

Pre-Ramadan Cheat Sheet



4 Weeks Before...

- ◇ Deep clean freezer, refrigerator, pantry, and snack cabinets.
- ◇ Deep clean forgotten areas (guest room closets, basement, garage, etc.)
- ◇ Prepare gift wrapping, table covers, search & purchase for 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 filling Ramadan Baskets
- ◇ 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 countdown calendar of your choice (charts, balloons, envelopes, boxes, the possibilities are endless!)
- ◇ Decorate home

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: _____
- _____

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, table covers, pasta, canned goods, rice, beans, toiletries, etc.)

Pre-Ramadan Cheat Sheet



2 Weeks Before...

- ◇ Prepare and freeze finger foods or appetizers to save you valuable Ramadan time (1 for each week eggrolls, samosas, cheese and meat rolls are our favorites!)

- ◇ Stock up on some quick and healthy suhur ideas:

Frozen berries (great for smoothies, in water, with Greek yogurt)

Frozen healthy bites/muffins

Nuts, nut butters, any kind of healthy fat to keep you full

Chia seeds and black seeds (cures everything except death)

- ◇ Prepare fun and educational games for you and your kids to play in Ramadan. Try and make games educational, beneficial, and fun! Look for hidden benefits like:

Patience

Teamwork, generosity

Following directions

Problem-Solving

Academic (colors, shapes,, etc.)

- ◇ Start weening off caffeinated beverages...you will thank yourself 2 weeks from now.

Pre-Ramadan Cheat Sheet



1 Week Before...

- ◇ Deep clean home (treating Ramadan as a special & honorable guest increases positive correlations)
 - Wash all bed sheets, pillows, blankets
 - Deep clean bathrooms
 - Deep clean kitchen
 - Deep clean family/living rooms
 - Other: _____
 - Other: _____
- ◇ Set up countdown calendar of your choice (charts, balloons, envelopes, boxes, the possibilities are endless!)
- ◇ Freeze small easy smoothie bags, I like to use this formula from greatest.com and add each of these in my smoothie bags:
 - Fruit (frozen easiest)
 - Liquid (milk, yogurt, coconut water or just plain water!)
 - Healthy fats (nut butters, avocados, seed butters...a little goes a long way!)
 - Veggies (greens like kale or spinach, roasted squash, cucumbers)
 - Optional (added protein powders, ice, herbs or spices)
- ◇ Decorate house with mindful décor like:
 - Countdown calendars
 - Good deed ideas
 - Words of encouragement, hadith, Quran
 - Duaa (prayers for the month)