Tabarak Academy

Hifz Completion Plan: The Full Quran In 3 Years

Based on the Madinah Mushaf (604 pages, 15 lines a page)

Name: _____ Start date: ____ / ____ / _____

Teacher or listener: _____ Target finish: ____ / ____ / _____

The Rule Behind This Plan

One juz a month. One review month after every five juz.
30 months of new memorization + 6 review months = 36 months (3 years).
One juz is about 20 pages. Four weeks of 5 pages = one juz. So your daily goal is **1 page**.

Your Week

Days	What you do
5 days (you choose which)	**Sabaq:** memorize 1 new page. **Sabqi:** read your last 5 pages from memory. **Manzil:** review older pages.
2 days	No new lines. Review the whole week's pages, then your manzil. Recite to your teacher or listener.

The Three Parts Of Every Day

• **Sabaq (new):** today's page. Read each line 5 times looking, then 5 times without looking. Join the lines. Recite the page with no mistakes before you tick it.

• **Sabqi (recent):** the last 5 pages you memorized. Read them every day from memory, with the mushaf closed.

• **Manzil (old):** everything older than your sabqi. Rotate it so every old juz is reviewed at least once a month. When manzil takes longer than sabaq, slow down new lines.

Five Simple Rules

1. Use one mushaf for the whole plan.
2. Tick **Memorized** when you finish. Tick **Recited** only after you read it to someone with no mistakes.
3. Missed a day? Do not double up. Start where you stopped and move your finish date back one day.
4. Busy day? Skip new lines but keep sabqi and manzil.
5. Juz 30 has 23 pages and Juz 1 has 21. Take a few extra days if you need them.

Too fast for you? Use the same table at half a page a day: each row becomes 2 months, and you finish in about 6 years.

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Your 36-Month Plan

Start from Juz 30 and move toward Juz 1

Month	Goal	Mushaf pages	Month dates	Memorized	Recited
1	Memorize Juz 30	582 to 604			
2	Memorize Juz 29	562 to 581			
3	Memorize Juz 28	542 to 561			
4	Memorize Juz 27	522 to 541			
5	Memorize Juz 26	502 to 521			
6	**Review Juz 26 to 30**	**Review only**			
7	Memorize Juz 25	482 to 501			
8	Memorize Juz 24	462 to 481			
9	Memorize Juz 23	442 to 461			
10	Memorize Juz 22	422 to 441			
11	Memorize Juz 21	402 to 421			
12	**Review Juz 21 to 25**	**Review only**			
13	Memorize Juz 20	382 to 401			
14	Memorize Juz 19	362 to 381			
15	Memorize Juz 18	342 to 361			
16	Memorize Juz 17	322 to 341			
17	Memorize Juz 16	302 to 321			
18	**Review Juz 16 to 20**	**Review only**			
19	Memorize Juz 15	282 to 301			
20	Memorize Juz 14	262 to 281			
21	Memorize Juz 13	242 to 261			
22	Memorize Juz 12	222 to 241			
23	Memorize Juz 11	202 to 221			
24	**Review Juz 11 to 15**	**Review only**			
25	Memorize Juz 10	182 to 201			
26	Memorize Juz 9	162 to 181			
27	Memorize Juz 8	142 to 161			
28	Memorize Juz 7	122 to 141			
29	Memorize Juz 6	102 to 121			
30	**Review Juz 6 to 10**	**Review only**			
31	Memorize Juz 5	82 to 101			
32	Memorize Juz 4	62 to 81			
33	Memorize Juz 3	42 to 61			
34	Memorize Juz 2	22 to 41			
35	Memorize Juz 1	1 to 21			
36	**Review Juz 1 to 5**	**Review only**			

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Weekly Tracker

Print one page for each week

Week of: ____ / ____ / _____ Juz: _____ Weekly goal: 5 pages

Day	Sabaq (page)	Sabqi done	Manzil (pages)	Stuck verses	Recited
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Review day 1					
Review day 2					

Manzil check (end of week)

Juz or pages reviewed	Strong	Weak	Forgotten

Weak pages go to the front of next week's manzil. Days you hit your goal this week: ____ / 5

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30-Juz Tracker

Color a box when you finish a juz and recite it to your teacher

Juz 30 pages 582 to 604 Date: ___ / ___	**Juz 29** pages 562 to 581 Date: ___ / ___	**Juz 28** pages 542 to 561 Date: ___ / ___	**Juz 27** pages 522 to 541 Date: ___ / ___	**Juz 26** pages 502 to 521 Date: ___ / ___
Juz 25 pages 482 to 501 Date: ___ / ___	**Juz 24** pages 462 to 481 Date: ___ / ___	**Juz 23** pages 442 to 461 Date: ___ / ___	**Juz 22** pages 422 to 441 Date: ___ / ___	**Juz 21** pages 402 to 421 Date: ___ / ___
Juz 20 pages 382 to 401 Date: ___ / ___	**Juz 19** pages 362 to 381 Date: ___ / ___	**Juz 18** pages 342 to 361 Date: ___ / ___	**Juz 17** pages 322 to 341 Date: ___ / ___	**Juz 16** pages 302 to 321 Date: ___ / ___
Juz 15 pages 282 to 301 Date: ___ / ___	**Juz 14** pages 262 to 281 Date: ___ / ___	**Juz 13** pages 242 to 261 Date: ___ / ___	**Juz 12** pages 222 to 241 Date: ___ / ___	**Juz 11** pages 202 to 221 Date: ___ / ___
Juz 10 pages 182 to 201 Date: ___ / ___	**Juz 9** pages 162 to 181 Date: ___ / ___	**Juz 8** pages 142 to 161 Date: ___ / ___	**Juz 7** pages 122 to 141 Date: ___ / ___	**Juz 6** pages 102 to 121 Date: ___ / ___
Juz 5 pages 82 to 101 Date: ___ / ___	**Juz 4** pages 62 to 81 Date: ___ / ___	**Juz 3** pages 42 to 61 Date: ___ / ___	**Juz 2** pages 22 to 41 Date: ___ / ___	**Juz 1** pages 1 to 21 Date: ___ / ___

"And We have certainly made the Quran easy to remember." (Surah Al-Qamar 54:17)