

Fasting Is

Done by someone legally obligated to fast

Done with intention

Abstaining from food and drink

Abstaining from sexual activity

From True Dawn (Ṣubḥ Ṣādiq) until Sunset

Who Must Fast?

Are you: Muslim, Bāligh, and Sane?
(see general note 1)

NO
Fasting is not obligatory

YES
Continue ↓

Are you any of the following?

1. Woman who is menstruating or having postpartum bleeding
2. Sick person fearing that fasting will worsen illness/delay recovery (see general note 2)
3. Pregnant/breast-feeding woman fearing that fasting will cause harm to self or child
4. Shar'i traveler (48+ mi) embarking before Fajr
5. Person permanently unable to fast (old age / chronic illness)

YES (1-4)
Not obligatory now
Make qaḍā' after Ramaḍān

YES (5)
Not obligatory
Pay fidyah for each fast

NO
Fasting is obligatory ✓

Fidyah - Key Details

- Only given to muslims eligible for zakāh
- About \$7.50 per fast (For NYC 2026)
- Given for each missed fast
- Can only be given after Ramaḍān begins, incl. for the full month in advance
- if health improves, Qaḍā' becomes obligatory (Previously paid fidyah becomes ṣadaqah)
- if unaffordable, make istighfār

Notes

Mustahabbāt

- Make the intention to fast during the night
- Eat suḥūr before Fajr enters, but delay it as much as possible, leaving a few minutes before Fajr as a precaution
- Break the fast immediately at sunset
- Break the fast with fresh or dry dates if available; otherwise, with water
- Using the miswāk is recommended and sunnah, even after zenith

Makrūhāt

- Chewing flavorless or juiceless items, such as plain gum, nails, plastic, or similar objects
- Intentionally collecting saliva in the mouth and swallowing it to relieve thirst
- Complaining of hunger or thirst
- Delaying a farḍ ghusl (obligatory ritual bath) until after Fajr without a valid reason
- Exaggerating in gargling or drawing water deeply into the nostrils while rinsing the nose (this is sunnah when not fasting)
- Using toothpaste or tooth powder while fasting (because swallowing will break the fast)
- Quarreling, arguing, or using filthy and indecent language, Backbiting, lying, or swearing
- Tasting food without swallowing (as that would break the fast)

General Notes

1. Bāligh = physical puberty through common signs (wet dream/menstruation), or upon reaching the age of 15 lunar (Hijri/Islamic) years (14 years and 6-7 months in Gregorian calendar) if no physical signs appear
2. Muslim physicians who understand the necessity of fasting should be consulted in matters regarding illness preventing the fast
3. Do not forget to observe the sunnah of repeating the words of the adhān while having ifṭār
4. Always consult a local mufti in regards to any fiqh related questions

Three Conditions Must Be Met For A Fast To Be Valid

1. Intention (Niyyah)

For

Ramadan	Recommended	Qada'
Emphasized Sunnah	Nawafil	Kaffarah

Must make intention before al-Dahwah al-Kubra (see general note 1)

Must make intention before Fajr

2. Not menstruating or having postpartum bleeding (see general note 2 for other forms of ritual impurity)

3. No invalidators (Ingestion OR intimate relations)

◆ If menstruation Starts ◆

BEFORE FAJR

- Cannot fast. Do Qada' for all skipped fasts later
- May eat and drink privately

AFTER FAJR

- Fast does not count, make Qada' later
- Fasting is prohibited for her and she may eat/drink

◆ If menstruation Ends ◆

BEFORE FAJR

Did menstruation last 10 full days?

YES
 Must fast even if you cannot finish ghusl before fajr comes in ✓

NO
 Continue ↓

Do you have enough time to finish ghusl before fajr comes in?

YES:
 Do ghusl and fast ✓

AFTER FAJR

- Qada' will still be made for this missed fast
- Begin fasting from next day
- Abstain from eating/drinking till Maghrib

NO
 Do not fast. But refrain from eating/drinking

Path A
 Did something enter through mouth, nose, anus, or deep abdominal cut, and reach digestive system (throat, stomach, intestines)?

NO
 Fast is valid ✓

YES
 Continue ↓

How? (see general note 3)

Forgetful
 Fast is valid ✓

Accidental
 Fast is invalid
 Qada' only

Intentional
 Fast is invalid
 Continue ↓

Was this a normally consumed item?

NO
 Qada' Only

YES
 Qada' & Kaffarah

Path B
 Did you engage in intimate relations, or anything that caused ejaculation?

NO
 Fast is valid ✓

YES
 Continue ↓

How? (see general note 3)

Forgetful
 Fast is valid ✓

Accidental / Intentional
 Continue ↓

Was ejaculation caused by physical stimulation?
 ex: masturbation (prohibited) or foreplay

NO
 Fast is valid

YES
 Continue ↓

Was this actual penetration?
 (in the anus (impermissible) or vagina)

NO
 Qada' Only

YES
 Qada' & Kaffarah

What is Kaffarah?

A fine paid as expiation for intentionally breaking one's ramadan fast

- Fast 60 Consecutive Days**
- Missing any day requires restart. Even if missed due to Eid or days of Tashriq (3 days after Eid al-Adha when takbir is done)
- Menstruation excused - resume immediately after
- IF GENUINELY UNABLE TO DO 60 FASTS DUE TO CHRONIC ILLNESS OR AGE (NOT OUT OF LAZINESS OR FEAR OF DIFFICULTY)**
- Feed 60 Poor people two full meals each, or give the equivalent monetary amount

General Notes

- Al-Dahwah al-Kubra is the midpoint between the beginning of Fajr (true dawn) and Maghrib. Example: Fajr at 5:00 AM and Maghrib at 5:00 PM → midpoint is 11:00 AM
- Major ritual impurity (i.e., caused by wet dreams, conjugal relations, or other forms of ejaculation) does not invalidate the fast. If one enters the fast in this state. Ritual purification (ghusl) is required for prayer
- "Forgetfully" means being unaware that you are fasting and doing something that breaks the fast (e.g. drinking water because you forgot you were fasting). "Accidentally" means being aware of the fast but unintentionally performing an action that breaks it (e.g. water going down the throat while making wudu')