in  
this world and the next. O Allāh! I ask  
You for forgiveness and well-being in  
my religion, my worldly affairs, my  
family, and my wealth. O Allāh! Hide  
my shame and calm my fears. O  
Allāh! Safeguard me from that which  
is in front of me, that behind me, that  
on my right, that on my left, and that  
which is above me. I seek refuge by  
Your Might from unexpected harm  
from under me. al-‘Adab al-Mufrad

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ .  
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي  
وَدُنْيَايَ، وَأَهْلِي وَمَالِي . اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَآمِنْ  
رُوعَاتِي . اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ  
خَلْفِي، وَعَنْ يَمِينِي وَعَنْ شِمَالِي، وَمِنْ فَوْقِي،  
وَأَعُوذُ بِعِظَمَتِكَ مِنْ أَنْ أُعْتَالَ مِنْ تَحْتِي .  
الآداب المفرد

O Allāh! Forgive us and have mercy  
on us, be pleased with us and accept  
us, admit us to Paradise and save us  
from the Fire, and rectify all our  
affairs. Sunan ‘Ibn Mājah

اللَّهُمَّ اغْفِرْ لَنَا وَارْحَمْنَا وَارْضَ عَنَّا وَتَقَبَّلْ مِنَّا  
وَأَدْخِلْنَا الْجَنَّةَ وَجَنَّاتِ النَّارِ وَأَصْلِحْ لَنَا شَأْنَنَا كُلَّهُ .  
سنن ابن ماجه

O Allah! Shower Your blessings on  
Muḥammad, and the family of  
Muḥammad as You showered Your  
blessings on Abraham and the family  
of Abraham. Verily, You are  
praiseworthy and glorious. O Allah!  
Shower Your grace on Muḥammad,  
and the family of Muḥammad as You  
showered Your grace on Abraham  
and the family of Abraham. Verily,  
You are praiseworthy and glorious.

اللَّهُمَّ صَلِّ عَلَيَّ مُحَمَّدًا، وَعَلَى آلِ مُحَمَّدٍ، كَمَا  
صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ  
مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَيَّ مُحَمَّدًا، وَعَلَى آلِ  
مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ، وَعَلَى آلِ  
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ .  
صحیح البخاری

## Prayer List of People & Needs

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



## Monthly Tasks/Goals

---

---

---

---

---

---

---

---

---

---

---

---

## Waiting On

---

---

---

---

---

---

---

---


---

---

---

---

## Budget

Income		Debt repayment		Charitable giving	
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
Total: _____		Total: _____		Total: _____	
Monthly Expenses				Summary	
_____	_____	Income: _____			
_____	_____	<i>minus</i>			
_____	_____	Debt repay'm't: _____			
_____	_____	Giving: _____			
_____	_____	Expenses: _____			
_____	_____	Balance: _____			
_____	_____				
_____	_____	Savings			
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
Total: _____		_____	_____	_____	_____



# Ramaḍān Goals

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Missed Days to Make-Up \_\_\_\_\_

## Juz' List

- |   |  |
|---|--|
| <input type="checkbox"/> Juz' 1 al-Fātiḥah — al-Baqarah 141     | <input type="checkbox"/> Juz' 16 al-Kahf 75 — Ṭā-Hā 135        |
| <input type="checkbox"/> Juz' 2 al-Baqarah 142 — al-Baqarah 252 | <input type="checkbox"/> Juz' 17 al-'Anbiyā' 1 — al-Ḥajj 78    |
| <input type="checkbox"/> Juz' 3 al-Baqarah 253 — Āl 'Imrān 92   | <input type="checkbox"/> Juz' 18 al-Mu'minūn 1 — al-Furqān 20  |
| <input type="checkbox"/> Juz' 4 Āl 'Imrān 93 — an-Nisā' 23      | <input type="checkbox"/> Juz' 19 al-Furqān 21 — an-Naml 55     |
| <input type="checkbox"/> Juz' 5 an-Nisā' 24 — an-Nisā' 147      | <input type="checkbox"/> Juz' 20 an-Naml 56 — al-'Ankabūt 45   |
| <input type="checkbox"/> Juz' 6 an-Nisā' 148 — al-Mā'idah 81    | <input type="checkbox"/> Juz' 21 al-'Ankabūt 46 — al-'Aḥzāb 30 |
| <input type="checkbox"/> Juz' 7 al-Mā'idah 82 — al-'An'am 110   | <input type="checkbox"/> Juz' 22 al-'Aḥzāb 31 — Yā Sin 27      |
| <input type="checkbox"/> Juz' 8 al-'An'am 111 — al-'A'rāf 87    | <input type="checkbox"/> Juz' 23 Yā Sin 28 — az-Zumar 31       |
| <input type="checkbox"/> Juz' 9 al-'A'rāf 88 — al-'Anfāl 40     | <input type="checkbox"/> Juz' 24 az-Zumar 32 — Fuṣṣilat 46     |
| <input type="checkbox"/> Juz' 10 al-'Anfāl 41 — at-Tawbah 92    | <input type="checkbox"/> Juz' 25 Fuṣṣilat 47 — al-Jāthiyah 37  |
| <input type="checkbox"/> Juz' 11 at-Tawbah 93 — Hūd 5           | <input type="checkbox"/> Juz' 26 al-'Aḥqāf 1 — adh-Dhāriyāt 30 |
| <input type="checkbox"/> Juz' 12 Hūd 6 — Yūsuf 52               | <input type="checkbox"/> Juz' 27 adh-Dhāriyāt 31 — al-Ḥadīd 29 |
| <input type="checkbox"/> Juz' 13 Yūsuf 53 — 'Ibrāhīm 52         | <input type="checkbox"/> Juz' 28 al-Mujādilah 1 — at-Taḥrīm 12 |
| <input type="checkbox"/> Juz' 14 al-Ḥijr 1 — an-Naḥl 128        | <input type="checkbox"/> Juz' 29 al-Mulk 1 — al-Mursalāt 50    |
| <input type="checkbox"/> Juz' 15 al-'Isrā' 1 — al-Kahf 74       | <input type="checkbox"/> Juz' 30 an-Naba' 1 — an-Nās 6         |

