

Spiritual Fasting

Level:

Attempts	Start Date	Number of Successful Consecutive Days																														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1																																
2																																
3																																
4																																
5																																
6																																
7																																
8																																
9																																
10																																
11																																
12																																

Choose a level of spiritual fasting with your mentor. Track your progress throughout the day.

If you completed the spiritual fast successfully, then tick the box. If you didn't, mark an "X" and start day one again as a new attempt.

On the back of the sheet, write down how you broke your fast and what you will do next time to avoid breaking it.

At the end of the Ramadan, count how many times you broke your spiritual fasts.

Then throughout the year, make up for those days with extra voluntary fasts.