



Spiritual Fitness

Department of Tarbiyyat
Ahmadiyya Muslim Community, USA

Baltimore, MD Ramadan 30 Day Fitness Challenge

| # | Date | Fajr | Zuhr | Asr | Maghrib | Isha | 5 daily Prayers | Fasted | Tahajjud | Read 1 Part Quran |
|----|--------|---------|---------|---------|---------|----------|----------------------------|--------------------------|--------------------------|--------------------------|
| 1 | 29-Jun | 4:08 AM | 1:11 PM | 6:22 PM | 8:38 PM | 10:13 PM | * <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | 30-Jun | 4:09 AM | 1:11 PM | 6:22 PM | 8:38 PM | 10:13 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | 1-Jul | 4:10 AM | 1:11 PM | 6:22 PM | 8:38 PM | 10:12 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | 2-Jul | 4:10 AM | 1:11 PM | 6:22 PM | 8:37 PM | 10:12 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | 3-Jul | 4:11 AM | 1:11 PM | 6:22 PM | 8:37 PM | 10:12 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | 4-Jul | 4:12 AM | 1:12 PM | 6:22 PM | 8:37 PM | 10:11 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | 5-Jul | 4:12 AM | 1:12 PM | 6:22 PM | 8:37 PM | 10:11 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | 6-Jul | 4:13 AM | 1:12 PM | 6:22 PM | 8:37 PM | 10:10 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | 7-Jul | 4:14 AM | 1:12 PM | 6:22 PM | 8:36 PM | 10:10 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | 8-Jul | 4:15 AM | 1:12 PM | 6:21 PM | 8:36 PM | 10:09 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | 9-Jul | 4:16 AM | 1:12 PM | 6:21 PM | 8:36 PM | 10:09 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | 10-Jul | 4:17 AM | 1:12 PM | 6:21 PM | 8:35 PM | 10:08 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | 11-Jul | 4:18 AM | 1:13 PM | 6:21 PM | 8:35 PM | 10:07 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 | 12-Jul | 4:19 AM | 1:13 PM | 6:21 PM | 8:34 PM | 10:07 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 | 13-Jul | 4:20 AM | 1:13 PM | 6:21 PM | 8:34 PM | 10:06 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16 | 14-Jul | 4:21 AM | 1:13 PM | 6:21 PM | 8:33 PM | 10:05 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17 | 15-Jul | 4:22 AM | 1:13 PM | 6:20 PM | 8:33 PM | 10:04 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18 | 16-Jul | 4:23 AM | 1:13 PM | 6:20 PM | 8:32 PM | 10:03 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19 | 17-Jul | 4:24 AM | 1:13 PM | 6:20 PM | 8:32 PM | 10:02 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20 | 18-Jul | 4:25 AM | 1:13 PM | 6:19 PM | 8:31 PM | 10:02 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 21 | 19-Jul | 4:26 AM | 1:13 PM | 6:19 PM | 8:30 PM | 10:01 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22 | 20-Jul | 4:27 AM | 1:13 PM | 6:19 PM | 8:30 PM | 9:59 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23 | 21-Jul | 4:29 AM | 1:13 PM | 6:18 PM | 8:29 PM | 9:58 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24 | 22-Jul | 4:30 AM | 1:14 PM | 6:18 PM | 8:28 PM | 9:57 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25 | 23-Jul | 4:31 AM | 1:14 PM | 6:18 PM | 8:27 PM | 9:56 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 26 | 24-Jul | 4:32 AM | 1:14 PM | 6:17 PM | 8:27 PM | 9:55 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 27 | 25-Jul | 4:33 AM | 1:14 PM | 6:17 PM | 8:26 PM | 9:54 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 28 | 26-Jul | 4:35 AM | 1:14 PM | 6:16 PM | 8:25 PM | 9:53 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 29 | 27-Jul | 4:36 AM | 1:14 PM | 6:16 PM | 8:24 PM | 9:51 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 30 | 28-Jul | 4:37 AM | 1:14 PM | 6:15 PM | 8:23 PM | 9:50 PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

* Track your progress by checking off the applicable boxes daily

Did Itekaf

For more Ramadan resources visit www.SpiritualFitness.us

Paid Zakat