



The Ramadan Daily Journal

Ramadan 1, _____

Date: _____, _____, _____ رمضان ١

In This Issue

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

“O ye who believe!
Fasting has been
prescribed for you
as it was prescribed
for those before
you, that you may
become Al-
Muttaqun (pious)”

(2:183)

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
- What I Read: _____

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

Pretend you are a writer for “The Ramadan Daily Journal”
Your boss has given you the assignment to write an article explaining how
to fast. Suppose that the article will be written by Muslims and
Non Muslims, so remember to explain any terms they might not know.
(i.e.suhoor).

Be creative and don’t keep your boss waiting or you might get fired!

Write your article on the next page

*Younger kids can be junior reporters for the Ramadan Daily Journal by
orally reporting on the topic on the “news/radio”

[illegible]



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 Salatul Fajr
- ☐ Prayed Salatul Dhuh
- ☐ 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

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]



The Ramadan Daily Journal

Ramadan 3, _____

Date: _____, _____, _____ رمضان ٣

In This Issue

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

...So, whoever of you sights (the crescent on the first night of) the month (of Ramadan, i.e. is present at his home), he must observe Ṣaum (fasts) that month...

(2:185)

Extra: Copy the above hadith in neat handwriting.

Ibadah Checklist

- ☐ Prayed Salatul Fajr
- ☐ Prayed Salatul Dhuhur
- ☐ 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

Use the words in sentences. Younger children may copy the words instead of writing in sentences, as well as illustrate the words.

List 1 is for younger children.

List 2 is for older children.

These are words that are found in the English translation of the ayaats 2:183-185

1. sawm, ill, miskin, crescent, journey
2. commanded, miskin, ill, journey, guidance, revealed, criterion



The Ramadan Daily Journal

Ramadan 4, _____

Date: _____, _____, _____ رمضان ٤

In This Issue

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

The fasting of Ramadan was made obligatory before the end of Sha'ban in the second year of the Hijrah.

(Source: History of Islam)

Note: another source says 3 AH

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

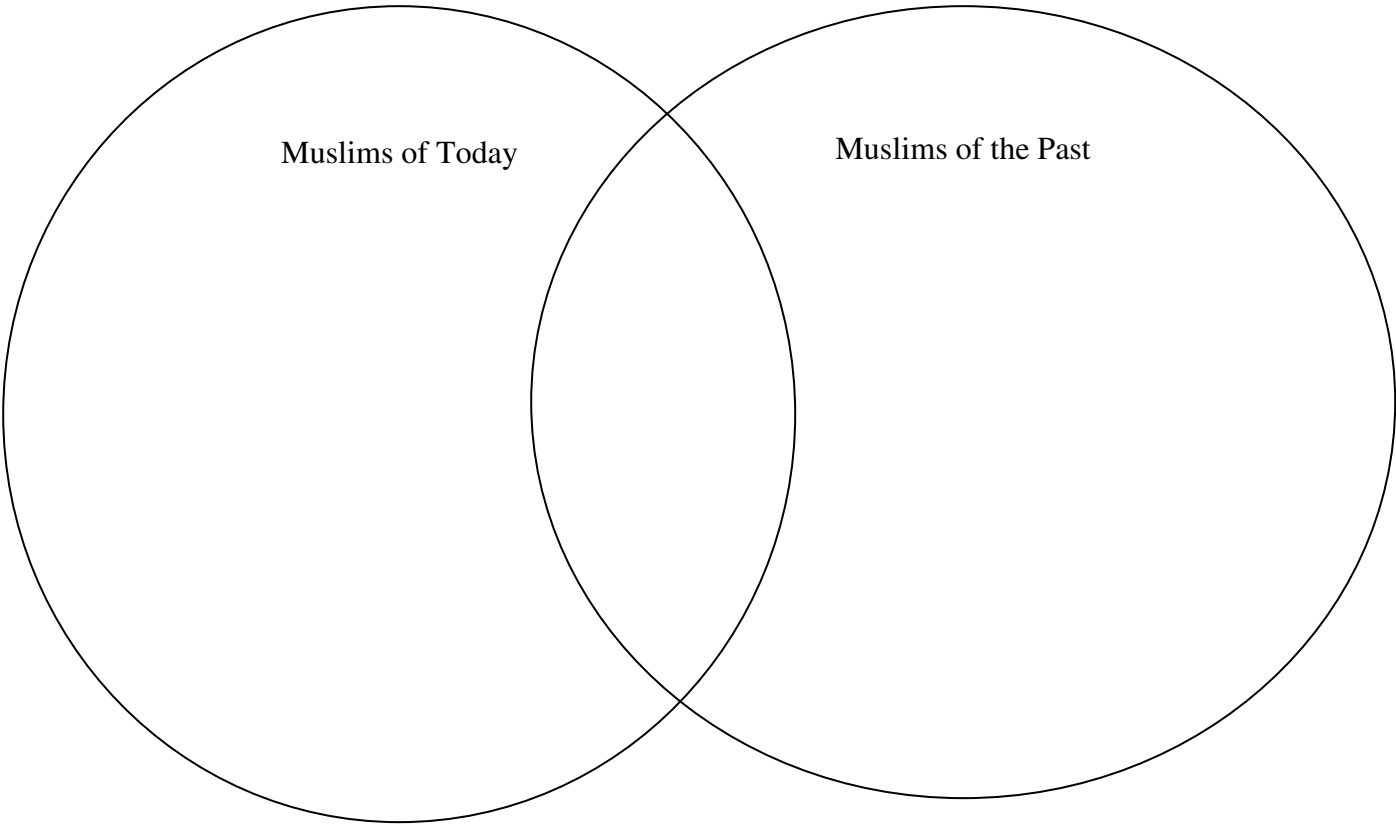
The article: (http://www.crescentlife.com/spirituality/ramadhan_in_history.htm) briefly discusses the differences between the observance of Ramadan by many Muslims today with that of Muslims from the past. Make a Venn diagram comparing the two.

