

Pre-Ramadan Cheat Sheet



3 Weeks Before...

◇ Set goals for the month (at least 3 personal, 2 family, 1 community)

☐ Personal _____

☐ Personal _____

☐ Personal _____

☐ Family _____

☐ Family _____

☐ Community _____

☐ _____

☐ _____

◇ Set up your system of choice for kids Ramadan rewards

☐ Daily knick-knacks (recommended ages 0-3)

☐ Weekly prizes (recommended ages 3-12)

☐ Random earned prizes (recommended 12+)

☐ Large basket in the beginning of the month

◇ Purchase or make any necessary prizes/toys.

◇ Takes 21 days to make a habit, you want to learn these before Ramadan to reap the benefits of the month!

☐ Patience

☐ Self-discipline

☐ Generosity , Humbleness

☐ Thankfulness

◇ 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.)