

My Deen Planner

- PERSOONLIJKE DOELEN • WEEK TRACKERS •
- QURAN LOG'S EN NOG VEEL MEER •



Bismillahi Rahmani Rahim

DISCLAIMER

ALLE RECHTEN VOORBEHOUDEN.
DEZE PLANNER IS SAMENGESTELD DOOR WWW.RAMADANRECEPTEN.NL
EN IS GRATIS BESCHIKBAAR GESTELD OM VOOR PERSOONLIJKE DOELEINDEN TE GEBRUIKEN.

HET IS TOEGESTAAN OM DEZE PLANNER TE DOWNLOADEN EN TE PRINTEN,
MAAR IN ALLE GEVALLEN UITSLUITEND VOOR NIET-COMMERCIELE,
INFORMATIEVE EN PERSOONLIJKE DOELEINDEN. GEEN ENKELE REPRODUCTIE VAN ENIG DEEL VAN DE
PLANNER MAG WORDEN VERKOCHT OF VERSPREID VOOR COMMERCIELE DOELEINDEN, NOCH MAG
DEZE WORDEN GEWIJZIGD.

Maand Planner

Mijn doelen voor deze maand

Blank writing area consisting of seven horizontal light gray bars for listing goals.



Mijn doelen voor deze maand

Eight horizontal light gray bars for writing goals.

My Quran Log

HOUD HIER JOUW PERSOONLIJKE
VORDERINGEN MET DE QURAN BIJ

B = BELUISTEREN A = ARABISCHE TEKST LEZEN V = VERTALING LEZEN M = MEMORISEREN H = HERHALEN

HOOFDSTUK	B	A	V	M	H
1. SURAH AL-FATIHA	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. SURAH AL-BAQARAH	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. SURAH ALI 'IMRAN	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. SURAH AN-NISA	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. SURAH AL-MA'IDAH	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. SURAH AL-AN'AM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. SURAH AL-A'RAF	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. SURAH AL-ANFAL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. SURAH AT-TAWBAH	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. SURAH YUNUS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. SURAH HUD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. SURAH YUSUF	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. SURAH AR-RA'D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. SURAH IBRAHIM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. SURAH AL-HIDJR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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<u>16. SURAH AN-NAHL</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>17. SURAH AL-ISRA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>18. SURAH AL-KAHF</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>19. SURAH MARYAM</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>20. SURAH TAHA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>21. SURAH AL-ANBIYA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>22. SURAH AL-HAJJ</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>23. SURAH AL-MU'MINUN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>24. SURAH AN-NUR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>25. SURAH AL-FURQAN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>26. SURAH ASH-SHU'ARA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>27. SURAH AN-NAML</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>28. SURAH AL-QASAS</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>29. SURAH AL-'ANKABUT</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>30. SURAH AR-RUM</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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HOOFDSTUK	B	A	V	M	H
<u>31.SURAH LUQMAN</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>32.SURAH AS-SAJDAH</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>33.SURAH AL-AHZAB</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>34.SURAH SABA</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>35.SURAH FATIR</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>36.SURAH YA-SIN</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>37.SURAH AS-SAFFAT</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>38.SURAH SAD</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>39.SURAH AZ-ZUMAR</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>40.SURAH GHAFIR</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>41.SURAH FUSSILAT</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>42.SURAH ASH-SHURAA</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>43.SURAH AZ-ZUKHRUF</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>44.SURAH AD-DUKHAN</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>45.SURAH AL-JATHIYAH</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<u>46.SURAH AL-AHQAF</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>47.SURAH MUHAMMAD</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>48.SURAH AL-FATH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>49.SURAH AL-HUJURAT</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>50.SURAH QAF</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>51.SURAH ADH-DHARIYAT</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>52.SURAH AT-TUR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>53.SURAH AN-NAJM</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>54.SURAH AL-QAMAR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>55.SURAH AR-RAHMAN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>56.SURAH AL-WAQI'AH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>57.SURAH AL-HADID</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>58.SURAH AL-MUJADILA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>59.SURAH AL-HASHR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>60.SURAH AL-MUMTAHANAH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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<u>61.SURAH AS-SAF</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>62.SURAH AL-JUMU'AH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>63.SURAH AL-MUNAFIQUN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>64.SURAH AT-TAGHABUN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>65.SURAH AT-TALAO</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>66.SURAH AT-TAHRIM</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>67.SURAH AL-MULK</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>68.SURAH AL-QALAM</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>69.SURAH AL-HAQQA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>70.SURAH AL-MA'ARIJ</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>71.SURAH NUH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>72.SURAH AL-JINN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>73.SURAH AL-MUZZAMMIL</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>74.SURAH AL-MUDDATHHIR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>75.SURAH AL-QIYAMAH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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<u>76.SURAH AL-INSAN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>77.SURAH AL-MURSALAT</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>78.SURAH AN-NABA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>79.SURAH AN-NAZI'AT</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>80.SURAH 'ABASA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>81.SURAH AT-TAKWIR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>82.SURAH AL-INFITAR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>83.SURAH AL-MUTAFFIFIN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>84.SURAH AL-INSHIQAQ</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>85.SURAH AL-BURUJ</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>86.SURAH AT-TARIQ</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>87.SURAH AL-A'LA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>88.SURAH AL-GHASHIYAH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>89.SURAH AL-FAJR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>90.SURAH AL-BALAD</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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HOOFDSTUK	B	A	V	M	H
<u>91.SURAH ASH-SHAMS</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>92.SURAH AL-LAYL</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>93.SURAH AD-DUHAA</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>94.SURAH ASH-SHARH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>95.SURAH AT-TIN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>96.SURAH AL-'ALAQ</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>97.SURAH AL-QADR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>98.SURAH AL-BAYYINAH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>99.SURAH AZ-ZALZALAH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>100.SURAH AL-'ADIYAT</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>101.SURAH AL-QARI'AH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>102.SURAH AT-TAKATHUR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>103.SURAH AL-'ASR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>104.SURAH AL-HUMAZAH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>105.SURAH AL-FIL</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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<u>106.SURAH QURAYSH</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>107.SURAH AL-MA'UN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>108.SURAH AL-KAWTHAR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>109.SURAH AL-KAFIRUN</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>110.SURAH AN-NASR</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>111.SURAH AL-MASAD</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>112.SURAH AL-IKHLAS</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>113.SURAH AL-FALAQ</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>114.SURAH AN-NAS</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTITIES

