

ISLAMIC FASTING
PLANNER
1444 H



NOTE: THE DATE IS BASED ON JAKIM MALAYSIA



This book belongs to:

Awal Muharram

1 MUHARRAM 1444 H
(30 JULY 2022)

مُحَرَّم
1444

3 Muharram 1444 H MONDAY 1 Aug 22	6 Muharram 1444 H THURSDAY 4 Aug 22	9 Muharram 1444 H TASU'A 7 Aug 22	10 Muharram 1444 H ASYURA 8 Aug 22
11 Muharram 1444 H Refer * 9 Aug 22	13 Muharram 1444 H AYYAMUL BIDH 11 Aug 22	14 Muharram 1444 H AYYAMUL BIDH 12 Aug 22	15 Muharram 1444 H AYYAMUL BIDH 13 Aug 22
17 Muharram 1444 H MONDAY 15 Aug 22	20 Muharram 1444 H THURSDAY 18 Aug 22	24 Muharram 1444 H MONDAY 22 Aug 22	27 Muharram 1444 H THURSDAY 25 Aug 22

Only applicable to those who
fasted on Asyura without
fasting on Tasu'a day.

Healing Station

مَثَلُ الَّذِي يَذْكُرُ رَبَّهُ وَالَّذِي لَا يَذْكُرُ رَبَّهُ،
مَثَلُ الْحَيِّ وَالْمَيِّتِ

"The similitude of someone who remembers his Lord and someone who does not, is like that of the living and the dead"

Al Bukhari



صَفَر

1
Safar
1444 H
MONDAY
29 Aug 22

4
Safar
1444 H
THURSDAY
1 Sept 22

8
Safar
1444 H
MONDAY
5 Sept 22

11
Safar
1444 H
THURSDAY
8 Sept 22

13
Safar
1444 H
AYYAMUL BIDH
10 Sept 22

14
Safar
1444 H
AYYAMUL BIDH
11 Sept 22

15
Safar
1444 H
AYYAMUL BIDH
12 Sept 22

18
Safar
1444 H
THURSDAY
15 Sept 22

22
Safar
1444 H
MONDAY
19 Sept 22

25
Safar
1444 H
THURSDAY
22 Sept 22

29
Safar
1444 H
MONDAY
26 Sept 22



Healing Station



الطَّاعِمُ الشَّاكِرُ بِمَنْزِلَةِ الصَّائِمِ الصَّابِرِ

**"A grateful eater is equal to
a patient fasting person"**



HASAN
Sunan Ibnu Majah



رَبِيعُ الْأَوَّلِ



2
Rabi'ul Awal
1444 H
THURSDAY
29 Sept 22

6
Rabi'ul Awal
1444 H
MONDAY
3 Oct 22

9
Rabi'ul Awal
1444 H
THURSDAY
6 Oct 22

13
Rabi'ul Awal
1444 H
AYYAMUL BIDH
10 Oct 22

14
Rabi'ul Awal
1444 H
AYYAMUL BIDH
11 Oct 22

15
Rabi'ul Awal
1444 H
AYYAMUL BIDH
12 Oct 22

16
Rabi'ul Awal
1444 H
THURSDAY
13 Oct 22

20
Rabi'ul Awal
1444 H
MONDAY
17 Oct 22

23
Rabi'ul Awal
1444 H
THURSDAY
20 Oct 22

27
Rabi'ul Awal
1444 H
MONDAY
24 Oct 22

Maulidur Rasul

12 RABIUL'AWAL 1444 H
(9 OCTOBER 2022)

Healing Station

إِنَّ لِكُلِّ أُمَّةٍ فِتْنَةً
وَفِتْنَةُ أُمَّتِي الْمَالُ

*"Indeed there is a fitnah for every
Ummah, and the Fitnah for my
Ummah is wealth."*

