

MY RAMADAN JOURNAL

RAMADAN COUNTDOWN



Cross out a star as each day of Ramadan passes

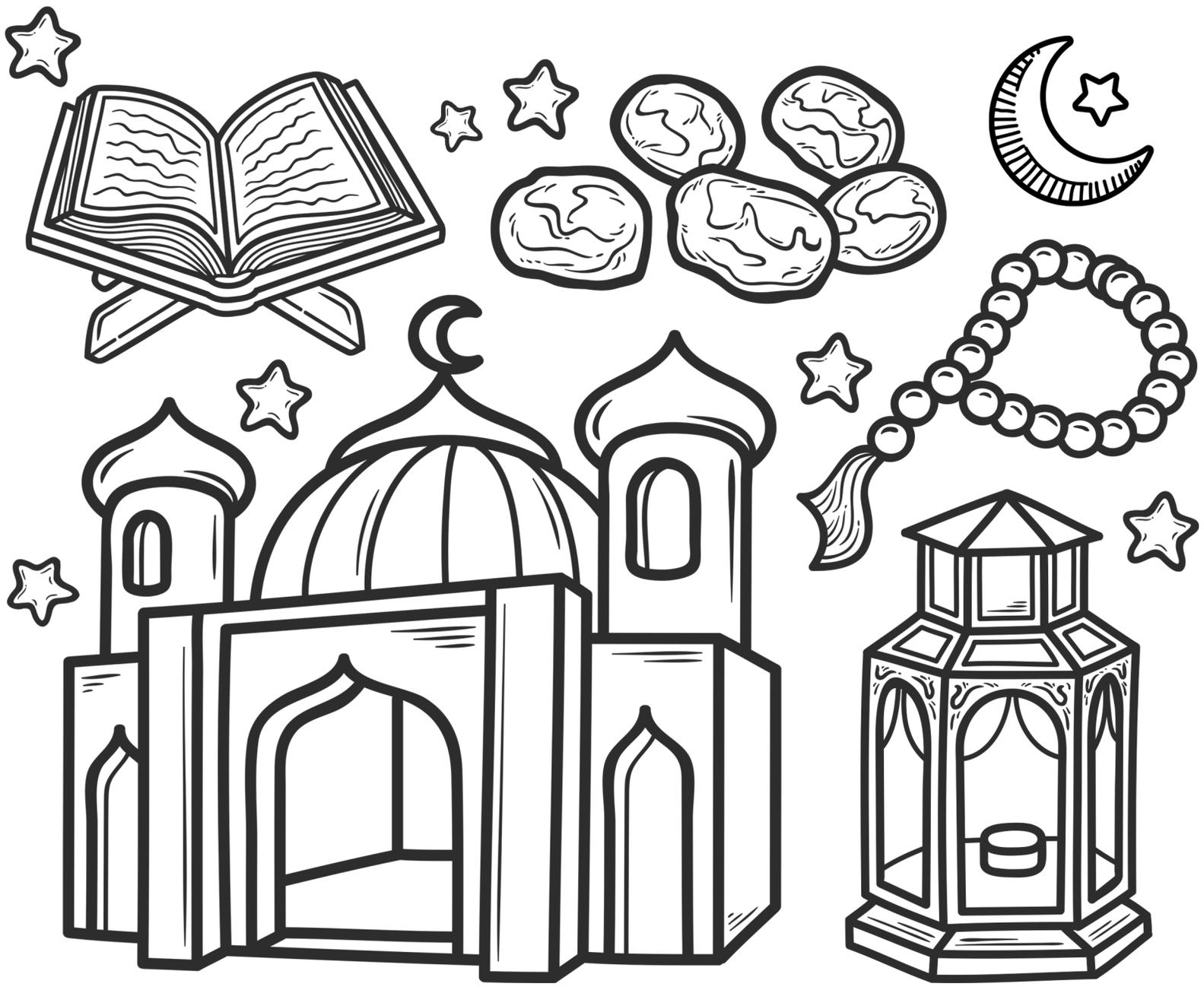


A 6x5 grid of yellow stars on a dark blue background with white stars. The stars are numbered 1 through 30. The star numbered 30 is highlighted with a white outline and radiating lines, indicating the end of the countdown. The grid is framed by white clouds at the top and bottom.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

THIS RAMADAN, I WILL
PRAISE ALLAH
PRAY MY DAILY SALAH
READ & LEARN THE QUR'AN
MAKE LOTS OF DU'A
BE GRATEFUL
HELP SOMEBODY
ALWAYS TRY TO DO MY BEST

WELCOME RAMADAN



Color the page to celebrate the arrival of Ramadan!

DEED OF THE DAY

Cut out the deeds below and place them in a bowl. Each day, choose a deed (with your eyes closed!) and complete it.