Week Planner

DAG 1 T/M 7

DAG 1

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DAG 2

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DAG 3

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DAG 4

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DAG 5

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DAG 6

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DAG 7

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NOTITIES

Week Tracker

Day 1 of 7

HOUD HIER BIJ WELKE DADEN
VAN AANBIJDING JE HEBT VERRICHT

GOEDE DADEN

1

2

3

4

5

6

7

5 VERPLICHTE GEBEDEN							
SUNNAH GEBED FADJR *							
SUNNAH GEBED DOHR *							
SUNNAH GEBED MAGHREB *							
SUNNAH GEBED 'ISHA *							
DOHA GEBED							
WITR GEBED							
OCHTEND + AVOND ADHKAAR							
KENNIS OPDOEN D.M.V. EEN BOEK OF EEN LEZING							
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.....							
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.....							

*ONDERDEEL VAN DE 12 RAWATIB GEBEDEN

SURAH AL-KAHF OP VRIJDAG LEZEN

MAANDAG VASTEN

DONDERDAG VASTEN

Reflectiemoment

Day 1 t/m 7

NOTEER HIER WAT ER DEZE WEEK GOED GING
EN WELKE PUNTEN NOG VERBETERD KUNNEN WORDEN

1

2

3

4

5

6

7

Dhiker voorbeelden

Alhamdulillah

الْحَمْدُ لِلَّهِ

SubhaanAllahi wa bihamdihi,
SubhaanAllahi l-'adheem

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، سُبْحَانَ اللَّهِ الْعَظِيمِ

Laa ilaaha ill-Allah wahdahu
la shareekalahu, la hul-mulku walahul-hamdu,
wahuwa 'alaa kulli shay'in qadeer

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Week Planner

DAG 8 T/M 14

DAG 8

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DAG 9

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DAG 10

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DAG 11

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DAG 12

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DAG 13

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DAG 14

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- _____
- _____

NOTITIES

Week Tracker

Deag 8 t/m 14

HOUD HIER BIJ WELKE DADEN
VAN AANBIDDING JE HEBT VERRICHT

GOEDE DADEN

1 2 3 4 5 6 7

5 VERPLICHTE GEBEDEN							
SUNNAH GEBED FADJR *							
SUNNAH GEBEDEN DOHR *							
SUNNAH GEBED MAGHREB *							
SUNNAH GEBED 'ISHA *							
DOHA GEBED							
WITR GEBED							
OCHTEND + AVOND ADHKAAR							
KENNIS OPDOEN D.M.V. EEN BOEK OF EEN LEZING							
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*ONDERDEEL VAN DE 12 RAWATIB GEBEDEN

