



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.