Help your family make iftar	Visit (or call) a sick person	Memorize a new surah
Give to charity	Make a tahajjud prayer	Make all of your sunnah prayers
Donate food	Learn the names of Allah	Make du'a for someone else
Help a sibling with their homework	Call or visit a relative	Learn the meaning of an ayah
Learn a new hadith	Learn about the life of the Prophet (SAW)	Smile at someone
Help tidy up the house	Do something kind for a loved one	Make a gratitude list
Make a card for a relative or loved one	Read extra adhkaar	Tell your neighbors about Ramadan
Feed someone iftar	Give salaam to as many people as you can	Go a day without complaining
Donate old toys or clothes	Read to your sibling(s)	Tell someone special that you appreciate them
Help do chores around the house	Get or make a gift for a loved one	Say something kind to somebody

DU'AS TO REMEMBER



First Time You See The New Crescent of Ramadan

اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ رَبِّي وَرَبُّكَ اللَّهُ

Oh Allah, make it a start full of peace and faith, safety and Islam. My Lord and your Lord is Allah

Dua For Breaking Your Fast

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Thirst has gone, the arteries are moist, and the reward is sure, if Allah wills.

Dua for Protection

اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ ، وَأَعُوذُ بِكَ مِنْ سَخَطِكَ وَالنَّارِ

O Allah, I ask of Your pleasure and for Paradise, and I seek refuge from Your displeasure and from the Hellfire.



Dua for Guidance

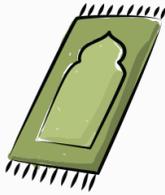
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَىٰ وَالتُّقَىٰ وَالْعَفَافَ وَالْغِنَىٰ

O Allah, I ask You for guidance and piety, and abstinence (from the unlawful) and modesty, and contentment and sufficiency.

Dua for Your Parents

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيْتَنِي صَغِيرًا

My Lord, have mercy upon them (parents) as they brought me up [when i was] small.



Dua for Direction

اللَّهُمَّ اهْدِنِي ، وَسَدِّدْنِي

O Allah! Direct me to the Right Path and make me adhere to the Straight Path.

WHAT IS THE NIGHT OF POWER?

The Night of Power, also known as Laylat-al-Qadr, is the night when the first verses of the Holy Qur'an were revealed to the Prophet Muhammad (PBUH), by Angel Jibril.

The exact day is unknown, but it falls on one of the odd nights in the last ten days of Ramadan. Worshiping Allah on this night is equivalent to worshiping Him for 1000 months.

The Prophet Muhammad (SAW) said, "Whosoever worshiped on laylatul-qadr, with faith and with a sincere intention, all of his previous sins are forgiven."

DU'A FOR THE NIGHT OF POWER

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

"O Allah, You are the Most forgiving, and You love to forgive, so forgive me."

"THE BEST DEEDS ARE
THOSE THAT ARE SMALL
BUT CONSISTENT."

-PROPHET MUHAMMAD (SAW)

PLAN THE FIRST 10 DAYS

MY GOALS

What do I want to accomplish?

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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DU'A TRACKER

I'll make du'a for:

BAD HABITS TO BREAK

Bad Habit	How Do I Plan On Breaking That Habit?

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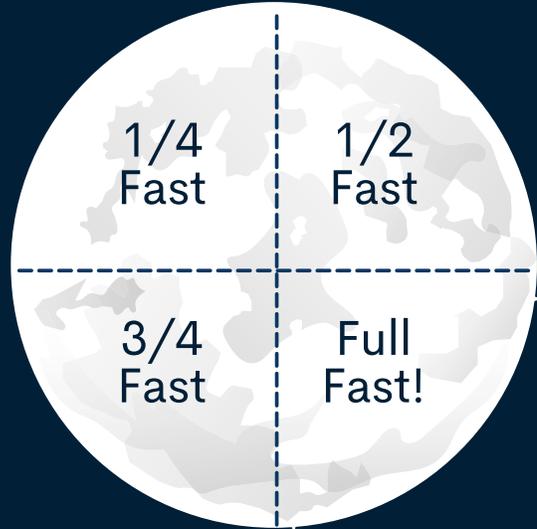
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FASTING

What will I eat for suhoor?

What will I eat for iftar?



DAILY SALAH

Fajr

Dhuhr

Asr

Maghrib

Isha

Taraweeh #

Qiyam #

DAILY QUR'AN

How much Qur'an did you read today?

#

Juz

#

Surah

#

Ayah

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DAILY CHECKLIST

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- I was kind and helpful towards others
- I gave charity, even if it was just a smile

