



MY GREEN RAMADAN *journal*

NOTES &
REFLECTION

GREEN HABITS
TRACKER

TIPS &
CHALLENGES

Editor's Note

Thank you for downloading the Green Ramadan Journal!

At Khaleafa.com we strive to inspire stewardship responsibility through action.

'Khaleafa' is the Arabic word for steward and represents the sacred responsibility that has been bestowed upon us by Allah. The Islamic teachings of the Quran and Sunnah have so many incredible ideas about conservation.


And it is only by tapping into this and awakening our inner 'khaleafa' that we will be able to develop new solutions to mitigate the environmental challenges our planet faces.

We created this journal as a way for each of us to do just that.

We pray that you are blessed with an inspiring, impactful and fulfilling green journey this Ramadan and beyond, inshaAllah.



MUAZ NASIR
Editor & Publisher



*“It is He who
made you
successors
(Khalifa) on
the earth and
raises some of
you above
others in
rank, to test
you through
what He gives
you”*

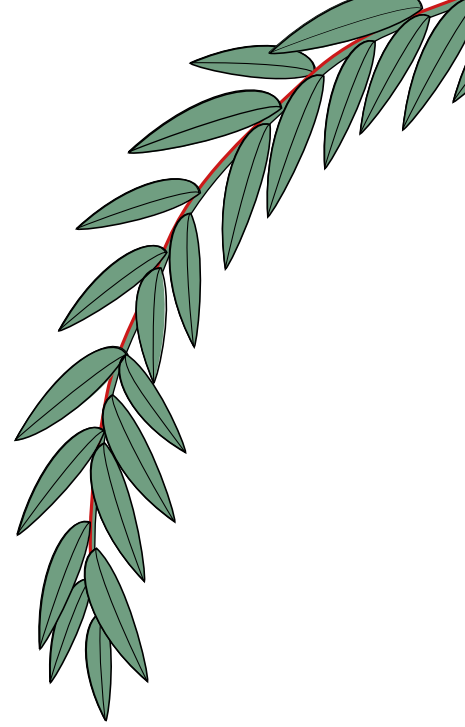


how to use the journal

STEP 1: INTENTION & GOALS

The first section of the journal is designed to help you set your intentions and goals for your Ramadan.

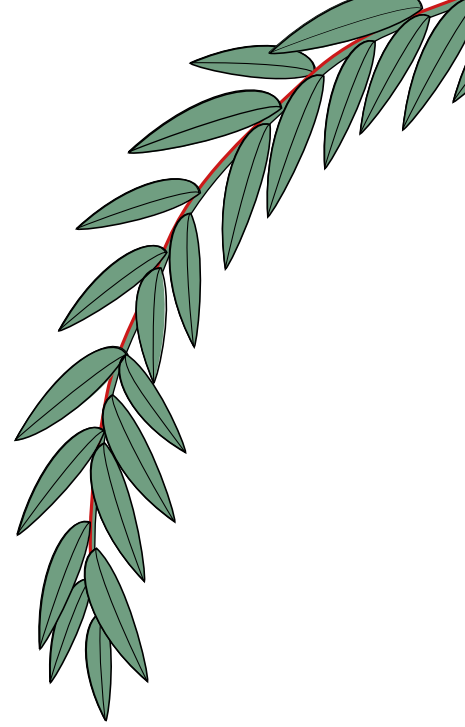
Don't just limit yourself to green goals - we've integrated other aspects of Ramadan into the journal.



STEP 1: INTENTION & GOALS

The first section of the journal is designed to help you set your intentions and goals for your Ramadan.

Don't just limit yourself to green goals - we've integrated other aspects of Ramadan into the journal.



STEP 2: TRACK DAILY & WEEKLY PROGRESS

We have daily and weekly pages for you to fill out and complete as Ramadan progresses.