## 'I'tikāf Planner

From 'Ā'ishah رَضِيَ اللهُ عَنْهَا: The Prophet ﷺ would retire in seclusion in the last ten days of Ramaḍān, and when he passed away, his wives retired in seclusion after him.

Ṣaḥīḥ Muslim

عَنْ عَائِشَةَ رَضِيَ اللهُ عَنْهَا أَنَّ النَّبِيَّ ﷺ كَانَ يَعْتَكِفُ الْعَشْرَ الْأَوَّلَ وَالْآخِرَ مِنْ رَمَضَانَ، حَتَّى تَوَفَّاهُ اللَّهُ ﷻ، ثُمَّ اعْتَكَفَ أَزْوَاجَهُ مِنْ بَعْدِهِ.

صحيح مسلم

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Qur'ān        | <input type="checkbox"/> Glasses       | <input type="checkbox"/> Toothbrush     |
| <input type="checkbox"/> Prayer Book   | <input type="checkbox"/> Alarm Clock   | <input type="checkbox"/> Toothpaste     |
| <input type="checkbox"/> Islamic Books | <input type="checkbox"/> Water         | <input type="checkbox"/> Deodorant      |
| <input type="checkbox"/> Notepad & Pen | <input type="checkbox"/> Snacks        | <input type="checkbox"/> Hand-sanitiser |
| <input type="checkbox"/> Clothing      | <input type="checkbox"/> Coffee/Tea    | <input type="checkbox"/> Shampoo        |
| <input type="checkbox"/> Underwear     | <input type="checkbox"/> Drink Flask   | <input type="checkbox"/> Hairbrush      |
| <input type="checkbox"/> Socks         | <input type="checkbox"/> Utensils      | <input type="checkbox"/> Tent           |
| <input type="checkbox"/> Medication    | <input type="checkbox"/> First-aid kit | <input type="checkbox"/> Mat            |
| <input type="checkbox"/> Money         | <input type="checkbox"/> Soap          | <input type="checkbox"/> Sleeping-bag   |
| <input type="checkbox"/> I.D.          | <input type="checkbox"/> Towel         | <input type="checkbox"/> Pillow         |

Other:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Zakāh Calculation

*Establish ṣalāh, give zakāh, and bow down with those who bow:* *al-Baqarah 2:43*

وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ وَارْكَعُوا مَعَ الرَّاكِعِينَ  
سورة البقرة ٤٣

Current gold value<sup>1</sup>: \_\_\_\_\_

Current niṣāb<sup>2</sup>: \_\_\_\_\_

<sup>1</sup> Price per gram or ounce.

<sup>2</sup> The exemption limit, under which zakāh becomes receivable and over which zakāh becomes payable.

Please note: the rules for calculating zakāh are more complex than can be easily summarised here.

Please consult a reputable scholar for answers to your questions.

Personal Assets <sup>3</sup>	Business Assets <sup>3</sup>
Gold – 14 carat _____	Business cash in hand _____
Gold – 18 carat _____	Business cash in accounts _____
Gold – 22 carat _____	Invoices due _____
Gold – 24 carat _____	Net inventory & trade goods _____
Silver – pure _____	SUBTOTAL _____
Silver – sterling _____	
Gold certificates _____	Other Assets <sup>3</sup>
Silver certificates _____	_____
Cash in bank accounts _____	_____
Cash in hand _____	_____
Refundable deposits _____	SUBTOTAL _____
Loans <sup>4</sup> owed to you _____	Liabilities
Tax refund due _____	Debts owed <sup>5</sup> _____
Stocks, shares, bonds etc. <sup>5</sup> _____	Upcoming personal expenses _____
Net dividends not reinvested _____	Upcoming business expenses _____
Cash in share accounts _____	SUBTOTAL _____
Voluntary retirement savings <sup>5</sup> _____	Zakāh = (Assets – Liabilities) ÷ 40
Property & fixed assets <sup>5</sup> _____	
SUBTOTAL _____	

<sup>3</sup> These are not the only categories of wealth upon which zakāh is calculated, please fill in others as required.

<sup>4</sup> For which you have a reasonable expectation of being paid soon.

<sup>5</sup> There are different rulings about what stocks and shares, types of pensions, properties and fixed assets as well as debts owed qualify for zakāh calculations, please consult a reputable scholar for more information.

MONDAY

الاثنين

20

٢٧  
27

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

TUESDAY

الثلاثاء

21

٢٨  
28

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

WEDNESDAY

الأربعاء

22

٢٩  
29

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

THURSDAY

الخميس

23



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

FRIDAY

*Ramaḍān is the month in which was revealed the Qur`ān—a guidance for humankind, and clear proofs of the guidance, and the Criterion. Whosoever of you is present, let him fast the month...*

الجمعة

24

*Al-Baqarah 2:185*



- Jum`ah ☺ : \_\_\_\_\_
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

○ Al-Kahf

SATURDAY

السبت

25



SUNDAY

الأحد

26

