

Everything here is ordered so that each day rests on the one before it. Nothing is asked of you on day three that you were not shown on day two. Do not read ahead and do not measure yourself against anyone else — *the most beloved deeds to Allah are the most consistent, even if few* (Bukhārī, Muslim · ṣaḥīḥ).

DAY ONE · THE ONLY THING REQUIRED

The testimony of faith

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا
رَسُولُ اللَّهِ

Ash-hadu an lā ilāha illallāh, wa ash-hadu anna Muḥammadan Rasūlullāh

I bear witness that there is no god but Allah, and I bear witness that Muḥammad is the Messenger of Allah.

Said with belief in the heart, this is enough. No witness is required for its validity, no ceremony, no certificate, and no Arabic name. Islam accepted erases everything that came before it.

Muslim · ṣaḥīḥ — “Islam demolishes what preceded it.”

THEN, ON THE FIRST DAY

- 1 **Bathe.** A complete washing of the body, with the intention of entering Islam. Obligatory per the Ḥanbalī school, recommended per the other three.
- 2 **Pray once, however imperfectly.** Use the short form opposite. It counts.
- 3 **Tell no one you are not ready to tell.** There is no obligation to announce it. Your safety and your household come first, and Allah knows your situation.
- 4 **Find one person** — a local imam, or one steady friend — you can ask questions of without embarrassment.

WHAT YOU DO NOT NEED TO DEAL WITH YET

Your name. Your clothing. Your job. Ḥajj. Fasting, unless Ramaḍān happens to be now — and even then, begin with what you can. Which madhhab to follow. Which opinion is stronger on matters scholars themselves differ over. Every question that begins “but is it ḥarām to —”. These will resolve. None of them is day one, and several are not year one.

If someone tells you otherwise, they have mistaken their own comfort for your obligation. *Make things easy and do not make them difficult* — Bukhārī, Muslim · ṣaḥīḥ.

YOUR FIRST PRAYER

Two units. Face the direction of Makkah. If you do not know al-Fātiḥah yet, use the substitute the Prophet ﷺ himself gave to a man who could not recite.

Stand · say

اللَّهُ أَكْبَرُ

Recite

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

Bow · say three times

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Stand · say

رَبَّنَا وَلَكَ الْحَمْدُ

Prostrate · say three times

سُبْحَانَ رَبِّيَ الْأَعْلَى

Sit · say

رَبِّ اغْفِرْ لِي

Prostrate again. That is one unit — repeat it once more, then turn your face right and say:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

On the days you fail. You will miss prayers. You will forget the words mid-way. You will have a week where none of it happens. This is not apostasy and it is not a sign you were wrong — it is the ordinary condition of every Muslim who has ever lived. Return, and do not make the returning a drama. *All of the children of Adam are sinners, and the best of sinners are those who repent* — Tirmidhī, Ibn Mājah · ḥasan.

Abū Dāwūd, Nasā’i · ḥasan. Replace the substitute with al-Fātiḥah as soon as you have learned it — see day 8.

Week one

Days 1–7 · one prayer a day, done properly, is the whole goal of this week

01	The <i>shahādah</i> , and one prayer. Use the short form. Bathe if you can.	☐
02	Learn <i>wuḍū</i> . Eight steps; do it once slowly with the poster or a video in front of you, then again from memory.	☐
03	Learn the five names and their times. Fajr, Ṣuḥr, ‘Aṣr, Maghrib, ‘Ishā’. Install a prayer-time application set to your city.	☐
04	Pray Maghrib at its time. Three units. It is the easiest to catch, and the first habit worth owning.	☐
05	Learn <i>Bismillāh</i> and <i>al-ḥamdu lillāh</i> . Say the first before eating, the second after. Your first two daily habits outside prayer.	☐
06	Visit a <i>maṣjid</i> , at a quiet hour if that is easier. Find where it is, when it opens, and who to speak to.	☐
07	Pray Maghrib and ‘Ishā’ both. Two prayers a day from here on.	☐

