

#LIFEHACKS

Weekly planner for a blessed Ramadan

This planner blends weekly structure with daily mindful actions, helping you move through Ramadan with balance, intention, and calm. Each day offers practical guidance alongside a gentle spiritual nudge.

WEEK 1: ADJUSTING THE RHYTHM

In a world where notifications never stop and timelines dictate our moods, the first week of Ramadan is about consciously slowing down. Social media may be filled with elaborate iftar spreads and productivity checklists, but this week reminds us that Ramadan is not a performance. It is a personal reset. Step back from comparison, ease into the month gently, and focus on setting intentions rather than chasing perfection.

Day 1 – Set the pace

Plan sehri and iftar timings and aim for an early night. Begin the month with a sincere intention, reminding yourself why this month matters to you.

Day 2 – Stock and simplify

Buy fruits, dates, and vegetables that will sustain you through the week. Accept an invitation for iftar or share a meal as Ramadan is also about connection.

Day 3 – Light iftar living

Prepare simple, homemade iftar items to avoid heaviness. Share food with someone fasting, even if it's just a small portion.

Day 4 – Gentle movement

Take a short walk after iftar to aid



digestion and clear your mind. Feed a stray animal or leave water outside. Remember, small acts of mercy matter.

Day 5 – Cut back carefully

Reduce tea and coffee to prevent dehydration. Be mindful of your words and actions, and keep every promise you make today.

Day 6 – Eat with awareness

Slow down at iftar and stop before feeling full. Show appreciation to someone serving you by giving a little extra or offering kind words.

Day 7 – Reflect and reset

Notice which foods suit your body best and adjust your meals accordingly. Spend time supporting or visiting children in need or an orphanage if possible.

WEEK 2: BUILDING BALANCE

By now, Ramadan has found its rhythm, but modern life continues to compete for attention. Online sales, Eid outfit launches, and social invitations begin to pick up pace. This week is about staying relevant and prepared without letting shopping or social obligations overshadow the spirit of the month. Plan mindfully, buy early if needed, but remember that balance is the goal.

Health focus: Add light exercise and focus on hydration between iftar and sleep.



Day 8 – Nourish better

Add a fresh salad to your iftar for balance. Forgive someone and feel the emotional weight lift.

Day 9 – Hydration check

Sip water regularly through the evening. Be conscious of your speech

and guard your tongue from gossip or negativity.

Day 10 – Moderation day

Limit fried foods to one portion. Check in on an elderly relative or neighbour who may be feeling overlooked.

Day 11 – Home-cooked comfort

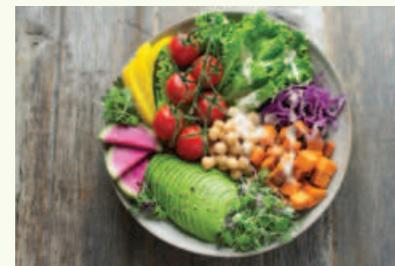
Plan one fully homemade iftar this week. Lend a hand in the kitchen and share the workload with family.

Day 12 – Quiet minutes

Spend ten calm minutes after taraweeh in reflection. Offer a couple of extra rak'ahs, focusing on presence rather than speed.

Day 13 – Rest intentionally

Sleep earlier to avoid burnout. Give



charity quietly, without seeking recognition.

Day 14 – Simple sehri

Prepare a nourishing, uncomplicated sehri. Make du'a for someone who has hurt you. This is a powerful act of healing.