Do you agree with the article's argument that many Muslims of today semi-hibernate during Ramadan?

Younger children: Oral: How was Ramadan different in the past then today? (Parents may need to reread parts and guide the discussion)

If you do not have access to the above article, or opt not to read it, this can be a free write day in the journal. (e.g. write about what happened today or yesterday, etc.).

Title:





The Ramadan Daily Journal

Ramadan 5, _____

Date: _____, _____, _____ رمضان ٥

In This Issue

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

Anas (radiallahu anhu) reported that Allah's Messenger (salla Allahu alayhi wa sallam) said "Take meal a little before dawn, for there is a blessing in taking meal at that time." (Muslim #2412)

Extra: Copy the above hadith in neat handwriting.

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

If you are following the daily activities:

Older kids: Write a paragraph/article describing what kinds of foods are good suhoor choices and why.

Younger children can copy words that are good suhoor choices (e.g. dates, etc)

If you are not following the daily activities, you can copy the hadith in the sidebar or write about foods you think would be good suhoor choices and why you think so.



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?



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 Salatul Fajr
- ☐ Prayed Salatul Dhuhhr
- ☐ 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 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.



The Ramadan Daily Journal

Ramadan 8, _____

Date: _____, _____, _____ رمضان ٨

In This Issue

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

Aisha (radi Allahu anhaa) reported that Hamza b. Amr al-Aslami asked the Messenger of Allah (salla Allahu alyahi wa sallam) about fasting on a journey, and he said: "Fast if you like and break it if you like." (Saheeh Muslim #2487)

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

What is your favorite mode of transportation? Why?

or

Write/tell about a trip you had in an unusual form of transportation.

or

Summarize what a traveler is permitted to do (regarding fasting) during Ramadan.



The Ramadan Daily Journal

Ramadan 9, _____

Date: _____, _____, _____ رمضان ٩

In This Issue

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

The Messenger (salla Allahu alayhi wa sallam) said:

"If anyone forgets and eats and drinks, then let him complete his fast because it is Allah who fed him and gave him to drink."

[Bukhaaree and Muslim]

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

How do you make up fasts? Talk with an adult about how fasts should be made up and write about it here as a reminder.



The Ramadan Daily Journal

Ramadan 10, _____

Date: _____, _____, _____, ١٠ رمضان

In This Issue

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

He who does not desist from obscene language and acting obscenely (during the period of fasting), Allah has no need that he did not eat or drink."
(Bukhari, Muslim)

Ibadah Checklist

- ☐ Prayed Salat ul Fajr
- ☐ Prayed Salat ul Dhuhr
- ☐ 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

List some things that make you angry.

Talk about or write about the following:

How do people act when they are angry?

Does losing control of our anger make things better or worse?

How can you tell when you are losing control of your anger? What can you do to calm down?

What are some good ways to get rid of anger?

Examples:

Seek refuge with Allah

Take a deep breath or walk away until you calm down

Tell someone in a calm matter what it is that you didn't like

Tell someone what it is that you would like to happen

What are some good ways to handle someone else's anger?



The Ramadan Daily Journal

Ramadan 11, _____

Date: _____, _____, _____, رمضان ١١

In This Issue

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

"We went to the mosque and made toys of wool for them (children) and when anyone felt hungry and wept for food we have them these toys till it was the time to break the fast."

