THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

ISLAMIC EDUCATION · FREE TO PRINT

Hifz and Muraja'ah Tracker

Track what is memorised and when it was last revised, so that nothing quietly slips away. Works for a child or an adult.

WHAT IS INSIDE

- Teacher's notes: why memorisation is lost, and how to stop it
- The revision cycle, explained in one page
- Daily sheet: new, near and far
- Weekly plan
- The master list: what is held, and when it was last heard
- The honest test

The Striving Muslim Academy

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Why memorisation is lost

Nobody forgets because they are careless. They forget because nothing in their week required them to remember. These are the six causes we see, in the order they do damage.



1. New memorisation is taking all the time

New pages feel like progress. Revision feels like standing still. So the week fills with new work, the old work is never heard, and after a year most of it is gone.

One third new, two thirds old. If there are only fifteen minutes, spend five on new and ten on revision. It will feel too slow. It is the only arrangement that produces somebody who still has it in five years.

2. Nobody is listening

Reciting silently to yourself does almost nothing. You cannot hear your own gaps, and the mind supplies the missing words without telling you.

It must be out loud, to a person. A parent who does not know the surah can still follow in the mushaf and say "stop, read that again". That is enough. The hearing is what matters, not the expertise.

3. Always starting from the beginning

A child who always starts at verse one has memorised a chain, not a text. Start them in the middle and they cannot begin. They also cannot recover if they slip in salah.

Start them at a random verse. Read verse four and ask for verse five. Ask for the last verse first. It will feel much harder at first, and that difficulty is precisely the weakness you are removing.

4. Similar verses are never compared

The Qur'an has many passages that are nearly identical. A reciter who has not been shown them side by side jumps from one to the other without noticing, often for years.

Write the pair out together and mark the one word that differs. Once seen side by side, the confusion usually ends that day. Unfound, it never ends at all.

5. Revision has no schedule, so it has no existence

"I revise when I can" means "I revise what I enjoy", which means the recent surahs. The old ones are never reached, and those are the ones at risk.

Use the cycle on the next page. Written down, it takes the decision away from how anybody feels on the day. That is the entire value of it.

6. Memorising beyond the reading ability

A child who cannot yet read the words is memorising sound, so every revision has to come from a person or a recording. The moment that stops, the memorisation decays with nothing to restore it from.

Keep reading ahead of memorisation. If they cannot read the surah they are learning, slow the hifz and put the time into reading. You lose a month and gain a decade.

The one measure that matters

Not how many surahs have been memorised. **How many can be recited cold, from a random verse, with nobody feeding them a word.** Count that number once a term and write it down. It is the only honest figure, and it is the one we ask for in the Muraja'ah group.

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The revision cycle

Three streams, every day. The whole system is this page. Everything after it is paper to write on.



1. New · about a third of your time

What you are learning now. A small amount, learned properly. Read it from the mushaf twenty times before trying to say it from memory. Most people try to recall far too early, which makes it slow and discouraging.

2. Near · about a third

Everything memorised in the last month. This is the most fragile material you hold. It feels secure and it is not. Recite all of it every single day until it is a month old, then it moves into the third stream.

3. Far · about a third

Everything older than a month, on a rota. Divide it into seven parts and recite one part each day, so the whole lot is heard once a week. Write the parts down. A rota you keep in your head is a rota you do not have.

What a fifteen minute session looks like

MINUTES	STREAM	WHAT YOU ACTUALLY DO
0 to 5	**New**	Read the new verses from the mushaf, aloud, many times. Only then try them from memory.
5 to 10	**Near**	Recite everything from the last month, out loud, to somebody holding the mushaf.
10 to 15	**Far**	Today's slice of the rota. Start at a random verse, not the beginning.

If you only have five minutes

Drop the new work, not the revision. A day without new memorisation costs you nothing. A week without revision costs you a month of rebuilding.

This is the opposite of what almost everybody does, and it is the single most useful sentence on this page.

Daily sheet

Print one for each week. Fill it in after the session, not before. What was planned is of no interest. What happened is.



DAY	NEW	NEAR	FAR, TODAY'S SLICE	HEARD BY
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

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Where I slipped this week

Write the exact verse, not "surah such and such". A slip that is written down gets fixed. A slip that is only noticed does not.

SURAH AND VERSE	WHAT WENT WRONG	FIXED?
		☐
		☐
		☐
		☐
		☐

The master list

Everything held, and when it was last heard by another person. The last column is the one that tells the truth. Anything more than a month old needs reciting this week.



NO.	SURAH OR PASSAGE	DATE LEARNED	LAST HEARD	SECURE?	WEAK SPOTS
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	
				☐	

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Secure means: recited from a random verse, with nobody feeding them a word, in the last month. Nothing else counts as secure, however well it is known.

The honest test

Once a term. It is uncomfortable, and that is what makes it useful. Everything else flatters.



