



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.

