



# The Ramadan Daily Journal

Ramadan 7, \_\_\_\_\_

Date: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ رمضان ٧

## In This Issue

- What I Had for Suhoor
- What I Had for Iftar
- Any Medical Problems
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*Allah's Messenger (salla Allahu alayhi wa sallam) said:*

*"For every malady (sickness) Allah created, He also created a cure."*

*(Saheeh Bukhari)*

Extra: Copy the above hadith in neat handwriting.

### Ibadah Checklist

- Prayed Salatul Fajr
- Prayed Salatul Dhuh
- 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

Have you had any medical problems so far this Ramadan? If so, what were your symptoms? What are some possible remedies?

If you haven't had any problems, alhamdulillah, you might:

- Copy the hadith in the side bar,
- Free write,
- Write about one ailment that you read about in today's daily activity reading and list some possible remedies.