SHAHIH
At-Tirmidzi



رَبِيعُ الْآخِرِ



1
Rabi'ul Akhir
1444 H
THURSDAY
27 Okt 22

5
Rabi'ul Akhir
1444 H
MONDAY
31 Okt 22

8
Rabi'ul Akhir
1444 H
THURSDAY
3 Nov 22

12
Rabi'ul Akhir
1444 H
MONDAY
7 Nov 22

13
Rabi'ul Akhir
1444 H
AYYAMUL BIDH
8 Nov 22

14
Rabi'ul Akhir
1444 H
AYYAMUL BIDH
9 Nov 22

15
Rabi'ul Akhir
1444 H
AYYAMUL BIDH
10 Nov 22

19
Rabi'ul Akhir
1444 H
MONDAY
14 Nov 22

22
Rabi'ul Akhir
1444 H
THURSDAY
17 Nov 22

26
Rabi'ul Akhir
1444 H
MONDAY
21 Nov 22

29
Rabi'ul Akhir
1444 H
THURSDAY
24 Nov 22



Healing Station

لَوْ تَعْلَمُونَ مَا أَعْلَمُ لَضَحِكْتُمْ قَلِيلًا
وَلَبَكَيْتُمْ كَثِيرًا

*"If you knew what I know, then you
would laugh little and you would cry
much"*

SHAHIH
Al-Bukhari



جُمَادِ الْأَوَّلِ

3
Jamadilawal
1444 H
MONDAY
28 Nov 22

6
Jamadilawal
1444 H
THURSDAY
1 Dec 22

10
Jamadilawal
1444 H
MONDAY
5 Dec 22

13
Jamadilawal
1444 H
AYYAMUL BIDH
8 Dec 22

14
Jamadilawal
1444 H
AYYAMUL BIDH
9 Dec 22

15
Jamadilawal
1444 H
AYYAMUL BIDH
10 Dec 22

17
Jamadilawal
1444 H
MONDAY
12 Dec 22

20
Jamadilawal
1444 H
THURSDAY
15 Dec 22

24
Jamadilawal
1444 H
MONDAY
19 Dec 22



27
Jamadilawal
1444 H
THURSDAY
22 Dec 22

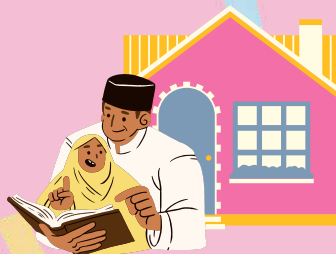
Healing Station

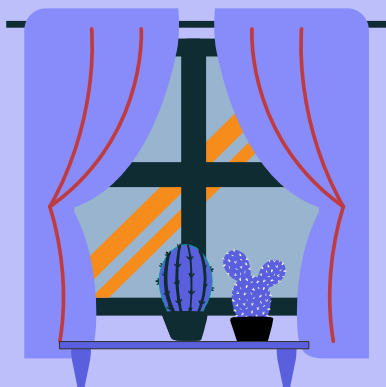
إِنِّ الَّذِي يَجْهَرُ بِالْقُرْآنِ كَالَّذِي يَجْهَرُ بِالصَّدَقَةِ
وَالَّذِي يُسِرُّ بِالْقُرْآنِ كَالَّذِي يُسِرُّ بِالصَّدَقَةِ

"The one who recites the Qur'an loudly is like one who gives charity openly, and the one who recites the Qur'an silently is like the one who gives charity in secret."

