



My Ramadan Journal

Daily Journal / Meal Planner Quran Journal /
Mood Tracker / Prayer Checklist / Dua of the
Day Acts of Kindness / To do List

Date ___/___/___

- Fajr _____
- Dhuhhr _____
- Asr _____
- Magrib _____
- Isha _____
- Taraweeh _____

Today's Goal	
Time	Task
.....
.....
.....
.....
.....
.....

Dua of the Day _____

Learn from Quran _____

Meal Planner

Suhoor	Iftar
_____	_____
_____	_____
_____	_____
_____	_____

Daily Reflection

Mood Review



How to Improve

Ramadan at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Acts of Kindness

- Read Quran with Tafseer
- Call a Friend
- Give an Unexpected Gift
- Feed a Fasting Person
- Make Iftar for A Family
- Donate Books, Cloth, etc.
- Give Salam to One Another
- Help Sick Person
- Show Appreciation
- Help Homeless People
- Help Poor People
- Plant Flowers or Tree
- Say Eid Mubarak to your Friends and Family and Make Other Acts Below
- _____
- _____
- _____
- _____
- _____



To Do	Not To Do
Quran Reading	Time Wasting
Sabr	Angry
Trusting Allah	Swearing
Kindness	Gossiping
More Dua	Jealousy
More Salah	Miserliness
Gentle With Senior	Lying