How to run it

1. Pick five surahs at random from the master list. Not chosen, **random**. Fold paper, draw numbers, anything that removes the choosing.
2. For each one, open the mushaf and read out a verse from the middle. Ask for the next verse.
3. Feed them nothing, not even the first word. Wait. Silence is information, so let it run.
4. Mark each one secure, shaky or lost. Be honest. Nobody is being graded and nothing is at stake except knowing where you are.

SURAH	SECURE	SHAKY	LOST	WHERE
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	
	☐	☐	☐	

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If most were shaky or lost

Stop all new memorisation for a month. All of it. Put every minute into revision. This is not a punishment and it is not a step backwards; it is the repair that makes everything afterwards worth having.

What to say to the child

Not "you have forgotten it". Say: **"This one has gone quiet. Let us wake it up."** Forgetting is normal, it is expected, and it is the reason revision exists. A child who believes forgetting means failure will stop telling you when it happens.

تَعَاهَدُوا هَذَا الْقُرْآنَ

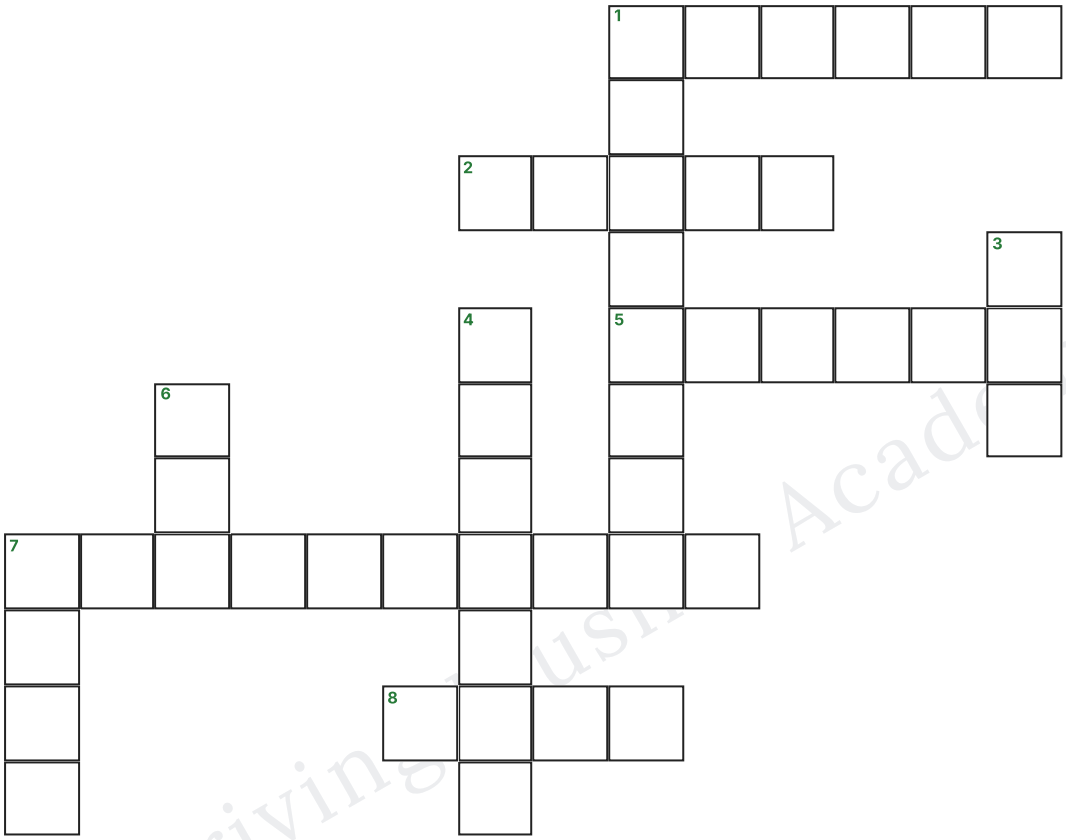
"Keep refreshing your knowledge of the Qur'an, for it slips away from the hearts of men faster than a camel breaks free from its tether."

THE PROPHET ﷺ, NARRATED BY ABU MUSA AL-ASH'ARI (MAY ALLAH BE PLEASED WITH HIM). SAHIH AL-BUKHARI AND SAHIH MUSLIM.

Word Whizz

Crossword

Everything you need is on the pages of this pack. Read each clue and write the word in the boxes, one letter in each box. The number in brackets tells you how many letters the word has.



