



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.

