



The Ramadan Daily Journal

Ramadan 2, _____

Date: _____, _____, _____ رمضان ٢, _____

In This Issue

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

“Fasting is a screen
from hell.”
(Abu Dawud)

Extra: Copy the above
hadith in neat handwriting.

Ibadah Checklist

- ☐ Prayed Salat ul Fajr
- ☐ Prayed Salat ul Dhuh
- ☐ Prayed Salat ul Asr
- ☐ Prayed Salat ul Maghrib
- ☐ Prayed Salat ul 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

Write an article about what it is like to fast. Write it as if it were going to appear in a Muslim magazine.

If you are not fasting, interview one of your family members and write an article based upon their answers.

(Even if you are fasting, you can still interview a family member and write the article based upon their responses.)

Some questions you might ask/points you may use to prewrite:

Tell me about your day of fasting today...

What did you have for suhoor?

Did you get tired today? Were you hungry?

How does fasting make you feel?

Remember to be descriptive by using adjectives
to paint a picture for your audience.

[illegible]