Rubayyi daughter of Muawwidh bin Afra regarding what the Companions said in relation to children and fasting."

Saheeh Muslim (#2531)

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 "It's Ramadan" daily activities and you made a toy, write about your toy. Describe it. How does it work? What does it look like. (Younger children can do this orally).

OR Write an ad for your toy. Include features of the toy, how much it costs, why people should buy it. Be persuasive. (see sample on next page)

OR Write a how to article on how you made the toy.

Those not following the daily activities might want to choose one of the last two options or write about a favorite toy.

Again, these activities can be done orally by younger children or they can dictate to a grown up or sibling and copy what their helper writes down.

Example layout for an ad.

Attention Grabber

List your featured items

- list item here
- list item here
- list item here
- list item here

Co. name

Describe your
location by landmark
or area of town.

Tel: 555 555 5555

Advertisement Heading

Use this space to tell your
readers about your business,
product, service, or event. This
text should
tell the reader
what your
offer can do
for them.



List your hours or the time
and date of your event.



Organization



The Ramadan Daily Journal

Ramadan 12, _____

Date: _____, _____, _____ رمضان ١٢

In This Issue

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

Sahl b. Sa'd
(radiaAllahu anhu)
reported Allah's
Messenger (salla Allahu
alayhi salaam)
as saying:
"The people will
continue to prosper as
long as they hasten the
breaking of the fast."
Saheeh Muslim #2417)

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 probably have experienced the feeling and mood in your household of the fasters as maghrib approaches. What is it like? Write/tell an account of the last 30 minutes in your house before maghrib during a day of Ramadan. Be descriptive. You might pretend you are a newsreporter reporting on this "event." You might want to tape record it.



The Ramadan Daily Journal

Ramadan 13, _____

Date: _____, _____, _____, رمضان ١٣

In This Issue

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

If someone is invited to break his fast then he should respond to the invitation. If he refuses then he has disobeyed the Messenger (salla Allahu alayhi wa sallam).

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 already gone to someone's house for dinner during Ramadan?
If so, write about it.

If not, write about a dinner you went to in a past Ramadan.

OR

Write about someone's house you would like to go over for Ramadan.

OR

Have you had someone come over for Ramadan dinner this year?



The Ramadan Daily Journal

Ramadan 14, _____

Date: _____, _____, _____, رمضان ١٤

In This Issue

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

"Whoever observes prayer at night during Ramadaan, because of faith and seeking his reward from Allah, his previous sins would be forgiven."

(Muslim)

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 prayed any taraweeh prayers this Ramadhan? Ever? If so, discuss what it was like or write in your journal. (include details such as the atmosphere, people, etc)

Was it prayed as described in the articles above?

If you haven't made Salatul Taraweeh, summarize how it is made according to what you have read today in the It's Ramadan activities at:

<http://tj-ramadan.tripod.com/ramadan14.htm> or talk with someone who has made Salaatul Taraweeh. Write about their response.



The Ramadan Daily Journal

Ramadan 15, _____

Date: _____, _____, _____, رمضان ١٥

In This Issue

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

Abû Hurayrah relates that the Prophet (salla Allahu alahyi wa sallam) said:

"Allah says: 'Every deed of the child of Adam is for himself, except for fasting. It is for Me and I shall reward it.'"

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

Some of the benefits of fasting:

Fasting is a means of attaining taqwa

Fasting is a means that makes us appreciate and give thanks for pleasures

Fasting enables us to control our desires

Fasting makes us feel compassion and empathy towards the poor,

Fasting humiliates and weakens the Shaytaan

Choose 1 and describe how fasting can achieve that goal, insha Allah.

(see <http://tj-ramadan.tripod.com/ramadan15.htm>) if you need help.



The Ramadan Daily Journal

Ramadan 16, _____

Date: _____, _____, _____ رمضان ١٦

In This Issue

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

Ibn Umar (radiAllahu anhum) reported Allah's Messenger (salla Allahu alayhi wa sallam) as saying:

"Seek Laylatul Qadr in the last week (of Ramadan)."

(Saheeh Muslim, Book of Sawm, #2618)

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

Answer the following questions:

What is Laylatul Qadr better than?

What happens on Laylatul Qadr every year? (Hint: What do the angels descend with?)

When do we look for/seek Laylatul Qadr?

What do we do on the night of Laylatul Qadr? And what is it's reward?

(If you need help answering the questions, look in the Surah and its Tafsir if you haven't already read them).