Check in with yourself to stay on track!



first, plan your week at a high level. this is a great way to capture everything so you dont miss a goal or appointment.

my plans this week

Use this page to plan your week. Jot down what green actions and other goals you are planning to accomplish throughout the week

SUN

catch up on quran pages

MON

dentist appointment @ 2pm

TUES

turn down the lights during taraweh

WED

THURS

online yoga class after iftar

FRI

SAT

meatless iftar

and finally use the daily pages to organize your time and maximize your impact each day.

today's plan

DATE: _ / _ / 20_

MEALS: SUHOOR chia seed pudding IFTAR dates and water DINNER leftovers	MY GOALS TODAY: finish presentation for work use up leftovers in fridge	WATER <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TODAY I'M GRATEFUL FOR: - my family - sunshine - my health	APPOINTMENTS zoom call with muneeb at 10am	TODAY'S GREEN CHALLENGE: reduce food waste by using leftovers for iftar/dinner
QURAN TRACKER 2 of 3 pages stopped at 2 : 152	TO DO grocery shopping	NOTES - finish writing blog post

And do not waste (God's bounties): verily, He does not love the wasteful. (Quran, 6:141)

there's also a daily quote, tip or challenge to help keep you motivated!



STEP 1: INTENTION & GOALS

The first section of the journal is designed to help you set your intentions and goals for your Ramadan.

Don't just limit yourself to green goals - we've integrated other aspects of Ramadan into the journal.

STEP 3: REFLECTION

As Ramadan comes to a close, we encourage you to reflect on the impact your actions had on yourself, your family, your community and the planet and how you can keep your green streak going all year long.

STEP 2: TRACK DAILY & WEEKLY PROGRESS

We have daily and weekly pages for you to fill out and complete as Ramadan progresses.

Check in with yourself to stay on track!

Let's begin

intention & goals



ramadan goals

USE THE CATEGORIES BELOW TO ORGANIZE YOUR GOALS



SPIRITUAL GOALS



GREEN GOALS



HEALTH GOALS



OTHER GOALS



PLANNING

WEEK

bismillah



my plans this week

Use this page to plan your week. Jot down what green actions and other goals you are planning to accomplish throughout the week

SUN

MON

TUES

WED

THURS

FRI

SAT

Check out EnviroMuslims' Eco Ramadan Challenge to kickstart your green ramadan!



