QURAN · HIFZ TRACKER

# Quran Memorization Tracker

Short, happy, consistent practice. Use with a qualified teacher for recitation and tajweed.

Listen · Repeat · Review

**Name:**

**Week of:**

**Surah / Ayahs I am learning:**

| Day | Listen | Repeat | Review | Kind effort | Star | Parent / teacher note |
|---|---|---|---|---|---|---|
| Monday | ☐ | ☐ | ☐ | ☐ | ☆ | |
| Tuesday | ☐ | ☐ | ☐ | ☐ | ☆ | |
| Wednesday | ☐ | ☐ | ☐ | ☐ | ☆ | |
| Thursday | ☐ | ☐ | ☐ | ☐ | ☆ | |
| Friday | ☐ | ☐ | ☐ | ☐ | ☆ | |
| Saturday | ☐ | ☐ | ☐ | ☐ | ☆ | |
| Sunday | ☐ | ☐ | ☐ | ☐ | ☆ | |

**A gentle rhythm that works:** listen to the ayahs once with full attention, repeat them out loud five times, then review yesterday's ayahs before learning new ones. Five focused minutes every day beats one long session once a week.

## This week I improved...

## Words I learned

Write a new Arabic word from your ayahs, and what it means.

| Arabic word | What it means |
|---|---|
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## My surah journey

Write each surah you finish, then colour one star for every time you recited it from memory.

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## My favourite ayah this week

**Celebrate with:** a sticker, a hug, a dua, a family high-five, or a calm read-aloud together. Effort is the achievement — the stars are just confetti.