SURAH AL-KAHF OP VRIJDAG LEZEN

MAANDAG VASTEN

DONDERDAG VASTEN

Reflectiemoment

Day 8 t/m 14

NOTEER HIER WAT ER DEZE WEEK GOED GING
EN WELKE PUNTEN NOG VERBETERD KUNNEN WORDEN

8

9

10

11

12

13

14

Dhiker voorbeelden

SubhaanAllah

سُبْحَانَ اللَّهِ

Astaghfirullah wa atubu ilayh

أَسْتَغْفِرُ اللَّهَ وَ أَتُوبُ إِلَيْهِ

SubhaanAllah, wa l-hamdulilah,
wa laa ilaaha ill-Allah, wal-laahu akbar

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ

Week Planner

DAG 15 T/M 21

DAG 15

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DAG 16

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DAG 17

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DAG 18

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DAG 19

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DAG 20

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DAG 21

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NOTITIES

Week Tracker

Dez 15 t/m 21

HOUD HIER BIJ WELKE DADEN
VAN AANBIDDING JE HEBT VERRICHT

GOEDE DADEN

1 2 3 4 5 6 7

5 VERPLICHTE GEBEDEN							
SUNNAH GEBED FADJR *							
SUNNAH GEBEDEN DOHR *							
SUNNAH GEBED MAGHREB *							
SUNNAH GEBED 'ISHA *							
DOHA GEBED							
WITR GEBED							
OCHTEND + AVOND ADHKAAR							
KENNIS OPDOEN D.M.V. EEN BOEK OF EEN LEZING							
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*ONDERDEEL VAN DE 12 RAWATIB GEBEDEN

SURAH AL-KAHF OP VRIJDAG LEZEN

MAANDAG VASTEN

DONDERDAG VASTEN

Reflectiemoment

Day 15 t/m 21

NOTEER HIER WAT ER DEZE WEEK GOED GING
EN WELKE PUNTEN NOG VERBETERD KUNNEN WORDEN

15

16

17

18

19

20

21

Dhiker voorbeelden

Allahu Akbar

اللَّهُ أَكْبَرُ

Laa ilaaha illa Allah

لَا إِلَهَ إِلَّا اللَّهُ

SubhaanAllah,
wa l-hamdulilah, wal-laahu akbar

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَاللَّهُ أَكْبَرُ

Week Planner

DAG 22 T/M 28

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DAG 23

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DAG 24

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DAG 25

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DAG 26

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DAG 27

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DAG 28

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NOTITIES

Week Tracker

Day 22 t/m 28

HOUD HIER BIJ WELKE DADEN
VAN AANBIDDING JE HEBT VERRICHT

GOEDE DADEN

1 2 3 4 5 6 7

5 VERPLICHTE GEBEDEN							
SUNNAH GEBED FADJR *							
SUNNAH GEBEDEN DOHR *							
SUNNAH GEBED MAGHREB *							
SUNNAH GEBED 'ISHA *							
DOHA GEBED							
WITR GEBED							
OCHTEND + AVOND ADHKAAR							
KENNIS OPDOEN D.M.V. EEN BOEK OF EEN LEZING							
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*ONDERDEEL VAN DE 12 RAWATIB GEBEDEN

SURAH AL-KAHF OP VRIJDAG LEZEN

MAANDAG VASTEN

DONDERDAG VASTEN

Reflectiemoment

Day 22 t/m 28

NOTEER HIER WAT ER DEZE WEEK GOED GING
EN WELKE PUNTEN NOG VERBETERD KUNNEN WORDEN

22

23

24

25

26

27

28

Dhiker voorbeelden

Astaghfirullah

أَسْتَغْفِرُ اللَّهَ

Laa hawla wa laa
quwwata illa billah

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

SubhaanAllahi
I-'adheemi wa bihamdih

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ

Week Planner

DAG 29 T/M 31

GOEDE DADEN

1 2 3

5 VERPLICHTE GEBEDEN			
SUNNAH GEBED FADJR *			
SUNNAH GEBEDEN DOHR *			
SUNNAH GEBED MAGHREB *			
SUNNAH GEBED 'ISHA *			
DOHA GEBED			
WITR GEBED			
OCHTEND + AVOND ADHKAAR			
KENNIS OPDOEN D.M.V. EEN BOEK OF EEN LEZING			
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*ONDERDEEL VAN DE 12 RAWATIB GEBEDEN

DAG 29

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DAG 30

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DAG 31

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REFLECTIE

Smeekbedes die ik wil leven

SMEEKBEDE NUMMER 1

SMEEKBEDE NUMMER 2

SMEEKBEDE NUMMER 3

Smeekbedes die ik wil leven

SMEEKBEDE NUMMER 4

SMEEKBEDE NUMMER 5

SMEEKBEDE NUMMER 6



Notities