Eco Ramadan Challenge

<p>Day #1 Food Waste</p> <p>Be the next Salt Bae- impress them all with a Ramadan meal plan!</p> 	<p>Day #2 Waste Reduction</p> <p>Fight against plastic- say NO to single-use plastics</p> 	<p>Day #3 Circular Economy</p> <p>Have a favorite piece that's been torn? Stitch it up instead of buying new!</p> 	<p>Day #4 Waste Reduction</p> <p>Let's fuel up! Plan a "Green" Iftaar and reduce plastic and food waste</p> 	<p>Day #5 Energy Conservation</p> <p>Where possible, switch to LED bulbs and turn off lights when not in use</p> 
<p>Day #6 Water Reduction</p> <p>Time to quench your thirst? Let's swap that plastic for reusable bottle</p> 	<p>Day #7 Eco Education</p> <p>Halaqa circle time!? Why not learn a new fact about the planet we are blessed with.</p> 	<p>Day #8 Circular Economy</p> <p>Oops you broke it again!? Keep calm and upcycle - repair broken items</p> 	<p>Day #9 Energy Conservation</p> <p>Enable sleep mode. Unplug your electronics when not in use</p> 	<p>Day #10 Waste Reduction</p> <p>Why buy when you can swap? Pick one clothing item to swap with a family member</p> 
<p>Day #11 Water Conservation</p> <p>Use a bin or fill a sink while washing dishes. Don't let the water run in the sink, our life's on the brink!</p> 	<p>Day #12 Food Waste</p> <p>Staring to build a date pit pile!? Save date pits for compost or be creative!</p> 	<p>Day #13 Eco Education</p> <p>Let's talk about climate change! Converse with loved ones about climate change</p> 	<p>Day #14 Water Conservation</p> <p>You a gardener, eh!? Water plants with recycled greywater or boiled veggie water</p> 	<p>Day #15 Energy Conservation</p> <p>Air dry laundry: Hang your laundry to dry outside or use an indoor drying rack</p> 
<p>Day #16 Waste Reduction</p> <p>Save the planet one bag at a time. Buy and use reusable shopping</p> 	<p>Day #17 Eco Education</p> <p>Where's the meat? Not on my plate!! Have a meat-less sehr and iftaar</p> 	<p>Day #18 Waste Reduction</p> <p>Time to detox! Unsubscribe and stop your junk mail</p> 	<p>Day #19 Water Conservation</p> <p>Be green like a pro, by conserving H2O! Use less water when washing your hands and doing wudu</p> 	<p>Day #20 Waste Reduction</p> <p>Use paper with care so our trees don't become rare! Replace kitchen tissues with towels</p> 
<p>Day #21 Energy Conservation</p> <p>Do a load of laundry in cold water</p> 	<p>Day #22 Waste Reduction</p> <p>Don't line small household dustbins with plastic bags - use recycled paper, or leave it without lining</p> 	<p>Day #23 Health & Wellness</p> <p>Connect with nature. Plan a walk or enjoy some time in your yard</p> 	<p>Day #24 Health & Wellness</p> <p>DIY time - make cleaning products using natural ingredients</p> 	<p>Day #25 Waste Reduction</p> <p>Buy products with larger life span i.e. bamboo toothbrush</p> 
<p>Day #26 Food Waste</p> <p>Reuse your leftovers creatively</p> 	<p>Day #27 Waste Reduction</p> <p>Eid gift planning? Gift experiences over material things and help reduce waste</p> 	<p>Day #28 Water Conservation</p> <p>Revive a sunnah, conserve water! Avoid baths and take showers instead</p> 	<p>Day #29 Waste Reduction</p> <p>Reuse gift wrapping paper or try textile wrapping!</p> 	<p>Day #30 Eco Education</p> <p>Mindset change NOT climate change! Make one climate action resolution to continue for the year. Get loved ones to make one too!</p>

30 Days. 30 Actions.

Your most eco-friendly Ramadan yet!



Find out more at: <https://www.facebook.com/EnviroMuslims/>

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TODAY I'M
GRATEFUL
FOR:

TO DO

WATER

TODAY'S
GREEN
CHALLENGE:

NOTES

QURAN
TRACKER

*And do not waste (God's bounties): verily, He does not love the wasteful.
(Quran, 6:141)*

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO


WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES



Don't forget to turn off the lights when there's no one is in the room.

today's plan



DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

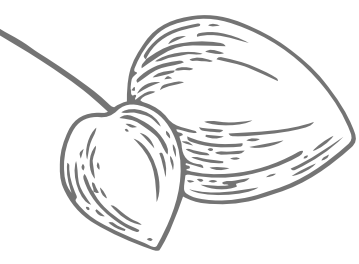
TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

It is reported that the Prophet said, "The believer is not he who eats his fill while his neighbor is hungry."



today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

WATER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TODAY I'M
GRATEFUL
FOR:

TODAY'S
GREEN
CHALLENGE:

TO DO

QURAN
TRACKER

NOTES

Try switching out your cleaning products for non-toxic alternatives.





”

THE EARTH IS A FINE
AND WORTHY PLACE
WORTH FIGHTING
FOR.

ERNEST HEMINGWAY

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Did you know that in the Amazon, 1% of tree species store 50% of the region's carbon?

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES



Teach a family member a new green habit.

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

○ ○ ○ ○
○ ○ ○ ○

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

*"The Earth is what we all have in common."
// Wendell Berry*



Weekly Check In

HOW AM I DOING SO FAR?

DATE

DAYS TO EID

How is your Green Ramadan going so far?

Have you been meeting your green goals? What's been your biggest challenge? How do you think you can overcome it? What are you most looking forward to accomplishing this Ramadan?





