Ramadan, and the Book that shapes it

Thirty days, thirty juz', one daily portion. The aim is not speed but steadiness: a fixed time, a fixed place, and a page of meaning each day.

Before the month

Choose your portion for the hardest day, not the best one.
Set a time: after Fajr, before iftar, or after 'Isha'.
Download a translation you trust, and keep a notebook beside it.
Tell one person your plan so they can ask you about it.

Weekly rhythm

Week	Portion	From - to	Focus
Week 1	Juz' 1-7	Al-Fatihah to al-Ma'idah	Set the habit; do not judge its quality yet.
Week 2	Juz' 8-14	Al-An'am to al-hijr	Slow down for one passage you do not understa...
Week 3	Juz' 15-21	Al-Kahf to al-'Ankabut	Read one juz' aloud, even quietly.
Week 4	Juz' 22-30	Ar-Rum to an-Nas	Return to the surah that stayed with you.

Daily check-in

Each day, after reading, write one line for each:

- A word or image that stayed with me.
- Something I understood differently than before.
- One action the passage asks of me.

When you fall behind

You will. A missed juz' is not a broken Ramadan. Return the next day without an elaborate penance, and without abandoning the plan. Consistency is the goal; completion is a gift.

A dua for the month

Allahumma ballighna Ramadan - O Allah, let us reach Ramadan, and accept from us.