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August 2019 6
September 7
October 18
November 29
December 39
January 2020 50
February 61
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In the Holy Qur’an, Allāh Most High says:

إن عدد شهور الله أنّا عشر شهرا في كتاب الله يوم خلق السماوات والأرض منهما أربعة حرّم ذلك الدين الفقيم.

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

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

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

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

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.
Ṣahih al-Bukhārī

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

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

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.
Ṣahih al-Bukhārī
## RAMADĀN رَمَضَان

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<th>جمعة</th>
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<th>التثنائي</th>
<th>الأثنين</th>
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### Dates

NB: the dates are only provisional, due to moonsighting requirements. Please correct as necessary.

27 – Laylat al-Qadr
Most likely date for the Night of Power, also known as the Night of Destiny.

### Jotter

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### Monthly Tracker

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|

Tarāwīḥ: [ ]

88
## Monthly Tasks/Goals

- [ ]
- [ ]
- [ ]
- [ ]

## Waiting On

- [ ]
- [ ]
- [ ]
- [ ]

## Budget

<table>
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<tr>
<th>Income</th>
<th>Debt repayment</th>
<th>Charitable giving</th>
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</tbody>
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Total: ________  Total: ________  Total: ________

<table>
<thead>
<tr>
<th>Monthly Expenses</th>
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<tbody>
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</tbody>
</table>

Total: __________

### Summary

- Income: __________
- Debt repym’t: __________
- Giving: __________
- Expenses: __________
- Balance: __________

### Savings

- __________
- __________
- __________
Ramaḍān Goals

Juz’ List

- Juz’ 1 al-Fātiḥah — al-Baqarah 141
- Juz’ 2 al-Baqarah 142 — al-Baqarah 252
- Juz’ 3 al-Baqarah 253 — Āl ‘Imrān 92
- Juz’ 4 Āl ‘Imrān 93 — an-Nisā’ 23
- Juz’ 5 an-Nisā’ 24 — an-Nisā’ 147
- Juz’ 6 an-Nisā’ 148 — al-Mā’idah 81
- Juz’ 7 al-Mā’idah 82 — ‘An’ām 110
- Juz’ 8 ‘An’ām 111 — al-A‘rāf 87
- Juz’ 9 al-A‘rāf 88 — al-Anfāl 40
- Juz’ 10 al-Anfāl 41 — at-Tawbah 92
- Juz’ 11 at-Tawbah 93 — Hūd 5
- Juz’ 12 Hūd 6 — Yūsuf 52
- Juz’ 13 Yūsuf 53 — ‘Ibrāhīm 52
- Juz’ 14 al-Ḥijr 1 — an-Nahl 128
- Juz’ 15 al-Isrā’ 1 — al-Kahf 74
- Juz’ 16 al-Kahf 75 — Ṭa-Hā 135
- Juz’ 17 al-'Anbiyā’ 1 — al-Hajj 78
- Juz’ 18 al-Mu’minūn 1 — al-Furqān 20
- Juz’ 19 al-Furqān 21 — an-Naml 55
- Juz’ 20 an-Naml 56 — al-Ankabūt 45
- Juz’ 21 al-Ankabūt 46 — al-‘Ahzāb 30
- Juz’ 22 al-‘Ahzāb 31 — Yā Sin 27
- Juz’ 23 Yā Sin 28 — az-Zumar 31
- Juz’ 24 az-Zumar 32 — Fuṣṣilat 46
- Juz’ 25 Fuṣṣilat 47 — al-Jāthiyah 37
- Juz’ 26 al-Jāthiyah 38 — adh-Dhāriyāt 30
- Juz’ 27 adh-Dhāriyāt 31 — al-Hādis 29
- Juz’ 28 al-Mujādilah 1 — at-Tahrīm 12
- Juz’ 29 al-Mulk 1 — al-Mursalāt 50
- Juz’ 30 an-Naba’ 1 — an-Nās 6

‘Iʿtikāf Planner

From ’Ā’ishah Ḥ. The Prophet  would retire in seclusion in the last ten days of Ramaḍān, and when he passed away, his wives retired in seclusion after him.