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Across

1 Instead of always starting at verse one, start at this kind of verse. (6)

2 Into how many parts do you divide the older material for the rota? (5)

5 A surah is called this if you recited it from any verse asked for in the last month, with nobody feeding you a word. (6)

7 This is normal and expected, and it is the reason revision exists. (10)

8 In the revision cycle, which stream holds everything memorised in the last month? (4)

Down

1 New pages feel like progress, but this feels like standing still. What is it? (8)

3 In the revision cycle, which stream is what you are learning now? (3)

4 How many minutes long is the sample session in the revision cycle? (7)

6 In the revision cycle, which stream holds everything older than a month? (3)

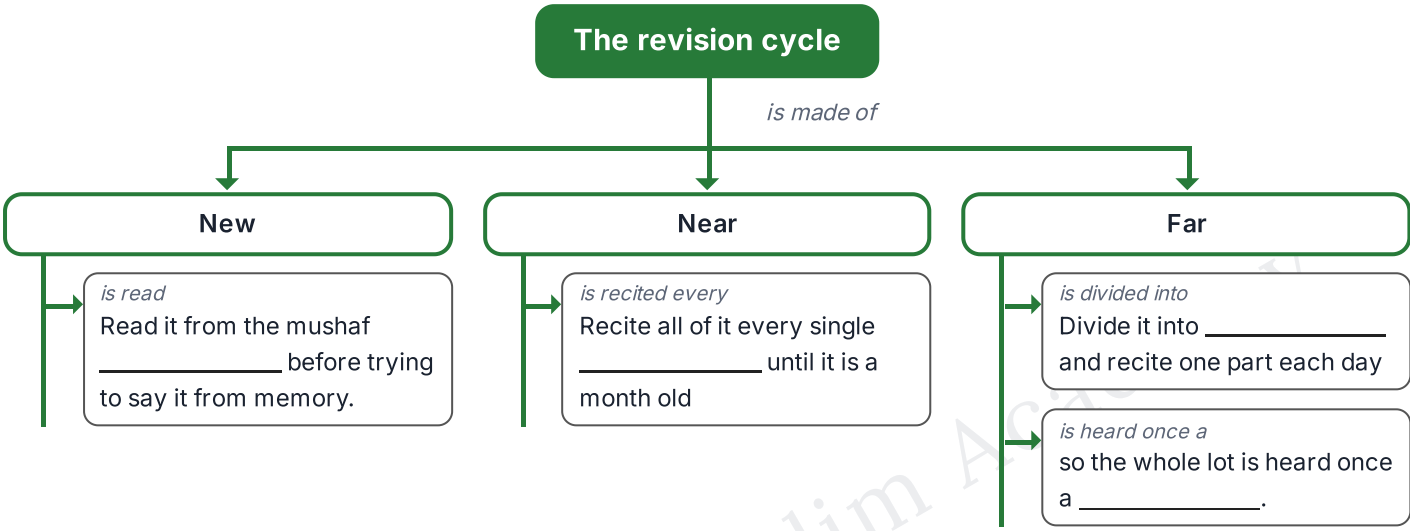
7 How many surahs do you pick for the honest test? (4)

Let's Map It!

Fill in the blanks on the map with the words in the box. Read along the arrows.

USE THESE WORDS

week **seven parts** **twenty times** **day**



Word search

Find each word in the grid. Words read across, down, or slanting down. Tick each one when you find it.

V	R	R	U	M	H	H	L	M
E	A	M	H	E	A	R	D	E
R	I	S	M	M	G	M	D	M
S	L	U	O	O	R	U	M	O
E	S	R	E	N	O	S	V	R
C	H	A	P	T	T	H	O	I
C	A	H	B	H	A	A	R	S
C	K	V	K	S	C	F	W	E
F	Y	B	P	F	H	G	C	A

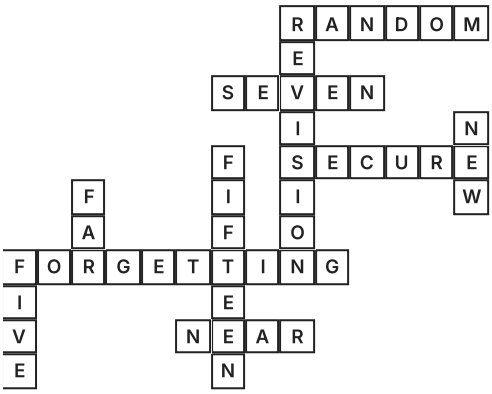
- ☐ Memorise
- ☐ Mushaf
- ☐ Verse
- ☐ Surah
- ☐ Month
- ☐ Heard
- ☐ Shaky
- ☐ Rota

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Answers

For the grown-up: cover this page while the puzzles are being done.

Crossword



Across: 1 Random, 2 Seven, 5 Secure, 7 Forgetting, 8 Near

Down: 1 Revision, 3 New, 4 Fifteen, 6 Far, 7 Five

Let's Map It

twenty times; day; seven parts; week

Word search

V	R	R	U	M	H	H	L	M
E	A	M	H	E	A	R	D	E
R	I	S	M	M	G	M	D	M
S	L	U	O	O	R	U	M	O
E	S	R	E	N	O	S	V	R
C	H	A	P	T	T	H	O	I
C	A	H	B	H	A	A	R	S
C	K	V	K	S	C	F	W	E
F	Y	B	P	F	H	G	C	A

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