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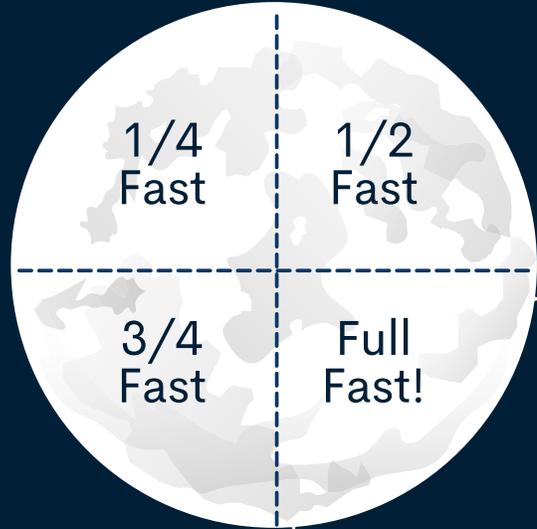
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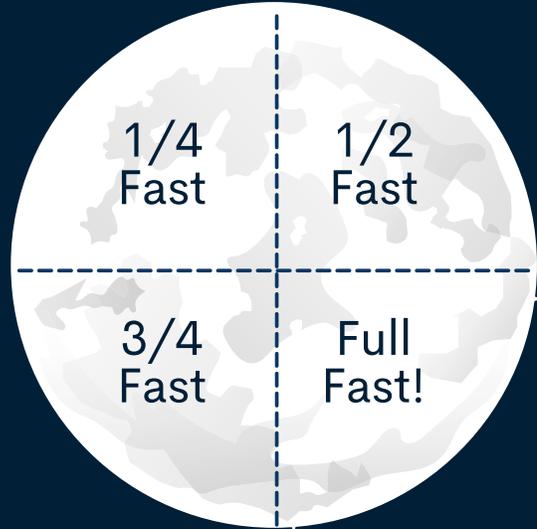
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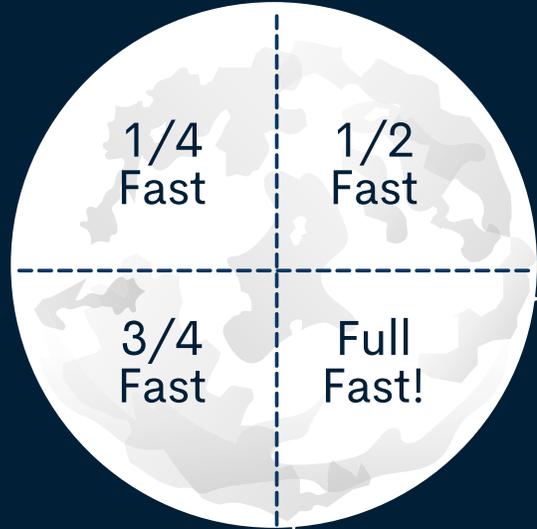
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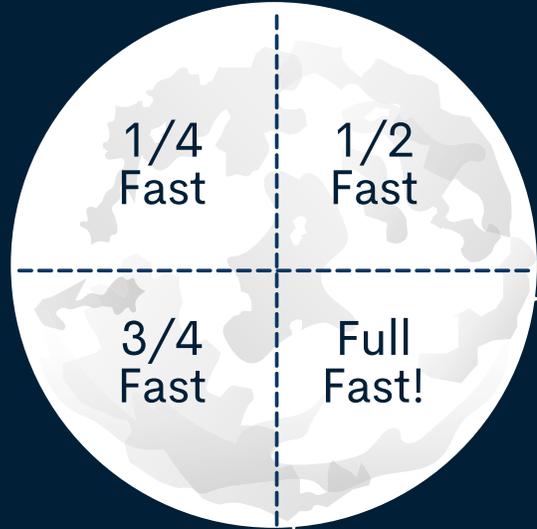
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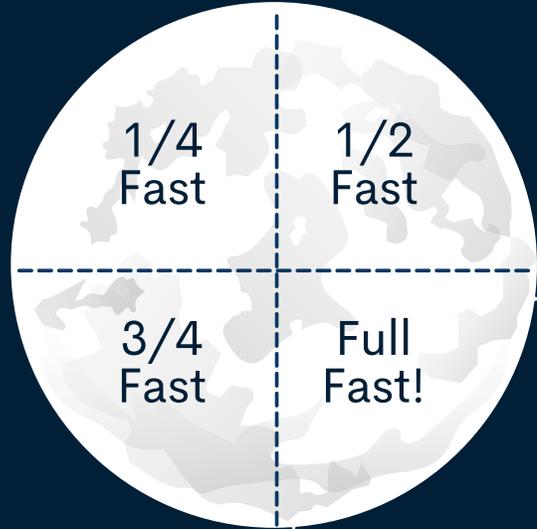
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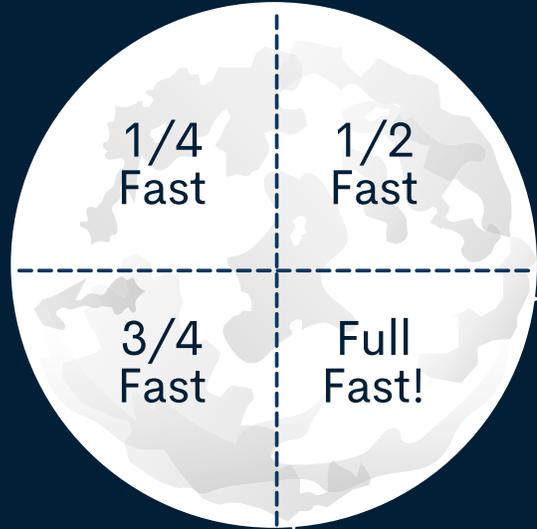
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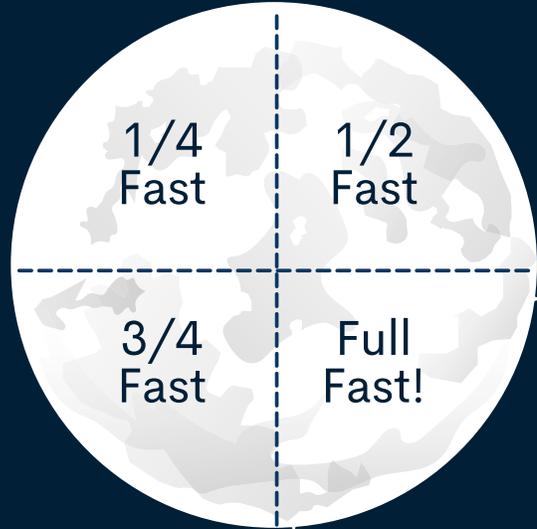
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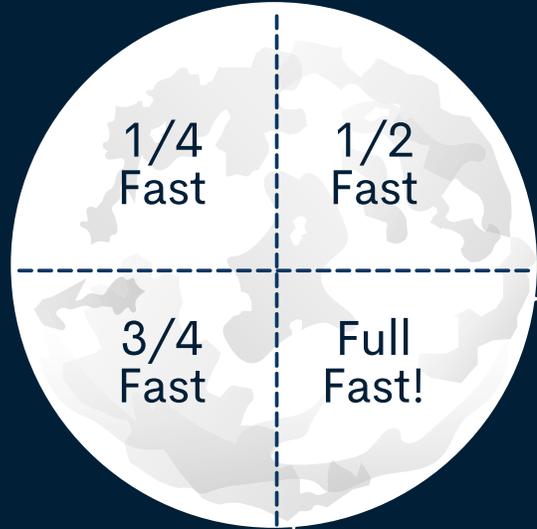
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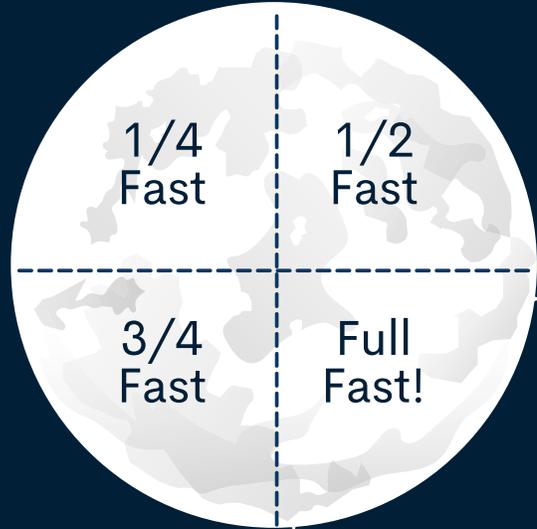
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TAKE A BREAK AND REFLECT

