

Pre-Ramadan Cheat Sheet



4 Weeks Before...

- ◇ Clean out freezer, refrigerator, pantry, and snack cabinets.
- ◇ Deep clean forgotten areas (guest room closets, basement, garage, etc.)
- ◇ Prepare any gift wrapping, table covers, Ramadan Gifts for family/friends.

3 Weeks Before...

- ◇ Set goals for the month (personal, family, community)
- ◇ Set up your system of choice for kids Ramadan rewards (daily knick-knacks, weekly prizes, earned prizes, large basket in the beginning of the month?)
- ◇ Takes 21 days to make a habit so begin working on patience, self-discipline, generosity (you want to learn these before Ramadan to reap the benefits of the month!)
- ◇ Purchase or make any necessary prizes/toys.
- ◇ Begin meal planning for you and kids who may not be fasting.
- ◇ Shop for non-perishables enough for the month (paper products, canned goods, rice, beans, toiletries, etc.)

2 Weeks Before...

- ◇ Prepare and freeze finger foods or appetizers to save you valuable Ramadan time.
- ◇ Prepare fun and educational games for you and your kids to play in Ramadan.
- ◇ Start weening off caffeinated beverages...you will thank yourself 2 weeks from now.

1 Week Before...

- ◇ Deep clean home
- ◇ Set up advent calendar of your choice (charts, balloons, envelopes, boxes, the possibilities are endless!)
- ◇ Decorate house

Pre-Ramadan Cheat Sheet



4 weeks Checklist...

◇ Clean out:

- ☐ Freezer
- ☐ Refrigerator
- ☐ Pantry
- ☐ Snack cabinets
- ☐ Other: _____
- ☐ _____
- ☐ _____

◇ Deep clean forgotten areas

- ☐ Closets
- ☐ Basement
- ☐ Garage
- ☐ Other: _____
- ☐ _____

◇ Prepare:

- ☐ Gift wrapping
- ☐ Table covers
- ☐ Ramadan Gifts for family/friends.
- ☐ Other: _____
- ☐ _____