Juz Amma Memorisation Tracker

Al-Fatihah first, then from An-Nas back to An-Naba. Tick a box when the step is done. One short session a day is enough.

Name: _____ Started on: _____ Teacher: _____

No.	Surah (number in the Mushaf)	Verses	Listened	Memorised	Recited to a parent	Recited to the teacher	Date finished
1	Al-Fatihah (1)	7	☐	☐	☐	☐	
2	An-Nas (114)	6	☐	☐	☐	☐	
3	Al-Falaq (113)	5	☐	☐	☐	☐	
4	Al-Ikhlas (112)	4	☐	☐	☐	☐	
5	Al-Masad (111)	5	☐	☐	☐	☐	
6	An-Nasr (110)	3	☐	☐	☐	☐	
7	Al-Kafirun (109)	6	☐	☐	☐	☐	
8	Al-Kawthar (108)	3	☐	☐	☐	☐	
9	Al-Ma'un (107)	7	☐	☐	☐	☐	
10	Quraysh (106)	4	☐	☐	☐	☐	
11	Al-Fil (105)	5	☐	☐	☐	☐	
12	Al-Humazah (104)	9	☐	☐	☐	☐	
13	Al-'Asr (103)	3	☐	☐	☐	☐	
14	At-Takathur (102)	8	☐	☐	☐	☐	
15	Al-Qari'ah (101)	11	☐	☐	☐	☐	
16	Al-'Adiyat (100)	11	☐	☐	☐	☐	
17	Az-Zalzalah (99)	8	☐	☐	☐	☐	
18	Al-Bayyinah (98)	8	☐	☐	☐	☐	
19	Al-Qadr (97)	5	☐	☐	☐	☐	
20	Al-'Alaq (96)	19	☐	☐	☐	☐	
21	At-Tin (95)	8	☐	☐	☐	☐	
22	Ash-Sharh (94)	8	☐	☐	☐	☐	
23	Ad-Duhaa (93)	11	☐	☐	☐	☐	
24	Al-Layl (92)	21	☐	☐	☐	☐	
25	Ash-Shams (91)	15	☐	☐	☐	☐	
26	Al-Balad (90)	20	☐	☐	☐	☐	
27	Al-Fajr (89)	30	☐	☐	☐	☐	
28	Al-Ghashiyah (88)	26	☐	☐	☐	☐	
29	Al-A'la (87)	19	☐	☐	☐	☐	
30	At-Tariq (86)	17	☐	☐	☐	☐	
31	Al-Buruj (85)	22	☐	☐	☐	☐	
32	Al-Inshiqaq (84)	25	☐	☐	☐	☐	
33	Al-Mutaffifin (83)	36	☐	☐	☐	☐	
34	Al-Infitar (82)	19	☐	☐	☐	☐	

No.	Surah (number in the Mushaf)	Verses	Listened	Memorised	Recited to a parent	Recited to the teacher	Date finished
35	**At-Takwir** (81)	29	☐	☐	☐	☐	
36	**'Abasa** (80)	42	☐	☐	☐	☐	
37	**An-Nazi'at** (79)	46	☐	☐	☐	☐	
38	**An-Naba** (78)	40	☐	☐	☐	☐	

Verse counts follow the Hafs Mushaf. Keep revising finished surahs every week.