WEEK

ONE

bismillah



my plans this week

Use this page to plan your week. Jot down what green actions and other goals you are planning to accomplish throughout the week

SUN

MON

TUES

WED

THURS

FRI

SAT

daily habit tracker



HABIT/GOAL

S

M

T

W

TH

F

S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES & REMINDERS

Check out Khaleefa's Green Ramadan Guide for how simple changes can make a big impact this Ramadan.



Download the guide at: www.khaleefa.com/greenramadan

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Corruption has appeared on the land and in the sea because of what the hands of humans have wrought. (Quran 30:41)

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Have you made the switch to a reusable water bottle yet?



today's plan



DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

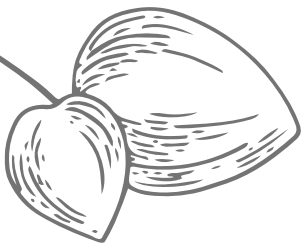
TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

NOTES

QURAN TRACKER

Anas (May Allah be pleased with him) reported that the Prophet (peace and blessings be upon him) said, "If the Hour (the day of Resurrection) is about to be established and one of you was holding a palm shoot, let him take advantage of even one second before the Hour is established to plant it."



today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

○ ○ ○ ○
○ ○ ○ ○

TODAY'S GREEN CHALLENGE:

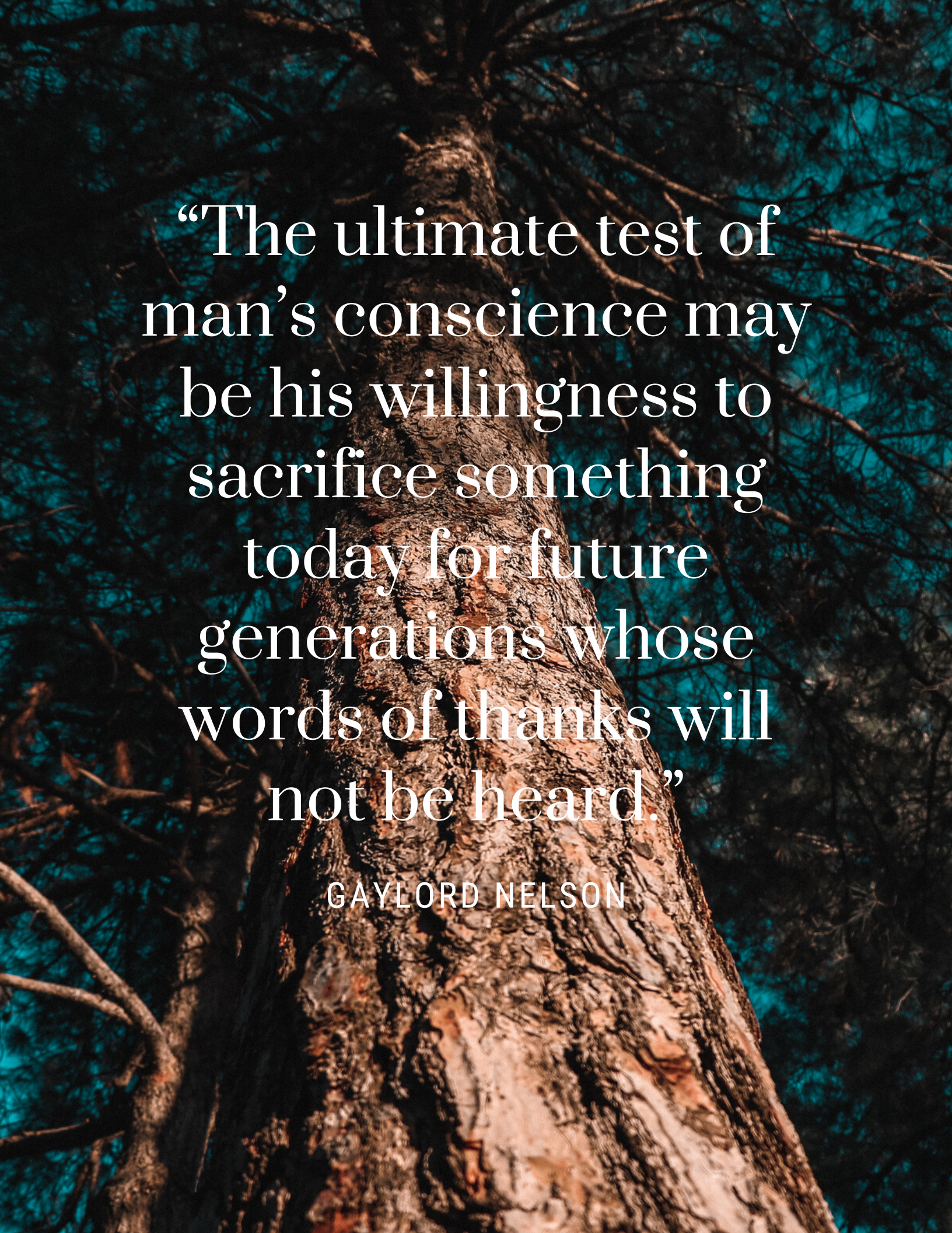
TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Spend some time in nature today.



