



Trusted for 40 Years

## Your Post-Ramadan Audit

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As Ramadan comes to an end, let's stop and ask ourselves, what are the fruits of our efforts this month? Here is an audit form for you to fill out to audit yourself, since you invested so much during the month. To read the accompanying article to this audit form, [Post-Ramadan & Eid: Fatigue or Invigoration? click here](#). To see **Hakim Salim's** original article on [Welcoming Ramadan Fasting, click here](#).

**Rate yourself using the scales below. Think about the questions under each heading:**

### 1. What Was Your Intention at the Beginning of and During Ramadan?

Did you formalise it by saying it to yourself/writing it down/sharing it with anyone?

Did you speak to Allah in your Munajat (i.e. conversing with Allah) and communicated to Him your intention?

**Remember:** the same Allah is also going to be here until the next Ramadan so let us refresh and reaffirm our intention to continue to please the same Allah.

**What was the level of your Taqwa before the start of Ramadan? (Out of 10)**

1    2    3    4    5    6    7    8    9    10

**What is your level of your Taqwa now that Ramadan is over? (Out of 10)**

1    2    3    4    5    6    7    8    9    10

What schedule and routine have you developed for after Ramadan? Have you written it down? Who have you shown it to? How will you monitor and track your performance?

### 2. How balanced was your activity and rest during Ramadan? (Out of 10)

1    2    3    4    5    6    7    8    9    10

If you work, how well did you manage and balance your working life during this month? If you cook, were you busier in the kitchen during Ramadan than during other months?

**3. How well did you control the use of internet, social media, TVs and electronic devices during Ramadan? (Out of 10)**

1    2    3    4    5    6    7    8    9    10

**4. How well did you manage your food and drink during Ramadan? (Out of 10)**

1    2    3    4    5    6    7    8    9    10

Were you eating junk foods or good foods? What quantities? What combinations?

**5. How much did you minimise animal foods during Ramadan? (Out of 10)**

1    2    3    4    5    6    7    8    9    10

**6. How well did you avoid chilled and fizzy drinks during Ramadan? (Out of 10)**

1    2    3    4    5    6    7    8    9    10

**7. Were you moderate in your eating and drinking during Ramadan? (Out of 10)**

1    2    3    4    5    6    7    8    9    10