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
- Journal Activity

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 Salat ul Fajr
- ☐ Prayed Salat ul Dhuhr
- ☐ 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

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



The Ramadan Daily Journal

Ramadan 18, _____

Date: _____, _____, _____, رمضان ١٨

In This Issue

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

Aisha (radi Allahu anhaa) reported that: With the start of the last ten days of Ramadan, the Prophet used to tighten his waist belt (i.e. work hard) and used to pray all the night, and used to keep his family awake for the prayers.

[Bukhari]

Ibadah Checklist

- ☐ Prayed Salat ul Fajr
- ☐ Prayed Salat ul Dhuhr
- ☐ 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 about some ways you can increase your ibadah during the last ten days of Ramadan.

[illegible]

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The Ramadan Daily Journal

Ramadan 19, _____

Date: _____, _____, _____ رمضان ١٩

In This Issue

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

It is related on the authority of Ayesha (RadiAllahu anhaa) that "The Messenger of Allah (salla Allahu alayhi wa sallam) observed I'tikaf in the last ten days of Ramadhan, till the end of his life. After his death his wives continued with it." (Saheeh Muslim #2640)

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

What is the purpose of itikaf?

How and where is itikaf observed? (for men? for women? Is there a difference?)

Have you ever observed itikah? If so, write about what it was like.

If not, ask (interview) someone who has observed it to tell you what it was like.
Write about their response.



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.



The Ramadan Daily Journal

Ramadan 21, _____

Date: _____, _____, _____ رمضان ٢١

In This Issue

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

Narrated Abu Hurayrah (radia Allahu anhu) The Messenger of Allah (salla Allahu alayhi wa sallam) said: "Every part of a person's body must perform a charity every day the sun comes up: to act justly between two people is a charity; to help a man with his mount, lifting him onto it or hoisting his belongings onto it is a charity; a good word is a charity; and removing a harmful thing from the road is a charity"

(Bukhari & Muslim)

Extra: Copy the above hadith in neat handwriting.

Ibadah Checklist

- ☐ Prayed Salatul Fajr
- ☐ Prayed Salatul Dhuhur
- ☐ 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

Look back at your past Ramadan journal entries under "Good Deed I Did Today" if you have been keeping track.

List the types of deeds you did. Who did they affect or help? How did you perform them?(Cheerfully?)

If you have not been keeping track throughout Ramadan of your deeds in your journal, think about/list the good deeds you did today and answer the same questions.

If you don't feel you did many good deeds today, make a list of good deeds that you think you can try to do tomorrow, Insha Allah.

Review <http://tj-ramadan.tripod.com/ramadan21.htm>
To learn more about good deeds and sadaqah, Insha Allah.



The Ramadan Daily Journal

Ramadan 22, _____

Date: _____, _____, _____ رمضان ٢٢

In This Issue

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

Taqabbala Allahu
minnaa wa minkum

May Allah accept it
from you and us.

(The Eid Greeting)

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

Are you usually rushed when preparing for Eid? Do you start in advance? How far in advance do you usually start? What are some of the things that you usually need more time to prepare for?

Do you plan on having guests for Eid? Are you planning a special meal for Eid? What types of activities do you usually do for Eid? What types of activities would you like to do for Eid?



The Ramadan Daily Journal

Ramadan 23, _____

Date: _____, _____, _____, رمضان ٢٣

In This Issue

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

Narrated By Anas bin Malik:

A tailor invited Allah's Apostle (salla Allahu alayhi wa sallam) to a meal which he had prepared. I went with Allah's Apostle (salla Allahu alayhi wa sallam) to that meal, and the tailor served the Prophet (salla Allahu alayhi wa sallam) with barley bread and soup of gourd and cured meat. I saw Allah's Apostle (salla Allahu alayhi wa sallam) picking the pieces of gourd from around the dish, and since then I have kept on liking gourd. Bukhari

Ibadah Checklist

- ☐ Prayed Salat al Fajr
- ☐ Prayed Salat al Dhuhr
- ☐ 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

What is your favorite meal? Write about it.
Do you know how to make it?

OR

List some kitchen safety tips that you should follow when cooking.



The Ramadan Daily Journal

Ramadan 24, _____

Date: _____, _____, _____ رمضان ٢٤

In This Issue

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

"The Prophet, sallaallahu `alayhe wa sallam, enjoined the payment of one Sa'a of dates or one Sa'a of barley as Zakat al-Fitr on every Muslim, young and old, male and female, free and slave."

(Related by al-Bukhari and Muslim)

Ibadah Checklist

- ☐ Prayed Salat al Fajr
- ☐ Prayed Salat al Dhuhr
- ☐ 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

Answer the following questions:

What is the purpose of Zakatul Fitr?

Who is Zakatul Fitr given to?

