

Juz Amma Memorization Tracker

37 surahs, 564 verses. Start with An-Nas and work backward to An-Naba. Write the date in each box and keep reviewing older surahs every week.

Child's name: _____ Start date: _____



#	Ch.	Surah name	Verses	Started	Memorized	Review 1	Review 2	Review 3
Stage 1: The Starter Surahs								
1	114	An-Nas	6					
2	113	Al-Falaq	5					
3	112	Al-Ikhlās	4					
4	111	Al-Masad	5					
5	110	An-Nasr	3					
6	109	Al-Kafirun	6					
7	108	Al-Kawthar	3					
Stage 2: Building Confidence								
8	107	Al-Ma'un	7					
9	106	Quraysh	4					
10	105	Al-Fil	5					
11	104	Al-Humazah	9					
12	103	Al-Asr	3					
13	102	At-Takathur	8					
14	101	Al-Qari'ah	11					
15	100	Al-Adiyat	11					
16	99	Az-Zalzalah	8					
Stage 3: Growing Stamina								
17	98	Al-Bayyinah	8					
18	97	Al-Qadr	5					
19	96	Al-Alaq	19					
20	95	At-Tin	8					
21	94	Ash-Sharh	8					
22	93	Ad-Duha	11					
23	92	Al-Layl	21					
24	91	Ash-Shams	15					
25	90	Al-Balad	20					
26	89	Al-Fajr	30					
27	88	Al-Ghashiyah	26					

Juz Amma Tracker (continued)



#	Ch.	Surah name	Verses	Started	Memorized	Review 1	Review 2	Review 3
Stage 4: The Finish Line								
28	87	Al-A'la	19					
29	86	At-Tariq	17					
30	85	Al-Buruj	22					
31	84	Al-Inshiqaq	25					
32	83	Al-Mutaffifin	36					
33	82	Al-Infitar	19					
34	81	At-Takwir	29					
35	80	Abasa	42					
36	79	An-Nazi'at	46					
37	78	An-Naba	40					

Review guide: new surahs (last 3 days) every day; recent surahs (last 2 to 3 weeks) 3 times a week; older surahs at least once a week. "#" is the memorization order and "Ch." is the Quran chapter number.

Tip: do not start a new surah while the last two still feel shaky.