HASAN

Sunan An Nasaie





جُمَادِ الْآخِرِ

2
Jamadilakhir
1444 H
MONDAY
26 Dec 22

5
Jamadilakhir
1444 H
THURSDAY
29 Dec 22

9
Jamadilakhir
1444 H
MONDAY
2 Jan 23

12
Jamadilakhir
1444 H
THURSDAY
5 Jan 23

13
Jamadilakhir
1444 H
AYYAMUL BIDH
6 Jan 23

14
Jamadilakhir
1444 H
AYYAMUL BIDH
7 Jan 23

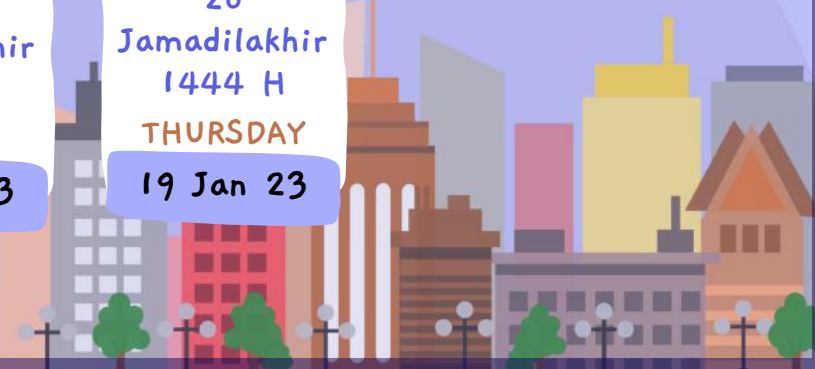
15
Jamadilakhir
1444 H
AYYAMUL BIDH
8 Jan 23

16
Jamadilakhir
1444 H
MONDAY
9 Jan 23

19
Jamadilakhir
1444 H
THURSDAY
12 Jan 23

23
Jamadilakhir
1444 H
MONDAY
16 Jan 23

26
Jamadilakhir
1444 H
THURSDAY
19 Jan 23



Healing Station



أَجْمِلُوا فِي ظَلَبِ الدُّنْيَا
فَإِنَّ كُلَّ مُيَسَّرٌ لِمَا خُلِقَ لَهُ

*"Be moderate in seeking worldly things,
for everyone will be facilitated for which
he was created"*

SHAHIH
Sunan Ibnu Majah



رَجَبُ

1
Rejab
1444 H
MONDAY
23 Jan 23

4
Rejab
1444 H
THURSDAY
26 Jan 23

8
Rejab
1444 H
MONDAY
30 Jan 23

11
Rejab
1444 H
THURSDAY
2 Feb 23

13
Rejab
1444 H
AYYAMUL BIDH
4 Feb 23

14
Rejab
1444 H
AYYAMUL BIDH
5 Feb 23

15
Rejab
1444 H
AYYAMUL BIDH
6 Feb 23

18
Rejab
1444 H
THURSDAY
9 Feb 23

22
Rejab
1444 H
MONDAY
13 Feb 23

25
Rejab
1444 H
THURSDAY
16 Feb 23

29
Rejab
1444 H
MONDAY
20 Feb 23

Isra Miray
27 REJAB 1444 H
(18 FEBRUARY 2023)



أَنَّ النَّبِيَّ (ﷺ) كَانَ يَقُولُ فِي سُجُودِهِ:
اللَّهُمَّ اغْفِرْ لِي ذَنْبِي كُلَّهُ رِيقَهُ
وَجِلَّهُ، وَأَوَّلَهُ وَآخِرَهُ، وَعَلَانِيَتَهُ وَسِرَّهُ

*Rasulullah (ﷺ) used to say when
prostrating himself: "O Allah. Forgive
me, all my sins, small and great, first
and last, open and secret."*

