



The Ramadan Daily Journal

Ramadan 6, _____

Date: _____, _____, _____ رمضان ٦

In This Issue

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

Amr bin al As reported Allah's Messenger (salla Allahu alayhi wa sallam) as saying: "The difference between our fasting and that of the people of the Book is eating shortly before dawn."

(Muslim #2413)

Extra: Copy the above hadith in neat handwriting.

Ibadah Checklist

- ☐ Prayed Salat al Fajr
- ☐ Prayed Salat al Dhuh
- ☐ 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

If you are following the daily activities, write a paragraph examining your suhoor meals so far during Ramadan. Have they been good ones based upon what you learned yesterday? Why or why not?

If you are not following the daily activities, write about whether or not you think your suhoor meals have been good choices. Have they given you the energy to make it through your days?

