

# ATFAL RAMADAN CHALLENGE



**Congregational  
prayers**



**Holy Qur'an**



**Online  
Darus**



**Sahoor/  
Sehri**



**Tarawih/  
Tahajjud**

## Prayer for 1st 'Ashra Days of Mercy

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ

Oh my Lord! Forgive and have mercy, and  
You are the Best of the Merciful

## Prayer for 2nd 'Ashra Days of Forgiveness

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah, my Lord, from  
all sins and I turn to You

## Prayer for 3rd 'Ashra Days of Seeking Refuge

اللَّهُمَّ اجْرِنِي مِنَ النَّارِ

O Allah! Save me from the Hellfire

## RAMADAN CHALLENGE RUBRIC

|         | Offering Salat                               |                                              | Recitation of the Holy Qur'an                         |                                                        | Attend Darus / Online Atfal Classes                                            |                                                                                | Wake Up for Suhoor / Sehri  |                             | Offer Tarawih / Tahajjud    |                             |
|---------|----------------------------------------------|----------------------------------------------|-------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
|         | Mayar Saghir                                 | Mayar Kabir                                  | Mayar Saghir                                          | Mayar Kabir                                            | Mayar Saghir                                                                   | Mayar Kabir                                                                    | Mayar Saghir                | Mayar Kabir                 | Mayar Saghir                | Mayar Kabir                 |
| Level 1 | Offer 5 Daily Prayer                         | Offer 5 daily prayer (min 1 in congregation) | 1 Ruku' Daily (Finish reciting 30 Ruku' or 2 Parts)   | 3 Ruku' Daily (Finish reciting 90 Ruku' or 6 Parts)    | Attend Mon - Fri Classes / Darsul Qur'an (Min 10 classes / dars for the month) | Attend Mon - Fri Classes / Darsul Qur'an (Min 10 classes / dars for the month) | At least 10 days in Ramadan | At least 14 days in Ramadan | At least 10 days in Ramadan | At least 14 days in Ramadan |
| Level 2 | Offer 5 daily prayer (min 1 in congregation) | Offer 5 daily prayer (min 3 in congregation) | 2 Ruku' Daily (Finish reciting 60 Ruku' or 4 Parts)   | 6 Ruku' Daily (Finish reciting 180 Ruku' or 11 Parts)  | Attend Mon - Fri Classes / Darsul Qur'an (Min 14 classes / dars for the month) | Attend Mon - Fri Classes / Darsul Qur'an (Min 14 classes / dars for the month) | At least 15 days in Ramadan | At least 18 days in Ramadan | At least 15 days in Ramadan | At least 18 days in Ramadan |
| Level 3 | Offer 5 daily prayer (min 4 in congregation) | Offer 5 daily prayer (min 4 in congregation) | 4 Ruku' Daily (Finish reciting 120 Ruku' or 8 Parts)  | 10 Ruku' Daily (Finish reciting 300 Ruku' or 19 Parts) | Attend Mon - Fri Classes / Darsul Qur'an (Min 16 classes / dars for the month) | Attend Mon - Fri Classes / Darsul Qur'an (Min 16 classes / dars for the month) | At least 22 days in Ramadan | At least 24 days in Ramadan | At least 22 days in Ramadan | At least 24 days in Ramadan |
| Level 4 | Offer all 5 daily prayers in congregation    | Offer all 5 daily prayers in congregation    | 6 Ruku' Daily (Finish reciting 180 Ruku' or 11 Parts) | 16 Ruku' Daily (Finish reciting 480 Ruku' or 30 Parts) | Attend Mon - Fri Classes / Darsul Qur'an (Min 20 classes / dars for the month) | Attend Mon - Fri Classes / Darsul Qur'an (Min 20 classes / dars for the month) | Everyday in Ramadan         | Everyday in Ramadan         | Everyday in Ramadan         | Everyday in Ramadan         |

Guidelines: Suhoor / Sehri should only be eaten after offering a minimum of 2 Nawafil. Points will be given based on the various activities completed by Atfal.



Submit your charts on [www.atfal.ca/ramadan](http://www.atfal.ca/ramadan) & also to your Local Nazim Atfal  
DEPARTMENT OF TA'LIM & TARBIYAT



In the Name of Allah, Most Gracious, Ever Merciful



Majlis Atfalul Ahmadiyya Canada

## Ramadan Challenge Tracking Chart - April 14 to May 12

|                  |  |                     |  |                        |  |
|------------------|--|---------------------|--|------------------------|--|
| Tifl's Name:     |  | Parent's Name:      |  | Nazim's Name:          |  |
| Majlis & Region: |  | Parent's Signature: |  | Parent's Phone Number: |  |

Note: Mark one **TICK** if you offered the prayer at home and **CIRCLE** the prayer offered in congregation at the Mosque/Namaz Center

|                                          |        | Fajr                     | Zuhr                     | Asr                      | Maghrib                  | Isha                     |        | Fajr                     | Zuhr                     | Asr                      | Maghrib                  | Isha                     |        | Fajr                     | Zuhr                     | Asr                      | Maghrib                  | Isha                     |                                                                                                                                                 | Fajr                     | Zuhr                     | Asr                      | Maghrib                  | Isha                     |
|------------------------------------------|--------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Offering Daily Salat                     | 14-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 22-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 30-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 8-May                                                                                                                                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|                                          | 15-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 23-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 9-May                                                                                                                                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|                                          | 16-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 24-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 10-May                                                                                                                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|                                          | 17-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 25-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 11-May                                                                                                                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|                                          | 18-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 26-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 12-May                                                                                                                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|                                          | 19-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 27-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 20-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 28-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 21-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 29-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
| Offering Tarawih / Tahajjud Prayer       | 14-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 24-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <p>"...and pray at night when others sleep &amp; you will enter Heaven safely."</p> <p>- Holy Prophet (sa): Tirmidhi -</p>                      |                          |                          |                          |                          |                          |
|                                          | 15-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 25-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 16-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 26-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 17-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 27-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
| Recitation of the Holy Qur'an            | 14-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 24-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <p>"Read the Qu'ran, for indeed it will be an intercessor for its companions on the Day of Judgement."</p> <p>- Holy Prophet (sa): Muslim -</p> |                          |                          |                          |                          |                          |
|                                          | 15-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 25-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 16-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 26-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 17-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 27-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
| Attending Online Classes / Darsul Qur'an | 14-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 24-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <p>"The seeking of knowledge is obligatory upon every Muslim."</p> <p>- Holy Prophet (sa): Tirmidhi -</p>                                       |                          |                          |                          |                          |                          |
|                                          | 15-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 25-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 16-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 26-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 17-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 27-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
| Waking Up for Sahoor / Sehri             | 14-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 24-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <p>"Have Suhoor because in Suhoor there is blessings."</p> <p>- Holy Prophet (sa): Bukhari -</p>                                                |                          |                          |                          |                          |                          |
|                                          | 15-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 25-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 16-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 26-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |
|                                          | 17-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 27-Apr | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 7-May  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                                                                                                                                 |                          |                          |                          |                          |                          |

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Points will be given based on the various activities completed by Atfal

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