

My month with *the Qur'an*

Month _____

DAY	QUR'AN PAGES	MORNING ADHKAR	EVENING ADHKAR	ISTIGHFAR	SALAWAT	ONE THING I AM GRATEFUL FOR
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		☐	☐	☐	☐	
31		☐	☐	☐	☐	

Write how many pages you read, and tick each dhikr you did. On days you missed, just carry on: a little every day is better than a lot once.

Looking *back*

Sit with this page on the last day of the month. Be gentle with yourself, and thank Allah for every page.

Pages read this month

My Qur'an goal for next month

An ayah that touched my heart

Write it, with its surah and number.

A du'a I want to keep making

What helped me stay consistent

Next month, in sha Allah, I will...