



The Ramadan Daily Journal

Ramadan 7, _____

Date: _____, _____, _____ رمضان ٧

In This Issue

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

Allah's Messenger (salla Allahu alayhi wa sallam) said:

"For every malady (sickness) Allah created, He also created a cure."

(Saheeh Bukhari)

Extra: Copy the above hadith in neat handwriting.

Ibadah Checklist

- ☐ Prayed Salat al Fajr
- ☐ Prayed Salat al Dhuhur
- ☐ Prayed Salat al Asr
- ☐ Prayed Salat al Maghrib
- ☐ Prayed Salat al 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 had any medical problems so far this Ramadan? If so, what were your symptoms? What are some possible remedies?

If you haven't had any problems, alhamdulillah, you might:

- Copy the hadith in the side bar,
- Free write,
- Write about one ailment that you read about in today's daily activity reading and list some possible remedies.