How were your 10 days? Did you meet your goals?

What have you learned so far?

What were your best deeds or actions in these 10 days?

What can you do to improve in the next 10 days?

PLAN THE SECOND 10 DAYS

MY GOALS

What do I want to accomplish?

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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Bad Habit	How Do I Plan On Breaking That Habit?

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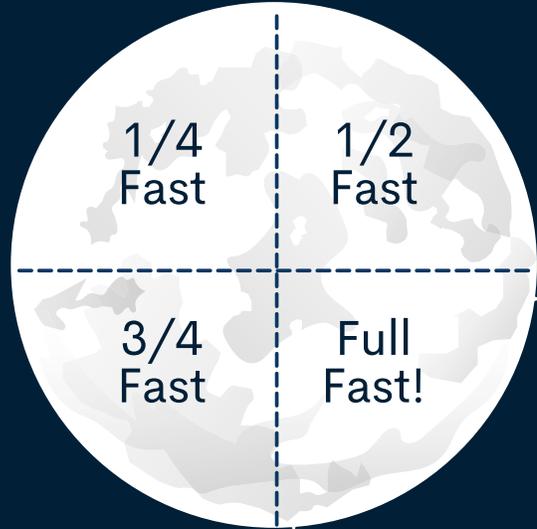
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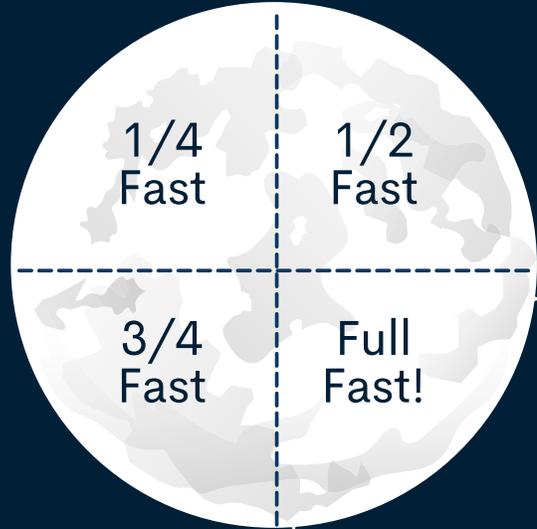
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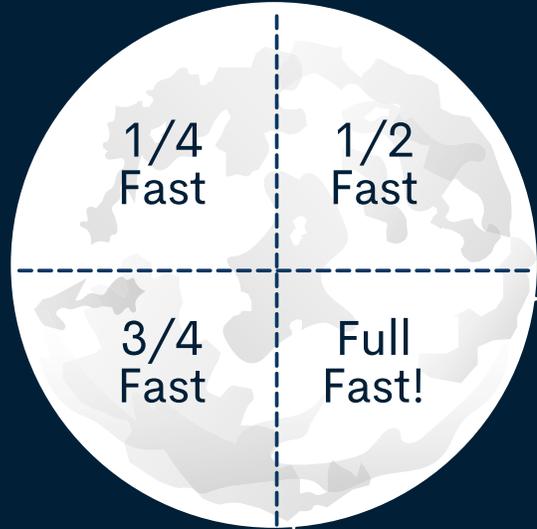
