

Hifz Starter Plan

How to start memorising the Quran without losing what you learn. One page to read, one page to print and fill in for your first four weeks.

The five steps

- 1 Check your reading first.** Open the mushaf at a page you have never read and read five lines aloud. If you still sound out each letter, finish the Noorani Qaida and some fluent reading before you memorise.
- 2 Pick one starting point and keep it.** Juz Amma, starting from An-Nas and working backwards, suits most children and adults. Use one printed mushaf throughout.
- 3 Set a daily portion you can still recite next month.** For most beginners that is three to five lines, not a page.
- 4 Split every session into three parts:** sabaq, sabqi and manzil. Most of the time goes on the last two.
- 5 Recite to someone every week.** A teacher, a hafiz in your family or masjid, or an online tutor. They hear the slips you cannot.

Every session has three parts

Sabaq

Today's new lines. The smallest part.

Sabqi

The last week or two, recited from memory every day.

Manzil

Everything older, a fixed amount a day on rotation.

How much to memorise a day

Daily new portion	Who it usually suits	What to watch
2 to 3 lines	Young children in their first year, and adults who are still slow readers	It feels too small. Keep it until revision is steady.
3 to 5 lines	Most adult and teenage beginners	Right if yesterday's lines are clean every morning.
Half a page	Settled students with a daily routine and a teacher	Only once sabqi and manzil are holding.
A page or more	Full-time students	Needs an hour or more of revision a day.

The one rule: if yesterday's portion cannot be recited cleanly from memory this morning, add nothing new today. Repair first. A small amount every day beats a large amount three times a week.

Learning the new lines: the 3:10 method

Read one verse from the mushaf ten times, slowly and correctly. Look away and recite it three times from memory. Do the next verse the same way, then recite the two together, and keep joining until the whole portion comes out in one go.

My first four weeks of hifz

Name: _____ Starting surah: _____ Lines a day: _____

Day	Sabaq new lines	Clean from memory next morning?	Sabqi recited	Manzil portion	Heard by teacher
Week 1					
Day 1		☐	☐		☐
Day 2		☐	☐		☐
Day 3		☐	☐		☐
Day 4		☐	☐		☐
Day 5		☐	☐		☐
Day 6		☐	☐		☐
Week 2					
Day 1		☐	☐		☐
Day 2		☐	☐		☐
Day 3		☐	☐		☐
Day 4		☐	☐		☐
Day 5		☐	☐		☐
Day 6		☐	☐		☐
Week 3					
Day 1		☐	☐		☐
Day 2		☐	☐		☐
Day 3		☐	☐		☐
Day 4		☐	☐		☐
Day 5		☐	☐		☐
Day 6		☐	☐		☐
Week 4					
Day 1		☐	☐		☐
Day 2		☐	☐		☐
Day 3		☐	☐		☐
Day 4		☐	☐		☐
Day 5		☐	☐		☐
Day 6		☐	☐		☐

Day 7 each week is revision only: no new lines. Recite the whole week's sabaq in one sitting, then read it to someone who knows the Quran. If any day's box stayed empty, that portion goes back into sabqi before anything new is added.