Your manzil rotation, already decided

The book asks you to divide everything you have finished into seven parts and recite one part a day. It also says, honestly, that this is the rotation people invent and then abandon. So here it is, worked out.

Juz ʿAmma is pages **582–604** of the muṣḥaf — **37** sūrahs, **2308** words. Split seven ways by length, the heaviest day comes to about **1.3 times** the lightest — near enough to even that no day becomes the one you skip. No day ends in the middle of a sūrah.

DAY	WHAT YOU RECITE	PAGES	WORDS	DONE
Monday	Al-Aadiyaat *to* An-Naas 15 SŪRAHS	**599–604**	352	
Tuesday	Ad-Dhuhaa *to* Az-Zalzala 7 SŪRAHS	**596–599**	333	
Wednesday	Al-Fajr *to* Al-Lail 4 SŪRAHS	**593–596**	344	
Thursday	Al-Burooj *to* Al-Ghaashiya 4 SŪRAHS	**590–592**	334	
Friday	Al-Mutaffifin *to* Al-Inshiqaaq 2 SŪRAHS	**587–589**	276	
Saturday	Abasa *to* Al-Infitaar 3 SŪRAHS	**585–587**	317	
Sunday	An-Naba *to* An-Naazi'aat 2 SŪRAHS	**582–584**	352	

Until you have finished the whole juz, rotate only what you have. The table runs backwards, in the order you learn them, so the sūrahs you hold first are already at the top of it. Start with Monday's row alone if that is all you have, and let the rotation grow downwards as you do — do not wait until the juz is finished to begin revising it.

SHEET ONE

Print once and keep it where you recite. Nothing on it changes.

SHEET TWO

Print once. It is the whole juz on one page and it will take months to fill.

SHEET THREE

Print one every week. It is meant to be used up.

A day of this is about eight minutes. Three to four hundred words, at the pace of a recording you would listen to; nearer five minutes at the pace people actually revise at. It is worth knowing the real size of it, because the reason given for missing a day is never eight minutes.

A missed day is not repaid by doubling the next one. Doubling is how a rotation becomes a debt, and a debt is what people abandon. Pick it back up on the day you return, on the day it actually is.

Two days share a page number wherever a sūrah begins partway down a page. The names are what decide the cut; the pages are printed so you can find the day without opening anything else.

SHEET TWO · PRINT ONCE

The state of the juz

In the order you will work in — backwards, from the end you already hold. **Locked** is not the day you memorised it: it is the day it passed the from-the-middle test, cold, having not been revised beforehand. That is the only date worth writing down.

A dot marks a sūrah that repeats one of its own āyāt — the place you are most likely to lose your footing, so give it the extra reading before you need it. The day column is the rotation from sheet one: a day begins at the sūrah it is named against and runs down to the next name.

DAY		SŪRAH			LOCKED	REVISED
MON	114	النَّاسِ	An-Naas	6		
	113	الفَلَقِ	Al-Falaq	5		
	112	الإِخْلَاصِ	Al-Ikhlaas	4		
	111	المَسَدِ	Al-Masad	5		
	110	النَّصْرِ	An-Nasr	3		
	109	الكَافِرُونَ	Al-Kaafiroon	6 •		
	108	الكَوْثَرِ	Al-Kawthar	3		
	107	المَاعُونِ	Al-Maa'un	7		
	106	قُرَيْشٍ	Quraish	4		
	105	الفِيلِ	Al-Fil	5		
	104	الهُمَزَةِ	Al-Humaza	9		
	103	العَصْرِ	Al-Asr	3		
	102	التَّكَاثُرِ	At-Takaathur	8		
	101	القَارِعَةِ	Al-Qaari'a	11		
	100	العَادِيَاتِ	Al-Aadiyaat	11		
TUE	99	الزَّلْزَلَةِ	Az-Zalzala	8		
	98	البَيِّنَةِ	Al-Bayyina	8		
	97	القَدْرِ	Al-Qadr	5		
	96	العَلَقِ	Al-Alaq	19		

DAY		SŪRAH			LOCKED	REVISED
	95	التِّينِ	At-Tin	8		
	94	الشَّرْحِ	Ash-Sharh	8		
	93	الضُّحَىٰ	Ad-Dhuhaa	11		
WED	92	اللَّيْلِ	Al-Lail	21		
	91	الشَّمْسِ	Ash-Shams	15		
	90	البَلَدِ	Al-Balad	20		
	89	الفَجْرِ	Al-Fajr	30		
THU	88	الغَاشِيَةِ	Al-Ghaashiya	26		
	87	الأَعْلَىٰ	Al-A'laa	19		
	86	الطَّارِقِ	At-Taariq	17		
	85	البُرُوجِ	Al-Burooj	22		
FRI	84	الانشِقَاقِ	Al-Inshiqaaq	25 •		
	83	المُطَفِّفِينَ	Al-Mutaffifin	36 •		
SAT	82	الانفِطَارِ	Al-Infitaar	19		
	81	التَّكْوِيرِ	At-Takwir	29		
	80	عَبَسَ	Abasa	42		
SUN	79	النَّازِعَاتِ	An-Naazi'aat	46		
	78	النَّبَإِ	An-Naba	40		

SHEET THREE · PRINT ONE A WEEK

The week

WEEK BEGINNING

DAY	MANZIL — THE ROTATION	SABQI — THE LAST FORTNIGHT	SABAQ — NEW	HEARD BY
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Fill the manzil column before the week starts, from sheet one. A rotation decided on the morning is the one skipped on a bad morning — and the bad mornings are exactly when the older sūrahs need saying.

The last column is not administration. A week with nothing in it is a week nobody heard you, and that is the week the mistakes get rehearsed until they are memorised too.

Order of the day, always: manzil, then sabqi, then sabaq. On a short day the **sabaq** is what you drop — the new portion will still be there tomorrow; the sūrah you are about to lose will not be.

This contains verses of the Qur'an. Please handle it with respect.

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