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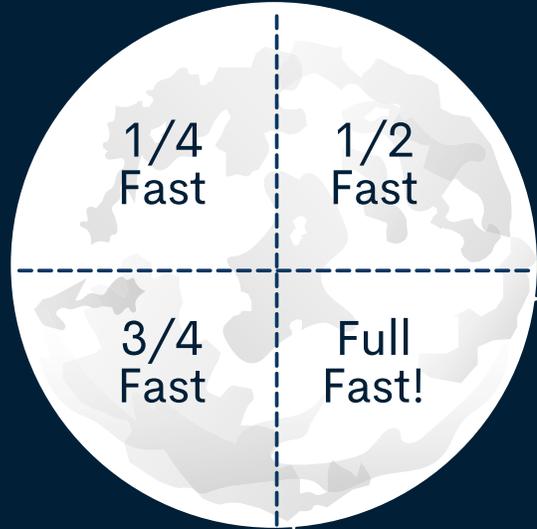
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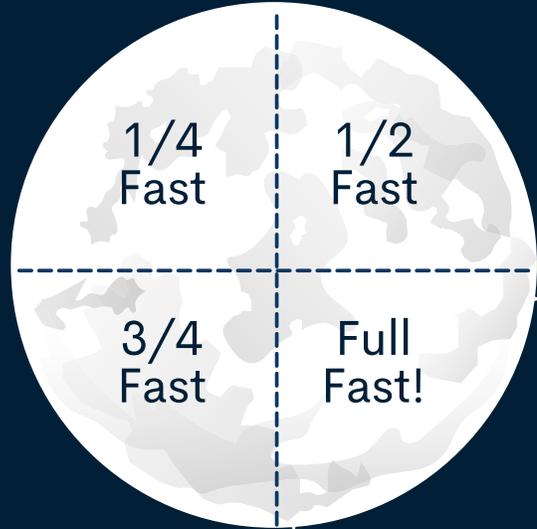
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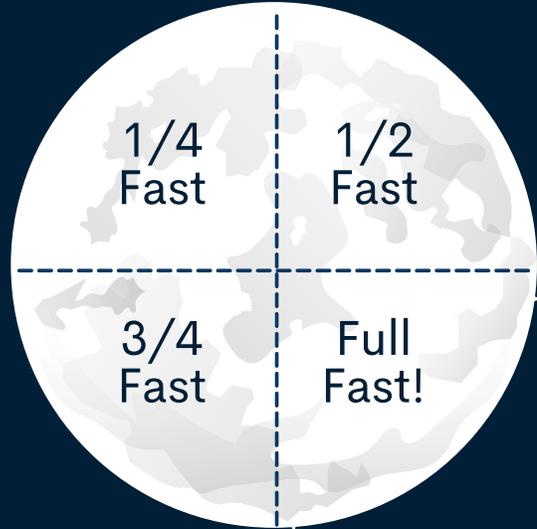
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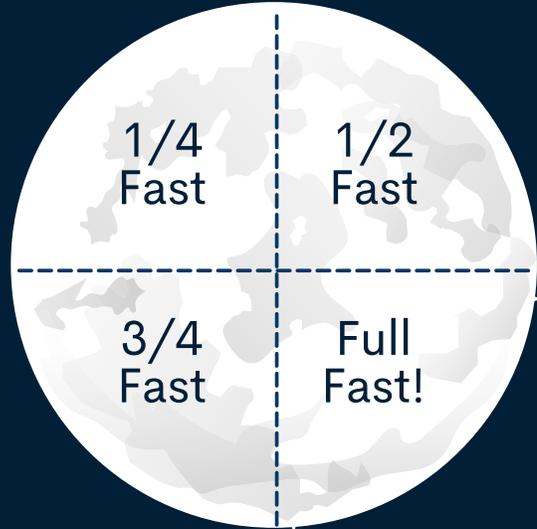
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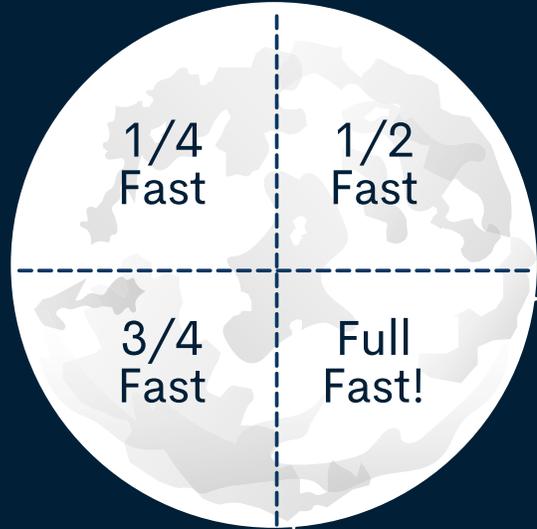
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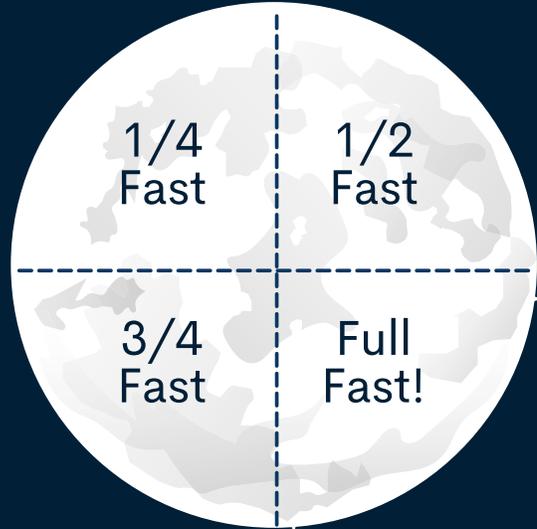
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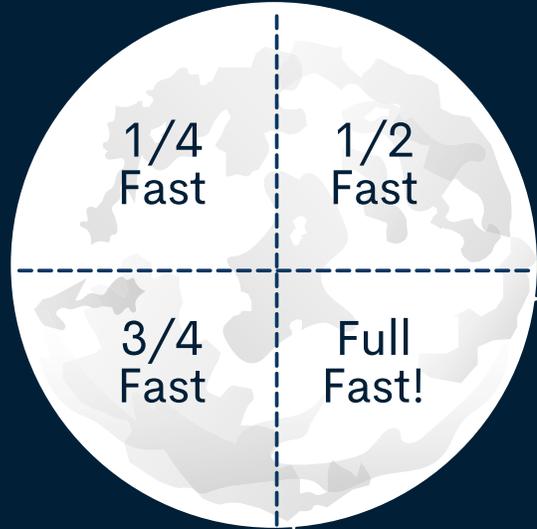
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TAKE A BREAK AND REFLECT

