

# RAMADAN

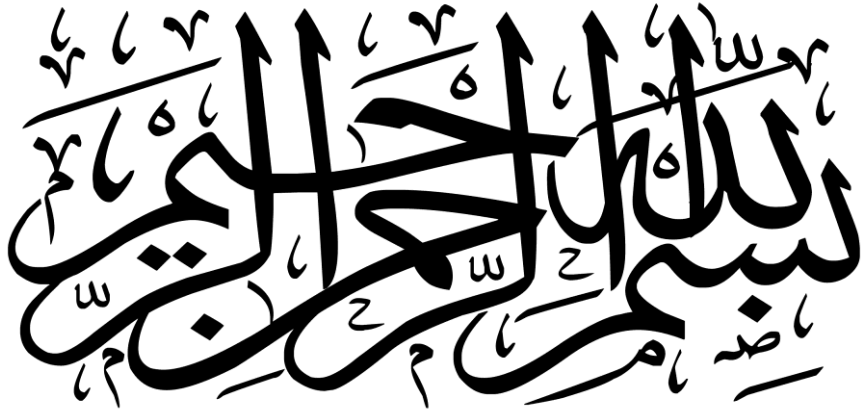
# JOURNAL

YEAR: 20\_\_

HIJRI: \_\_\_\_

THIS JOURNAL BELONGS TO:

---



In the Name of Allah, Most Compassionate, Most Merciful

DAY 1:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

What are your goals for Ramadan? Discuss.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 2:

### Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

Describe your first day of fasting. What were the challenges?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### DAY 3:

#### Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

Discuss the following hadeeth: The Prophet (PBUH) said, "Whoever does not abandon falsehood in word and action, then Allah has no need that he should leave his food and drink." (Bukhari)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

DAY 4:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuh:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

What are some traditions your family implements in Ramadan?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## DAY 6:

### Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

What are some good deeds you can do during Ramadan?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



DAY 7:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuh:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

How does fasting make us closer to Allah (SWT)?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# DAY 8:

## Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

Do you use the Internet and social media during Ramadan? Do you think these activities should be limited? Why or why not?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

DAY 9:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

Describe how you feel when you see people who are not fasting during the month of Ramadan.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 10:

### Daily Checklist:

Prayed Fajr:			
Prayed Dhuh:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

Some people sleep during the day and stay up all night during the month of Ramadan. What do you think about this practice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 11:

### Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

If you had a friend or family member who couldn't fast due to illness or another legitimate reason, what else could that person do during the month of Ramadan in order to benefit from the month's blessings? What advice would you offer that person?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# DAY 12:

## Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

How would you respond if someone told you that fasting is an old-fashioned ritual that is no longer necessary in the 21st century?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# DAY 13:

## Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above. Use the second column to list additional activities you participated in.

### How does fasting in Ramadan help one develop feelings of compassion and empathy?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

DAY 14:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

Do you think that work and school hours should be reduced for Muslims in Ramadan? Why or why not?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



DAY 15:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhur:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

Ramadan is halfway over. Have you achieved any of the goals you wrote about on Day 1?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



DAY 17:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

Why do you think Allah (SWT) wants us to fast one month each year?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# DAY 18:

## Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

Do you ever feel tired of fasting? How do you motivate yourself each day?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

DAY 19:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above. Use the second column to list additional activities you participated in.

How does fasting help one become more disciplined? Are you more or less organized in your daily life during Ramadan?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# DAY 20:

## Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above. Use the second column to list additional activities you participated in.

What is special about the last ten nights of Ramadan? What will you do differently during this time?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 21:

### Daily Checklist:

Prayed Fajr:			
Prayed Dhuh:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

### How does fasting make one more grateful?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 22:

### Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

How can we help the poor and hungry in Ramadan and throughout the year?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



DAY 23:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

If someone told you fasting was too hard, how would you respond?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

DAY 24:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

Have you been to the mosque during Ramadan? Describe your experiences. If you have not been to the mosque, imagine what it would be like to pray there in Ramadan.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

DAY 25:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuh:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

Does fasting Ramadan make it easier to give up bad habits? Why or why not?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## DAY 26:

### Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

### Brainstorm ways of sharing Ramadan with non-Muslims.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

DAY 27:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuh:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.

Use the second column to list additional activities you participated in.

How do you feel now that the month of Ramadan is almost over?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

DAY 28:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

What are some lessons you learned in Ramadan? How will you benefit from Ramadan during the rest of the year?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# DAY 29:

## Daily Checklist:

Prayed Fajr:			
Prayed Dhuh:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

## What are your plans for the Eid?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### DAY 30:

#### Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

Ramadan is now over. What will you do differently next year?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



DAY \_\_\_\_:

Daily Checklist:

Prayed Fajr:			
Prayed Dhuhr:			
Prayed Asr:			
Prayed Maghreb:			
Prayed Isha:			
Ate Suhoor:			
Prayed Taraweeh:			
Read Qur'an:			

Keep track of your prayers and other good deeds using the table above.  
Use the second column to list additional activities you participated in.

Today's Writing Prompt: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