A low-angle photograph of a tree trunk, showing its rough, textured bark. The tree trunk is the central focus, extending from the bottom towards the top of the frame. The background is a dense network of dark, thin branches against a bright, teal-colored sky. The overall mood is contemplative and natural.

“The ultimate test of man’s conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard.”

GAYLORD NELSON

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TODAY I'M
GRATEFUL
FOR:

TO DO

WATER

TODAY'S
GREEN
CHALLENGE:

QURAN
TRACKER

NOTES

Did you know that an area of coastal ecosystems larger than New York City is destroyed every year?

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

○ ○ ○ ○
○ ○ ○ ○

TODAY'S GREEN CHALLENGE:

NOTES

TODAY I'M GRATEFUL FOR:

QURAN TRACKER



Do they not look at the earth,- how many noble things of all kinds We have produced therein? Verily, in this is a Sign: but most of them do not believe. (Quran 26:7-8)

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TODAY I'M
GRATEFUL
FOR:

TO DO

WATER

○ ○ ○ ○
○ ○ ○ ○

TODAY'S
GREEN
CHALLENGE:

NOTES

QURAN
TRACKER

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.” // Margaret Mead



Weekly Check In

HOW AM I DOING SO FAR?

DATE

DAYS TO EID

How is your Green Ramadan going so far?

Have you been meeting your green goals? What's been your biggest challenge? How do you think you can overcome it? What are you most looking forward to accomplishing this Ramadan?





WEEK

TWO

bismillah



my plans this week

Use this page to plan your week. Jot down what green actions and other goals you are planning to accomplish throughout the week

SUN

MON

TUES

WED

THURS

FRI

SAT

daily habit tracker



HABIT/GOAL

S

M

T

W

TH

F

S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES & REMINDERS

GREEN RAMADAN ACTION PLAN

Ramadan Mubarak! This year Khaleefa.com wants to help you have a greener Ramadan. This quick and easy action plan will help get you started on a greener journey whether at home, at the mosque or elsewhere in the community!



1 CARPOOLING

DID YOU KNOW?

YOU CAN DOWNLOAD A
FREE GREEN RAMADAN
POSTER AT
[WWW.KHALEEFA.COM/
GREENRAMADAN](http://WWW.KHALEEFA.COM/GREENRAMADAN)

5

TURN DOWN THE LIGHTS

Turning down the lights during tarawih prayers not only help to save on electricity costs but also keeps the space cooler. It's a win/win!

10

SPREAD THE WORD

Take the opportunity while you have friends and family together to speak about environmental issues and encourage each other to take small everyday actions that will make a big collective difference!

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

APPOINTMENTS

TO DO

NOTES

QURAN TRACKER

Know that Allah gives life to the earth after its lifelessness. We have made clear to you the signs; perhaps you will understand.