How were your 10 days? Did you meet your goals?

What have you learned so far?

What were your best deeds or actions in these 10 days?

What can you do to improve in the next 10 days?

PLAN THE THIRD 10 DAYS

MY GOALS

What do I want to accomplish?

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

DU'A TRACKER

I'll make du'a for:

BAD HABITS TO BREAK

Bad Habit	How Do I Plan On Breaking That Habit?

DAY 21

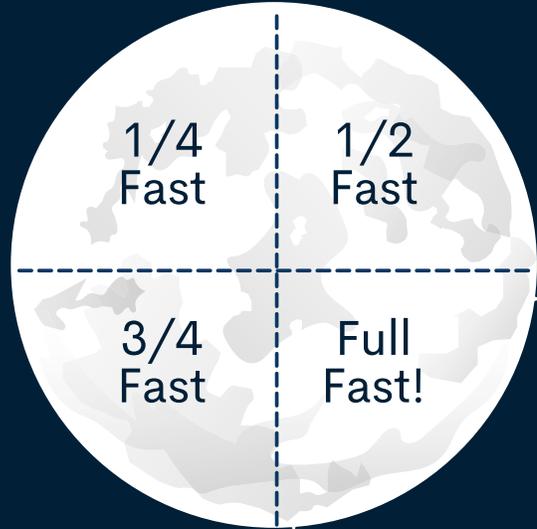
Today's Date: _____

Shade in how long you fasted today

FASTING

What will I eat for suhoor?

What will I eat for iftar?



DAILY SALAH

Fajr

Dhuhr

Asr

Maghrib

Isha

Taraweeh # _____

Qiyam # _____

DAILY QUR'AN

How much Qur'an did you read today?

#

Juz

#

Surah

#

Ayah

TODAY, I AM GRATEFUL FOR...

DAILY CHECKLIST

- I read and reflected the Qur'an
- I remembered Allah and read adhkar
- I asked Allah for forgiveness
- I made du'a for myself and others
- I learned something new
- I was kind and helpful towards others
- I gave charity, even if it was just a smile

DAY 22

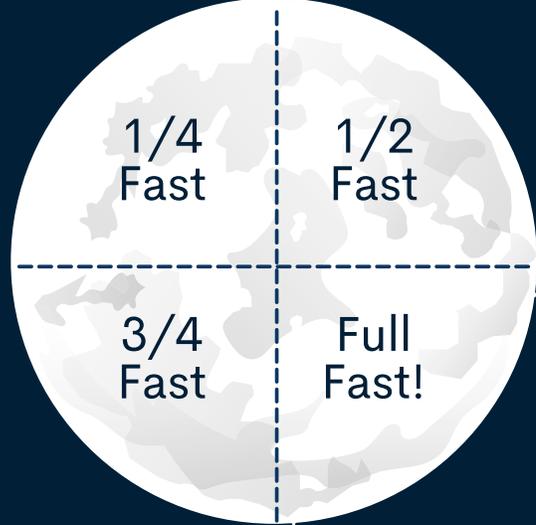
Today's Date:

Shade in how long you fasted today

FASTING

What will I eat for suhoor?

