



# The Ramadan Daily Journal

Ramadan 21, \_\_\_\_\_

Date: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, رمضان ٢١

## In This Issue

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

\_\_\_\_\_

\_\_\_\_\_

Narrated Abu Hurayrah (radia Allahu anhu) The Messenger of Allah (salla Allahu alayhi wa sallam) said: "Every part of a person's body must perform a charity every day the sun comes up: to act justly between two people is a charity; to help a man with his mount, lifting him onto it or hoisting his belongings onto it is a charity; a good word is a charity; and removing a harmful thing from the road is a charity"

(Bukhari & Muslim)

Extra: Copy the above hadith in neat handwriting.

### Ibadah Checklist

- Prayed Salatul Fajr
- Prayed Salatul Dhuhur
- 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

Look back at your past Ramadan journal entries under "Good Deed I Did Today" if you have been keeping track.

List the types of deeds you did. Who did they affect or help? How did you perform them?(Cheerfully?)

If you have not been keeping track throughout Ramadan of your deeds in your journal, think about/list the good deeds you did today and answer the same questions.

If you don't feel you did many good deeds today, make a list of good deeds that you think you can try to do tomorrow, Insha Allah.

Review <http://tj-ramadan.tripod.com/ramadan21.htm>  
To learn more about good deeds and sadaqah, Insha Allah.

