

RAMADAN

Journal



DATE: _____

RAMADAN DAY: _____



ACTIVITIES:

- | | | |
|-------------------------------------|---------------------------------------|-----------------------------|
| <input type="radio"/> Morning Dhikr | <input type="radio"/> Fajr | <input type="radio"/> _____ |
| <input type="radio"/> Evening Dhikr | <input type="radio"/> Dhuhr | <input type="radio"/> _____ |
| <input type="radio"/> Tahajjud | <input type="radio"/> Asr | <input type="radio"/> _____ |
| <input type="radio"/> Dhuha | <input type="radio"/> Maghrib | <input type="radio"/> _____ |
| <input type="radio"/> Nafle | <input type="radio"/> Isha | <input type="radio"/> _____ |
| <input type="radio"/> Tarawih | <input type="radio"/> Charity (Infaq) | <input type="radio"/> _____ |

PLANS FOR TOMORROW:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

QUR'AN RECITATION:

_____ Page/Surah

SURAH RECITATION:

Surah _____

NAFL PRAYER:

_____ Rakat

SCHEDULE:

Iftar _____
Suhur _____

IMPORTANT THINGS TODAY:

LESSON OF THE DAY: _____

☐ Offline ☐ Online

NOTES:

FEELINGS TODAY:

- ☐ Happy
- ☐ Grateful
- ☐ Calm
- ☐ Motivated
- ☐ Normal
- ☐ Relaxed
- ☐ Contemplative
- ☐ Sad
- ☐ Tired
- ☐ Annoyed
- ☐ Burdened