What will I eat for iftar?



DAILY SALAH

Fajr

Dhuhr

Asr

Maghrib

Isha

Taraweeh #

Qiyam #

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Surah

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TODAY, I AM GRATEFUL FOR...

Blank space for writing gratitude.

DAY 23

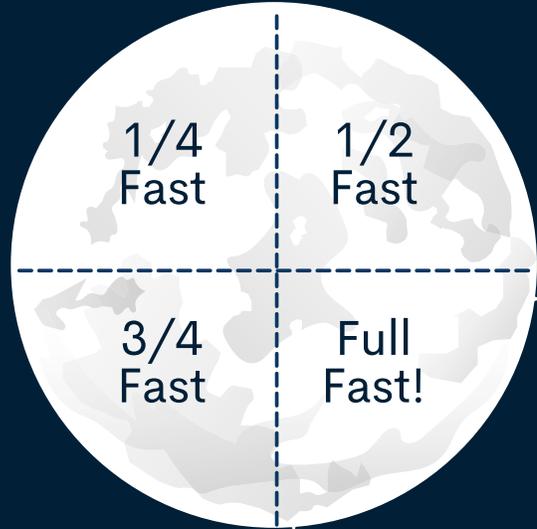
Today's Date:

Shade in how long you fasted today

FASTING

What will I eat for suhoor?

What will I eat for iftar?



DAILY SALAH

Fajr

Dhuhr

Asr

Maghrib

Isha

Taraweeh #

Qiyam #

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Surah

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DAY 24

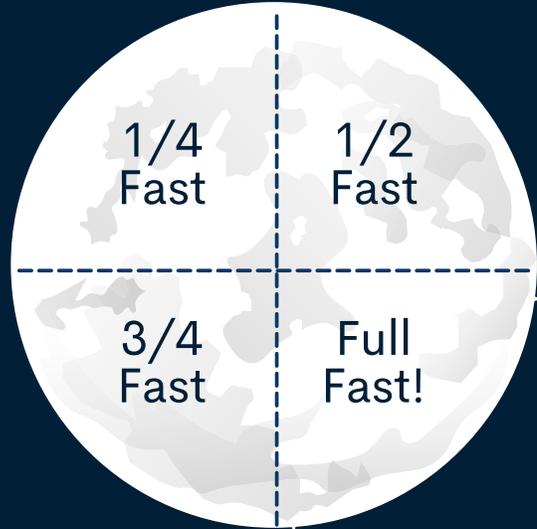
Today's Date:

Shade in how long you fasted today

FASTING

What will I eat for suhoor?

What will I eat for iftar?



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Fajr

Dhuhr

Asr

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Surah

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DAY 25

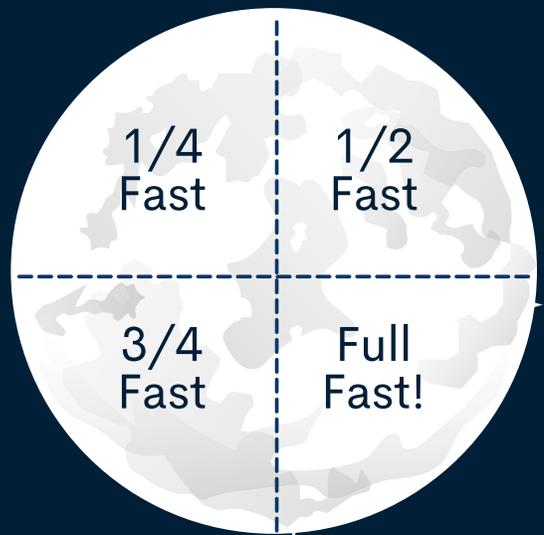
Today's Date: _____

Shade in how long you fasted today

FASTING

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Fajr

Dhuhr

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Taraweeh #

Qiyam #

DAILY QUR'AN

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TODAY, I AM GRATEFUL FOR...

Blank space for writing gratitude.

DAY 26

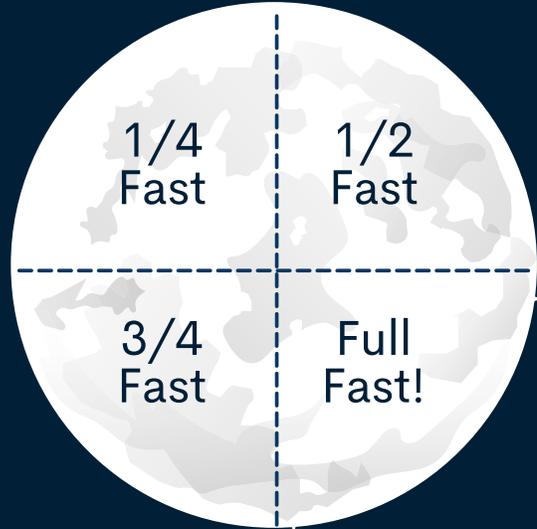
Today's Date:

Shade in how long you fasted today

FASTING

What will I eat for suhoor?

