



The Ramadan Daily Journal

Ramadan 10, _____

Date: _____, _____, _____ رمضان ١٠

In This Issue

- What I Had for Suhoor
- What I Had for Iftar
- Any Medical Problems
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He who does not desist from obscene language and acting obscenely (during the period of fasting), Allah has no need that he did not eat or drink."
(Bukhari, Muslim)

Ibadah Checklist

- ☐ Prayed Salat ul Fajr
- ☐ Prayed Salat ul Dhuhr
- ☐ Prayed Salat ul Asr
- ☐ Prayed Salat ul Maghrib
- ☐ Prayed Salat ul 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

List some things that make you angry.

Talk about or write about the following:

How do people act when they are angry?

Does losing control of our anger make things better or worse?

How can you tell when you are losing control of your anger? What can you do to calm down?

What are some good ways to get rid of anger?

Examples:

Seek refuge with Allah

Take a deep breath or walk away until you calm down

Tell someone in a calm matter what it is that you didn't like

Tell someone what it is that you would like to happen

What are some good ways to handle someone else's anger?

