

Ramadan Work Schedule Planner

Adjust your freelance hours and deadlines for Ramadan: shorter focused blocks, rest around fasting hours, and honest deadline conversations with clients before the month starts.

Planning principles

- Shift deep work to your highest-energy window (often after Suhoor or after Iftar)
- Keep client calls in the afternoon window you can sustain
- Add one extra buffer day to every deadline in Ramadan
- Tell clients your Ramadan hours in advance, in writing
- Protect sleep: plan work blocks, not all-night marathons

Weekly template (fill in)

- Suhoor to morning block: [hours + tasks]
- Midday rest / light tasks: [tasks]
- After Iftar block: [hours + tasks]
- Taraweeh / family time protected: [yes]
- Deadlines this week: [client + date]