(Quran, 57:17)

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO


WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES



Don't forget to unplug appliances when not in use.

today's plan



DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

“There is none amongst the Muslims who plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, but is regarded as a charitable gift for him.” (Bukhari, Vol3, B:39-513)



today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

○ ○ ○ ○
○ ○ ○ ○

TODAY'S GREEN CHALLENGE:

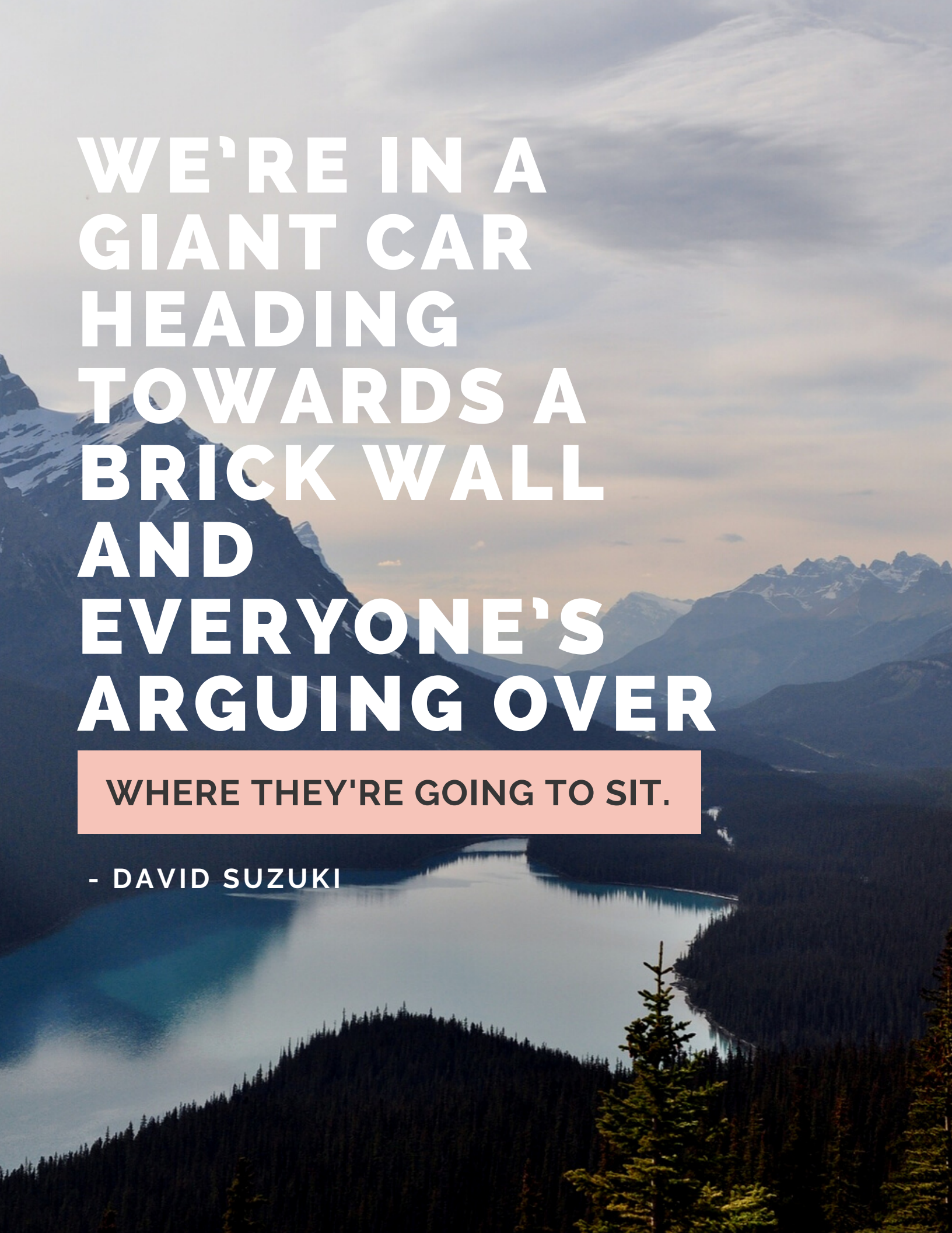
TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Try making a new dish from the leftovers in the fridge.