Shahih
Muslim

شَعْبَانُ

Nisfu Syaaban

15 SYAABAN 1444 H
(8 MARCH 2023)

2
Syaaban
1444 H
THURSDAY
23 Feb 23

6
Syaaban
1444 H
MONDAY
27 Feb 23

9
Syaaban
1444 H
THURSDAY
2 Mar 23

13
Syaaban
1444 H
AYYAMUL BIDH
6 Mar 23

14
Syaaban
1444 H
AYYAMUL BIDH
7 Mar 23

15
Syaaban
1444 H
AYYAMUL BIDH
8 Mar 23

16
Syaaban
1444 H
THURSDAY
9 Mar 23

20
Syaaban
1444 H
MONDAY
13 Mar 23

23
Syaaban
1444 H
THURSDAY
16 Mar 23

27
Syaaban
1444 H
MONDAY
20 Mar 23

كُلُّ مَعْرُوفٍ صَدَقَةٌ

*"Every good act is a Sadaqah
(almsgiving)"*

Shahih
Sunan Abu Daud

رَمَضَانُ

1 Ramadhan 1444 H THURSDAY 23 Mar 23	2 Ramadhan 1444 H FRIDAY 24 Mar 23	3 Ramadhan 1444 H SATURDAY 25 Mar 23	4 Ramadhan 1444 H SUNDAY 26 Mar 23	5 Ramadhan 1444 H MONDAY 27 Mar 23	6 Ramadhan 1444 H TUESDAY 28 Mar 23	7 Ramadhan 1444 H WEDNESDAY 29 Mar 23
8 Ramadhan 1444 H THURSDAY 30 Mar 23	9 Ramadhan 1444 H FRIDAY 31 Mar 23	10 Ramadhan 1444 H SATURDAY 1 Apr 23	11 Ramadhan 1444 H SUNDAY 2 Apr 23	12 Ramadhan 1444 H MONDAY 3 Apr 23	13 Ramadhan 1444 H TUESDAY 4 Apr 23	14 Ramadhan 1444 H WEDNESDAY 5 Apr 23
15 Ramadhan 1444 H THURSDAY 6 Apr 23	16 Ramadhan 1444 H FRIDAY 7 Apr 23	17 Ramadhan 1444 H SATURDAY 8 Apr 23	18 Ramadhan 1444 H SUNDAY 9 Apr 23	19 Ramadhan 1444 H MONDAY 10 Apr 23	20 Ramadhan 1444 H TUESDAY 11 Apr 23	21 Ramadhan 1444 H WEDNESDAY 12 Apr 23
22 Ramadhan 1444 H THURSDAY 13 Apr 23	23 Ramadhan 1444 H FRIDAY 14 Apr 23	24 Ramadhan 1444 H SATURDAY 15 Apr 23	25 Ramadhan 1444 H SUNDAY 16 Apr 23	26 Ramadhan 1444 H MONDAY 17 Apr 23	27 Ramadhan 1444 H TUESDAY 18 Apr 23	28 Ramadhan 1444 H WEDNESDAY 19 Apr 23
29 Ramadhan 1444 H THURSDAY 20 Apr 23	30 Ramadhan 1444 H FRIDAY 21 Apr 23	<p><i>huzul al-Quran</i></p> <p>17 RAMADHAN 1444 H (8 APRIL 2023)</p>				

قَالَ لِي رَسُولُ اللَّهِ (ﷺ):
يَا عَبْدُ اللَّهِ لَا تَكُنْ مِثْلَ فُلَانٍ،
كَانَ يَقُومُ اللَّيْلَ فَتَرَكَ قِيَامَ اللَّيْلِ

Rasulullah (ﷺ) said to me:

*"O 'Abdullah! Do not be like so and so
who used to pray at night and then
stopped the night prayer."*

Shahih
Al Bukhari



شَوَّالٌ

Eidul Fitri

1 SYAWAL 1444 H
(22 APRIL 2023)



3
Syawal
1444 H
MONDAY
24 Apr 23

6
Syawal
1444 H
THURSDAY
27 Apr 23

10
Syawal
1444 H
MONDAY
1 May 23

13
Syawal
1444 H
AYYAMUL BIDH
4 May 23

14
Syawal
1444 H
AYYAMUL BIDH
5 May 23

15
Syawal
1444 H
AYYAMUL BIDH
6 May 23

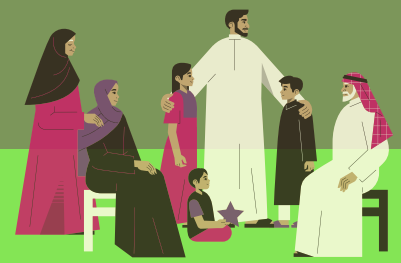
17
Syawal
1444 H
MONDAY
8 May 23

20
Syawal
1444 H
THURSDAY
11 May 23

24
Syawal
1444 H
MONDAY
15 May 23

27
Syawal
1444 H
THURSDAY
18 May 23

Fasting 6 Days Syawal
can be done on any
day of the month ...