Ṣahih Muslim

Missed Days to Make-Up

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

Other:

- Glasses
- Alarm Clock
- Water
- Snacks
- Coffee/Tea
- Drink Flask
- Utensils
- First-aid kit
- Soap
- Toothbrush
- Toothpaste
- Deodorant
- Hand-sanitiser
- Shampoo
- Hairbrush
- Tent
- Mat
- Sleeping-bag
- Pillow
Zakāh Calculation

Establish zakāh, give zakāh, and bow down with those who bow.  

Current gold value:\(1\): \[\text{______________}\]  
Current niṣāb\(^2\): \[\text{______________}\]

1 Price per gram or ounce.  
2 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.

<table>
<thead>
<tr>
<th>Personal Assets 3</th>
<th>Business Assets 3</th>
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</thead>
<tbody>
<tr>
<td>Gold – 14 carat</td>
<td>Business cash in hand</td>
</tr>
<tr>
<td>Gold – 18 carat</td>
<td>Business cash in accounts</td>
</tr>
<tr>
<td>Gold – 22 carat</td>
<td>Invoices due</td>
</tr>
<tr>
<td>Gold – 24 carat</td>
<td>Net inventory &amp; trade goods</td>
</tr>
<tr>
<td>Silver – pure</td>
<td>SUBTOTAL</td>
</tr>
<tr>
<td>Silver – sterling</td>
<td></td>
</tr>
<tr>
<td>Gold certificates</td>
<td></td>
</tr>
<tr>
<td>Silver certificates</td>
<td></td>
</tr>
<tr>
<td>Cash in bank accounts</td>
<td></td>
</tr>
<tr>
<td>Cash in hand</td>
<td></td>
</tr>
<tr>
<td>Refundable deposits</td>
<td></td>
</tr>
<tr>
<td>Loans(^4) owed to you</td>
<td></td>
</tr>
<tr>
<td>Tax refund due</td>
<td></td>
</tr>
<tr>
<td>Stocks, shares, bonds etc.(^5)</td>
<td></td>
</tr>
<tr>
<td>Net dividends not reinvested</td>
<td></td>
</tr>
<tr>
<td>Cash in share accounts</td>
<td></td>
</tr>
<tr>
<td>Voluntary retirement savings(^5)</td>
<td></td>
</tr>
<tr>
<td>Property &amp; fixed assets(^5)</td>
<td></td>
</tr>
<tr>
<td>SUBTOTAL</td>
<td></td>
</tr>
</tbody>
</table>

| Business cash in hand | |
| Invoices due | |
| Net inventory & trade goods | |
| SUBTOTAL | |

<table>
<thead>
<tr>
<th>Other Assets 3</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash in share accounts</td>
<td></td>
</tr>
<tr>
<td>Voluntary retirement savings(^5)</td>
<td></td>
</tr>
<tr>
<td>Property &amp; fixed assets(^5)</td>
<td></td>
</tr>
<tr>
<td>SUBTOTAL</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Liabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Debts owed(^5)</td>
</tr>
<tr>
<td>Upcoming personal expenses</td>
</tr>
<tr>
<td>Upcoming business expenses</td>
</tr>
<tr>
<td>SUBTOTAL</td>
</tr>
</tbody>
</table>

\[\text{Zakāh} = (\text{Assets} - \text{Liabilities}) ÷ 40\]

3 These are not the only categories of wealth upon which zakāh is calculated, please fill in others as required.  
4 For which you have a reasonable expectation of being paid soon.  
5 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.
Ramadan 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…

Al-Baqarah 2:185

Jum`ah ۱: 

Al-Kahf

SATURDAY

25

SUNDAY

26