Week two

Days 8–14 · learning the words you will use for the rest of your life

08	Begin <i>al-Fātiḥah</i> . Seven verses. Learn the first three this week — by listening far more than by reading.	☐
09	Add Fajr. Three prayers a day. Fajr is the hardest and the most rewarding; sleep earlier rather than trying harder.	☐
10	Learn what breaks <i>wuḍū</i> , and the rule that certainty is not removed by doubt.	☐
11	Finish <i>al-Fātiḥah</i> . Replace the short substitute with it in every unit from today.	☐
12	Learn <i>Sūrat al-Ikhlāṣ</i> . Four short verses, and a third of the Qur’ān in reward. Recite it after <i>al-Fātiḥah</i> .	☐
13	Add ‘Aṣr. Four prayers a day. One remains.	☐
14	Add Ṣuḥr — all five. Two weeks in, you are praying what every Muslim prays.	☐

Week three Days 15–21 · completing the prayer, and beginning the rest of the religion

15	Learn the tashahhud. The longest passage you will memorise for the prayer. Take three days over it.	☐
16	Continue the tashahhud. Say aloud what you have, read the rest.	☐
17	Finish the tashahhud, and add the ṣalāt upon the Prophet ﷺ in the final sitting.	☐
18	Learn ghusl — when it is required, and how it is done. Plainly stated, and nothing to be embarrassed by.	☐
19	Learn Sūrat al-Falaq and an-Nās. Recited in prayer, and over yourself at night.	☐
20	Read about the six articles of faith. Allah, the angels, the books, the messengers, the Last Day, and the decree.	☐
21	Attend Jumu'ah. Friday midday, in congregation. Obligatory on men; women may attend and are not required to. Arrive early and sit at the back if it is easier.	☐

Week four Days 22–28 · the daily life around the prayer

22	Learn the morning and evening adhkār — begin with Āyat al-Kursī and the three short sūrahs, morning and night.	☐
23	Learn what food is lawful. Start with what is clearly forbidden — pork, alcohol, and meat not lawfully slaughtered. The details can wait.	☐
24	Say the adhkār after each prayer — <i>subḥānallāh, al-ḥamdu lillāh, Allāhu akbar</i> , thirty-three each.	☐
25	Read the life of the Prophet ﷺ — a short biography, a chapter at a time. You are following someone; know who.	☐
26	Learn how to make du'ā — in your own language, in your own words, at any hour. This is not a formal act and needs no Arabic.	☐
27	Give something in charity , however small. Zakāt is a later matter; the habit is not.	☐
28	Pray one prayer in congregation at the masjid. Four weeks in.	☐

Weeks five and six Days 29–40 · settling in

29	Learn the sunnah prayers around the five.	☐
30	Learn how to make up a missed prayer: pray it as soon as you remember, and do not despair over it.	☐
31	Learn sujūd as-sahw, for when you lose count.	☐
32	Learn to pray when travelling — four units shortened to two.	☐
33	Learn the adhkār for the home — entering, leaving, and the washroom.	☐
34	Begin a fixed daily portion of the Qurʾān in translation — a page is enough.	☐

35	Learn the basics of fasting, before Ramaḍān arrives.	☐
36	Fast one voluntary day — a Monday or a Thursday — as practice.	☐
37	Learn the manners of speech — and in particular what backbiting is.	☐
38	Memorise a fourth short sūrah, so your prayers are not all identical.	☐
39	Learn the first ḥadīth of an-Nawawī: actions are by intentions.	☐
40	Look back at day one, and see the distance.	☐

AFTER DAY FORTY

There is no day forty-one on this sheet, because the pattern is now yours to set. What follows is not a new curriculum but the same five prayers, repeated for the rest of your life, with the Qurʾān and the character built slowly around them. Choose one school of law and follow it for a few years rather than picking opinions from all four — the point is coherence, not correctness between valid options.

Expect a hard stretch somewhere between the third and the twelfth month, when the newness has gone and the habit is not yet deep. Everyone has it. It passes, and it passes faster for those who keep praying through it rather than waiting to feel differently first.

FORTY DAYS

Mark each day you prayed at least once. Gaps are expected; the shape of the whole is what matters.

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

Allah does not burden a soul beyond its capacity.

Q 2:286

Keep this sheet. Write the date you said the shahādah in the margin — people forget it, and later wish they had not.