Healing Station

إِنَّمَا مَثَلُ الَّذِي يَتَصَدَّقُ بِصَدَقَةٍ
ثُمَّ يَعُودُ فِي صَدَقَتِهِ كَمَثَلِ الْكَلْبِ يَقِيءُ
ثُمَّ يَأْكُلُ قَيْئَهُ

"The similitude of one who gives a charity and then gets it back is like that of a dog which vomits and then eats its vomit."

ذُو الْقَعْدَةِ

2
Zulkaedah
1444 H
MONDAY
22 May 23

5
Zulkaedah
1444 H
THURSDAY
25 May 23

9
Zulkaedah
1444 H
MONDAY
29 May 23

12
Zulkaedah
1444 H
THURSDAY
1 Jun 23

13
Zulkaedah
1444 H
AYYAMUL BIDH
2 Jun 23

14
Zulkaedah
1444 H
AYYAMUL BIDH
3 Jun 23

15
Zulkaedah
1444 H
AYYAMUL BIDH
4 Jun 23

16
Zulkaedah
1444 H
MONDAY
5 Jun 23

19
Zulkaedah
1444 H
THURSDAY
8 Jun 23

23
Zulkaedah
1444 H
MONDAY
12 Jun 23

26
Zulkaedah
1444 H
THURSDAY
15 Jun 23

30
Zulkaedah
1444 H
MONDAY
19 Jun 23

Healing Station

مُعَاوِيَةَ لِابْنِ عَامِرٍ اجْلِسْ فَإِنِّي سَمِعْتُ رَسُولَ اللَّهِ ﷺ يَقُولُ:
مَنْ أَحَبَّ أَنْ يَمُتَلَ لَهُ الرَّجَالُ قِيَامًا
فَلْيَتَّبِعُوا مَقْعَدَهُ مِنَ النَّارِ

Mu'awiyah said to Ibn Amir: Sit down, for I heard Rasulullah ﷺ say:

**"Let him who likes people to stand up
before him prepare his place in Hell."**

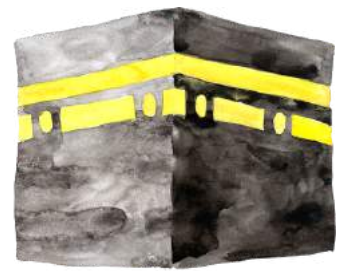
SHAHIH
Sunan Abu Daud

ذُو الْحِجَّةِ



1 Zulhijjah 1444 H SUNNAH 20 June 23	2 Zulhijjah 1444 H SUNNAH 21 June 23	3 Zulhijjah 1444 H SUNNAH 22 June 23	4 Zulhijjah 1444 H SUNNAH 23 June 23	5 Zulhijjah 1444 H SUNNAH 24 June 23
6 Zulhijjah 1444 H SUNNAH 25 June 23	7 Zulhijjah 1444 H SUNNAH 26 June 23	8 Zulhijjah 1444 H TARWIYAH 27 June 23	9 Zulhijjah 1444 H ARAFAH 28 June 23	11 Zulhijjah 1444 H TASYRIK* 30 June 23
12 Zulhijjah 1444 H TASYRIK* 1 July 23	13 Zulhijjah 1444 H TASYRIK* 2 July 23	14 Zulhijjah 1444 H MONDAY 3 July 23	17 Zulhijjah 1444 H THURSDAY 6 July 23	
21 Zulhijjah 1444 H MONDAY 10 July 23	24 Zulhijjah 1444 H THURSDAY 13 July 23	28 Zulhijjah 1444 H MONDAY 17 July 23		

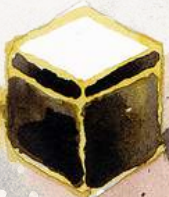
It is HARAM to fast on the days of al-tasyrik



Healing Station

الْحَجُّ جِهَادٌ كُلِّ ضَعِيفٍ

**"Hajj is the Jihad of every
weak person"**



SHAHIH
Sunan Ibnu Majah



Happy Fasting !

Sincerely,