What will I eat for iftar?



DAILY SALAH

Fajr

Dhuhr

Asr

Maghrib

Isha

Taraweeh #

Qiyam #

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#

Surah

#

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DAY 27

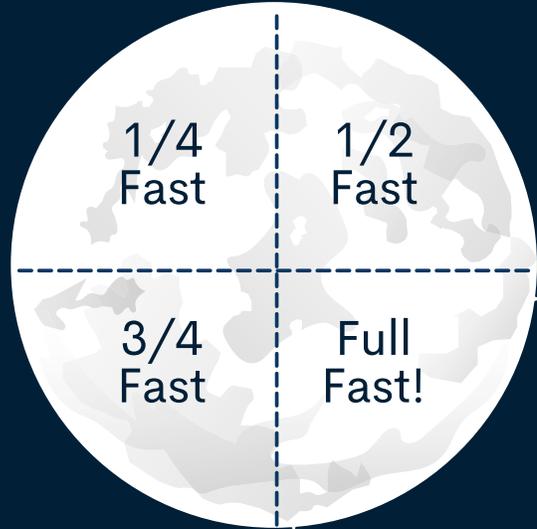
Today's Date:

Shade in how long you fasted today

FASTING

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What will I eat for iftar?



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Fajr

Dhuhr

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Maghrib

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Taraweeh #

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Surah

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DAY 28

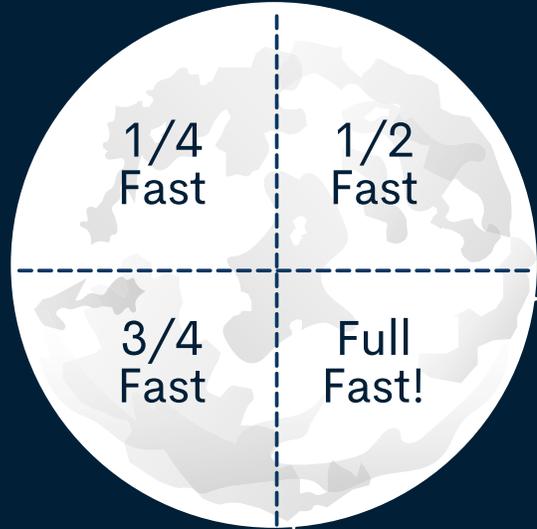
Today's Date:

Shade in how long you fasted today

FASTING

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Fajr

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DAY 29

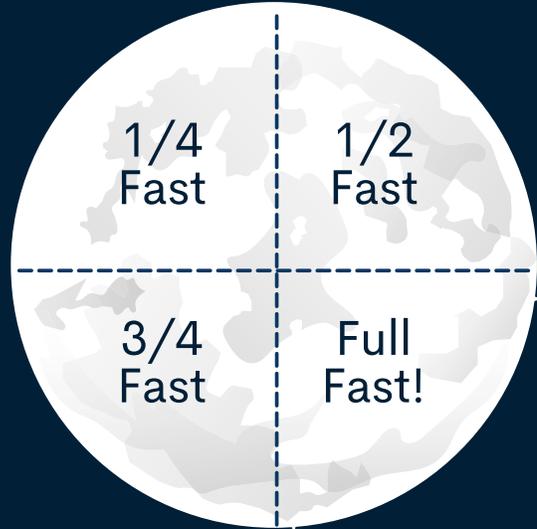
Today's Date:

Shade in how long you fasted today

FASTING

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What will I eat for iftar?



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Fajr

Dhuhr

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Taraweeh #

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Surah

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DAY 30

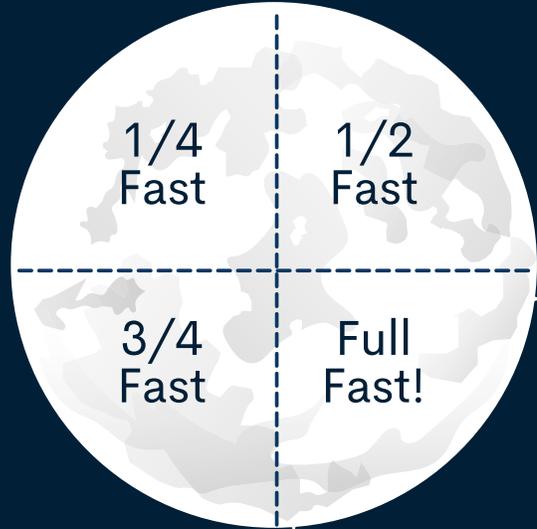
Today's Date:

Shade in how long you fasted today

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What will I eat for iftar?



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Dhuhr

Asr

Maghrib

Isha

Taraweeh #

Qiyam #

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