**WE'RE IN A
GIANT CAR
HEADING
TOWARDS A
BRICK WALL
AND
EVERYONE'S
ARGUING OVER**

WHERE THEY'RE GOING TO SIT.

- DAVID SUZUKI

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Did you know that 11 percent of all global greenhouse gas emissions caused by humans are caused by deforestation?

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

NOTES

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

And He gives you of all that you ask for. But if you count the favours of Allah, never will you be able to number them. (Quran, 14:34)



today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

“One of the first conditions of happiness is that the link between man and nature shall not be broken.” // Leo Tolstoy



Weekly Check In

HOW AM I DOING SO FAR?

DATE

DAYS TO EID

How is your Green Ramadan going so far?

Have you been meeting your green goals? What's been your biggest challenge? How do you think you can overcome it? What are you most looking forward to accomplishing this Ramadan?





WEEK

THREE

bismillah



my plans this week

Use this page to plan your week. Jot down what green actions and other goals you are planning to accomplish throughout the week

SUN

MON

TUES

WED

THURS

FRI

SAT

daily habit tracker



HABIT/GOAL

S

M

T

W

TH

F

S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES & REMINDERS

LOOKING FOR THE PERFECT EID GIFT? WE'VE ROUNDED UP SOME ECO OPTIONS THAT YOUR FRIENDS AND FAMILY WILL LOVE!



CHECK OUT THE
GREEN EID GIFT
GUIDE

khaleafa.com/greenramadan

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TODAY I'M
GRATEFUL
FOR:

TO DO

WATER

TODAY'S
GREEN
CHALLENGE:

NOTES

QURAN
TRACKER

O Children of Adam! wear your beautiful apparel at every time and place of prayer: eat and drink: But waste not by excess, for Allah loveth not the wasters. (Quran, 7:31)

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Don't forget to shop local for produce and meats.

today's plan



DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TODAY I'M
GRATEFUL
FOR:

TO DO

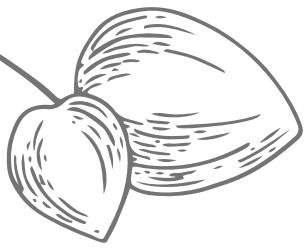
WATER

TODAY'S
GREEN
CHALLENGE:

NOTES

QURAN
TRACKER

Abu Zarr Al-Ghafari (may Allah be pleased with him) reported that the Prophet (peace and blessings be upon him) said, "Removing harmful things from the road is an act of charity (sadaqah)."



today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

○ ○ ○ ○
○ ○ ○ ○

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Research ways to go plastic free for a month and then give it a try.



"You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of a difference you want to make."

- JANE GOODALL



today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Did you know that the concentration of carbon dioxide (CO₂) in our atmosphere, as of 2018, is the highest it has been in 3 million years?

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Write your favourite inspiring quote:



today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TODAY I'M
GRATEFUL
FOR:

TO DO

WATER

○ ○ ○ ○
○ ○ ○ ○

TODAY'S
GREEN
CHALLENGE:

NOTES

QURAN
TRACKER

"I only feel angry when I see waste. When I see people throwing away things we could use." // Mother Teresa



Weekly Check In

HOW AM I DOING SO FAR?

DATE

DAYS TO EID

How is your Green Ramadan going so far?

Have you been meeting your green goals? What's been your biggest challenge? How do you think you can overcome it? What are you most looking forward to accomplishing this Ramadan?





WEEK

FOUR

bismillah

my plans this week

Use this page to plan your week. Jot down what green actions and other goals you are planning to accomplish throughout the week

SUN

MON

TUES

WED

THURS

FRI

SAT

daily habit tracker



HABIT/GOAL

S

M

T

W

TH

F

S

_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES & REMINDERS

**DON'T FORGET TO
CHECK OUT THE GREEN
EID GIFT GUIDE!**



*WE'VE ROUNDED UP SOME
ECO OPTIONS THAT YOUR
FRIENDS AND FAMILY WILL
LOVE!*

khaleafa.com/greenramadan

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

*So which of the favours of your Lord would you deny?
(Quran 55:13)*

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Try being zero waste one day this week.