Who is it due from?

When is Zakatul Fitr due?

What should be given as Zakatul Fitr?

You can find out about Zakatul Fitr at:
<http://tj-ramadan.tripod.com/ramadan24.htm>



The Ramadan Daily Journal

Ramadan 25, _____

Date: _____, _____, _____ رمضان ٢٥

In This Issue

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

O mankind! We have created you from a male and a female, and made you into nations and tribes that you may know one another.....

(49:13)

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

If you are following the Daily Activities, then today's topic is
"Ramadan Around the World."

Follow the activities for Ramadan 25-27 and:

Write or draw about something you learned:
Suggestions:

What did you learn about the countries?
How Ramadan is observed there?
Is it similar to where you live? How?
Is it different? How?
Do you think you would like to observe Ramadan there? Why or Why not?
Draw and color a picture of the map and/or for the countries you visited today

If you are not following the activities, use today for free writing.



The Ramadan Daily Journal

Ramadan 26, _____

Date: _____, _____, _____ رمضان ٢٦

In This Issue

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

O mankind! We have created you from a male and a female, and made you into nations and tribes that you may know one another.....

(49:13)

Extra: Copy the above hadith in neat handwriting.

Ibadah Checklist

- ☐ Prayed Salat ul Fajr
- ☐ Prayed Salat ul Dhuhr
- ☐ 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

If you are following the Daily Activities, then today's topic is
"Ramadan Around the World."

Follow the activities for Ramadan 25-27 and:

Write or draw about something you learned:
Suggestions:

What did you learn about the countries?
How Ramadan is observed there?
Is it similar to where you live? How?
Is it different? How?
Do you think you would like to observe Ramadan there? Why or Why not?
Draw and color a picture of the map and/or for the countries you visited today

If you are not following the activities, use today for free writing.



The Ramadan Daily Journal

Ramadan 27, _____

Date: _____, _____, _____ رمضان ٢٧

In This Issue

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

O mankind! We have created you from a male and a female, and made you into nations and tribes that you may know one another.....

(9:13)

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 a story/article about what it is like to observe Ramadan in your country. Be descriptive and remember to use many adjectives and adverbs to make your writing interesting. "Paint a picture" for your audience. Use hand drawn pictures, photos, or clip art to liven up your presentation.

Use the 5 W's (who, what, when, where, why) and How in your article.

Things you can talk about:

Foods

Special events in the community
What it looks like during Ramadan
What it feels like during Ramadan
and more....

You can submit your story to Talibiddeen Jr. (talibiddeenjr@gmail.com) and insha Allah it may be included in the following year's "Ramadan Around the World."

Ramadan in

By



The Ramadan Daily Journal

Ramadan 28, _____

Date: _____, _____, _____, رمضان ٢٨

In This Issue

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

"When it was the day of Eid, the Prophet (salla Allahu alayhi wa sallam) use to alter his route (of returning).

Bukhari

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

Do you usually return by a different route from the musalla?

Does your community usually pray the Eid ul Fitr pray at a musalla?
Describe the musalla. Be descriptive, use lots of adjectives!



The Ramadan Daily Journal

Ramadan 29, _____

Date: _____, _____, _____ رمضان ٢٩

In This Issue

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

Umar (radiAllahu anhu) said" "The prayer of travelling is two rakahs and the prayer of Fitr is two rakahs. They are complete, not shortened and this is taken from the word of the Propeht (salla Allahu alayhi wa sallam)" (Ahmad)

Ibadah Checklist

- ☐ Prayed Salatul Fajr
- ☐ Prayed Salatul Dhuhur
- ☐ 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

Describe the Eid Prayer.

If you need help, you can refer to <http://tj-ramadan.tripod.com/ramadan29.htm>



The Ramadan Daily Journal

Ramadan 30, _____

Date: _____, _____, _____, رمضان ٣٠

In This Issue

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

Narrated By 'Aisha: Abu Bakr came to my house while two small Ansari girls were singing beside me the stories of the Ansar concerning the Day of Buath. And they were not singers. Abu Bakr said protestingly, "Musical instruments of Satan in the house of Allah's Apostle!" It happened on the 'Id day and Allah's Apostle said, "O Abu Bakr! There is an 'Id for every nation and this is our 'Id."

(Bukhari, Book of The Two Eid Festivals)

Ibadah Checklist

- ☐ Prayed Salatul Fajr
- ☐ Prayed Salatul Dhuh
- ☐ 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

Talk about how the companions celebrated Eid.

How is it different from today?

What types of things do you do for Eid?

What types of things do other Muslims do for Eid?

Do these activities seem to imitate the kuffar?

