



# The Ramadan Daily Journal

Ramadan 17, \_\_\_\_\_

Date: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, رمضان ١٧

## In This Issue

- What I Had for Suhoor
- What I Had for Iftar
- Any Medical Problems
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There has already been a sign for you (O Jews) in the two armies that met (in combat, i.e. the battle of Badr). One was fighting in the Cause of Allâh, and as for the other, (they) were disbelievers. They (the believers) saw them (the disbelievers) with their own eyes twice their number (although they were thrice their number). And Allâh supports with His Victory whom He wills. Verily, in this is a lesson for those who understand. (3:13)

### 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

You might write about something you learned today about the Battle of Badr; how your fasting day went today, etc.

