



The Ramadan Daily Journal

Ramadan 8, _____

Date: _____, _____, _____ رمضان ٨

In This Issue

- What I Had for Suhoor
- What I Had for Iftar
- Any Medical Problems
- Journal Activity

Aisha (radi Allahu anhaa) reported that Hamza b. Amr al-Aslami asked the Messenger of Allah (salla Allahu alyahi wa sallam) about fasting on a journey, and he said: "Fast if you like and break it if you like." (Saheeh Muslim #2487)

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 your favorite mode of transportation? Why?

or

Write/tell about a trip you had in an unusual form of transportation.

or

Summarize what a traveler is permitted to do (regarding fasting) during Ramadan.

