

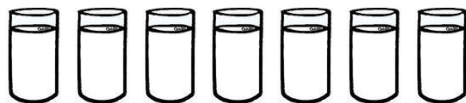
# RAMADAN DAILY JOURNAL

Date: Ramadan \_\_\_\_\_

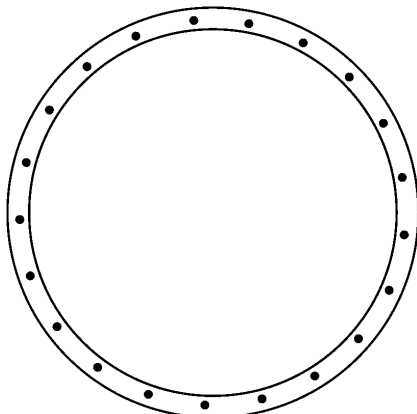
## Health/Nutrition

Time I Woke Up: \_\_\_\_\_

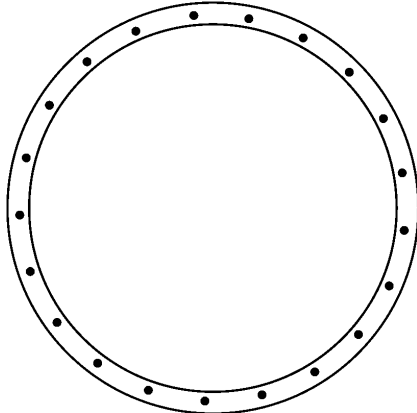
Water Tracker:



Suhoor



Broke my fast with:



Time I Went to Sleep: \_\_\_\_\_

Medical problems?

## Ibaadah/Daily Activities

Before Fajr:

- ☐ Prayed Salaatul Taraweeh
- ☐ Said Duaa(s) for Waking Up
- ☐ Ate Suhoor

During the Day:

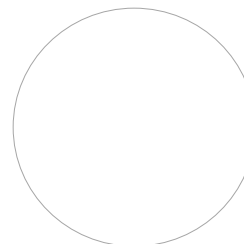
- ☐ Prayed Salaatul Fajr on time
- ☐ Read Quraan \_\_\_\_\_
- ☐ Other Reading \_\_\_\_\_
- ☐ Listened to a lecture/class
- ☐ Did memory work
- ☐ Did some writing
- ☐ Reviewed/learned some Arabic
- ☐ Made morning thikr
- ☐ Did a Good Deed
- ☐ Did a Good Deed
- ☐ Did a Good Deed
- ☐ Gave sadaqah
- ☐ Prayed Salaatul Dhuhr on time
- ☐ Prayed Salaatul Asr on time

Breaking the Fast & Evening

- ☐ Hastened to break my fast and made duaah for breaking fast/other duaas
- ☐ Prayed Salaatul Maghrib before dinner
- ☐ Ate a light dinner
- ☐ Made evening thikr
- ☐ Prayed Salaatul Ishaah on time
- ☐ Made duaas/thikr during the day
- ☐ Filled out trackers/journal
- ☐ Made thikr before bed

## Learning/Discovery/Reflection

What the moon looks like:



Time: \_\_\_\_\_

Phase name: \_\_\_\_\_

Reflect on my day:

How did the day go? What did I do? What could I improve, in shaa Allah? Did I reach any of my goals or make progress working towards them? Were there memorable/fun moments? Did I waste time today or use it wisely? Did I watch my behaviors, speech and actions?

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