



The Ramadan Daily Journal

Ramadan 20, _____

Date: _____, _____, _____, رمضان ٢٠

In This Issue

- What I Had for Suhoor
- What I Had for Iftar
- Any Medical Problems
- Journal Activity

Abu Ayyub Al Ansari
(radiAllahu anhu)
reported Allah's
Messenger (salla Allahu
alayhi wa sallam) as
saying:

He who observed the fast
of Ramadan and then
followed it with six
(fasts) of Shawwal, it
would be as if he fasted
perpetually."

Saheeh Muslim (#2614)

Ibadah Checklist

- ☐ Prayed Salatul Fajr
- ☐ Prayed Salatul Dhuhr
- ☐ Prayed Salatul Asr
- ☐ Prayed Salatul Maghrib
- ☐ Prayed Salatul Isha
- ☐ Prayed Taraweeh Today
- ☐ # of Taraweeh rakah
prayed: _____
- ☐ Read Quraan Today:

Notes:

A Quick Look At My Day

What I Had for Suhoor
(Draw or Write)

What I Had for Iftar, to break my
fast (Draw or Write)

Any Medical Problems I Had
Today

Good Deeds I Did Today

Activity

Have you ever fasted any other days besides those of Ramadan? If so, which ones? Do you plan on fasting the six days of Shawwal this year if you are fasting Ramadan?

OR

List some days other than those of Ramadan that we fast.