today's plan



DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

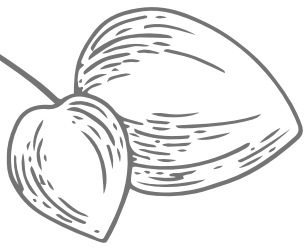
TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

It is reported that the Prophet passed one day by a companion while he was performing wudu' (ritual cleaning of body parts in preparation for prayer). The prophet asked, "Why is this wastage?" The companion replied "Is there wastage in wudu also?" The Prophet said, "Yes, even if you are at a flowing river."



today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Did you know that LED bulbs are not only more energy efficient but last up to 25 times longer than CFLs?





“

Each and every one
of us can make
changes in the way
we live our lives
and become part of
the solution of
climate change

”

Al Gore

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Did you know that single use plastic bottles can take 450 years or more to break down and decompose?

today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

TODAY'S GREEN CHALLENGE:

TODAY I'M GRATEFUL FOR:

QURAN TRACKER

NOTES

Write your favourite inspiration quote:



today's plan

DATE: _ / _ / 20_

MEALS:

SUHOOR

IFTAR

DINNER

TODAY'S GOALS

APPOINTMENTS

TO DO

WATER

○ ○ ○ ○
○ ○ ○ ○

TODAY'S GREEN CHALLENGE:

NOTES

TODAY I'M GRATEFUL FOR:

QURAN TRACKER



“The Earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations.” // John Paul II

Weekly Check In

HOW AM I DOING SO FAR?

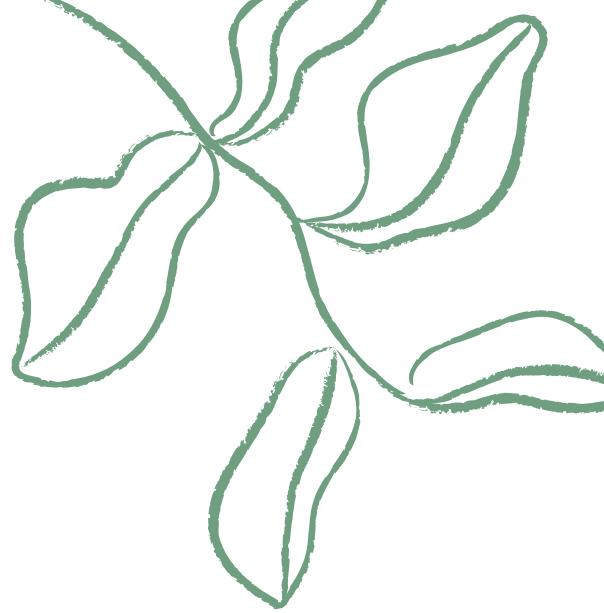
DATE

DAYS TO EID

How is your Green Ramadan going so far?

Have you been meeting your green goals? What's been your biggest challenge? How do you think you can overcome it? What are you most looking forward to accomplishing this Ramadan?





REFLECT

RAMADAN & BEYOND:
HOW TO KEEP THE GREEN
STREAK GOING STRONG AFTER
RAMADAN ENDS



MY 6-MONTH GREEN PLAN



Month 1

Use this space to jot down green actions and goals you can work on each month

Month 2

Month 3

Month 4

Month 5

Month 6



Eid Mubarak!

As we say goodbye to Ramadan, we hope that you will not say goodbye to the good habits that you've developed this month.

It is our hope that Ramadan has helped to not only build good spiritual habits

but also helped you to develop a sense of responsibility to the earth, our *amanah* (trust from God).

The actions you completed this month are easily adaptable to everyday life and we hope that you continue to strive to make a difference each and everyday.

Eid Mubarak and best wishes from the Khaleafa.com team!

You can always reach us at info@khaleafa.com. We are always listening.

KHALEAFA.com
A SACRED TRUST 



www.khaleafa.com/greenramadan

#KhaleafaGreenRamadan