



# 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]