

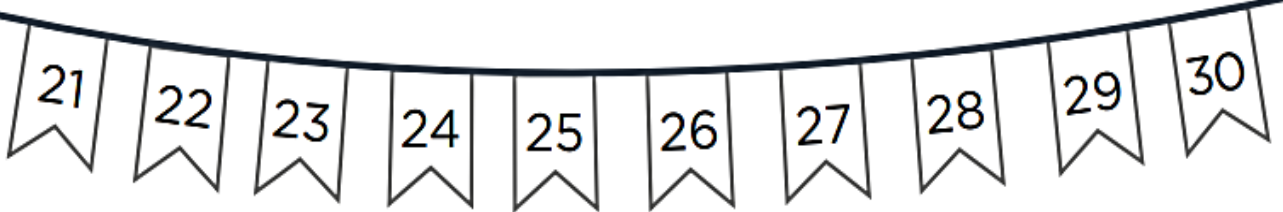
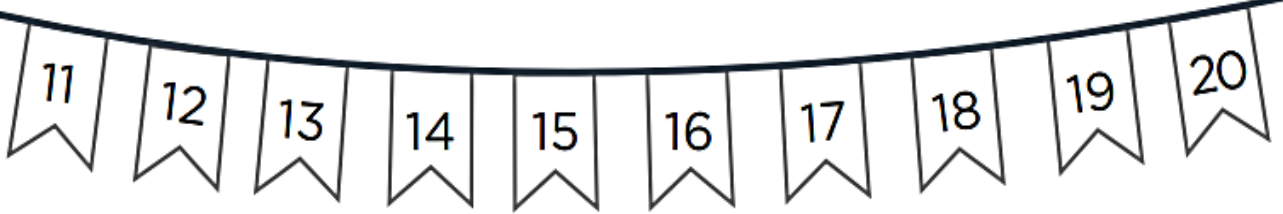
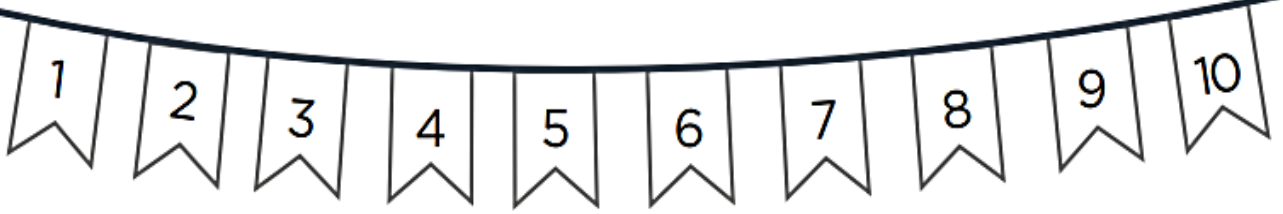
# MY RAMADHAN JOURNAL

1443 AH  
APRIL 2022

This Ramadhan Journal belongs to...

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# Ramadhan Countdown



Colour me!

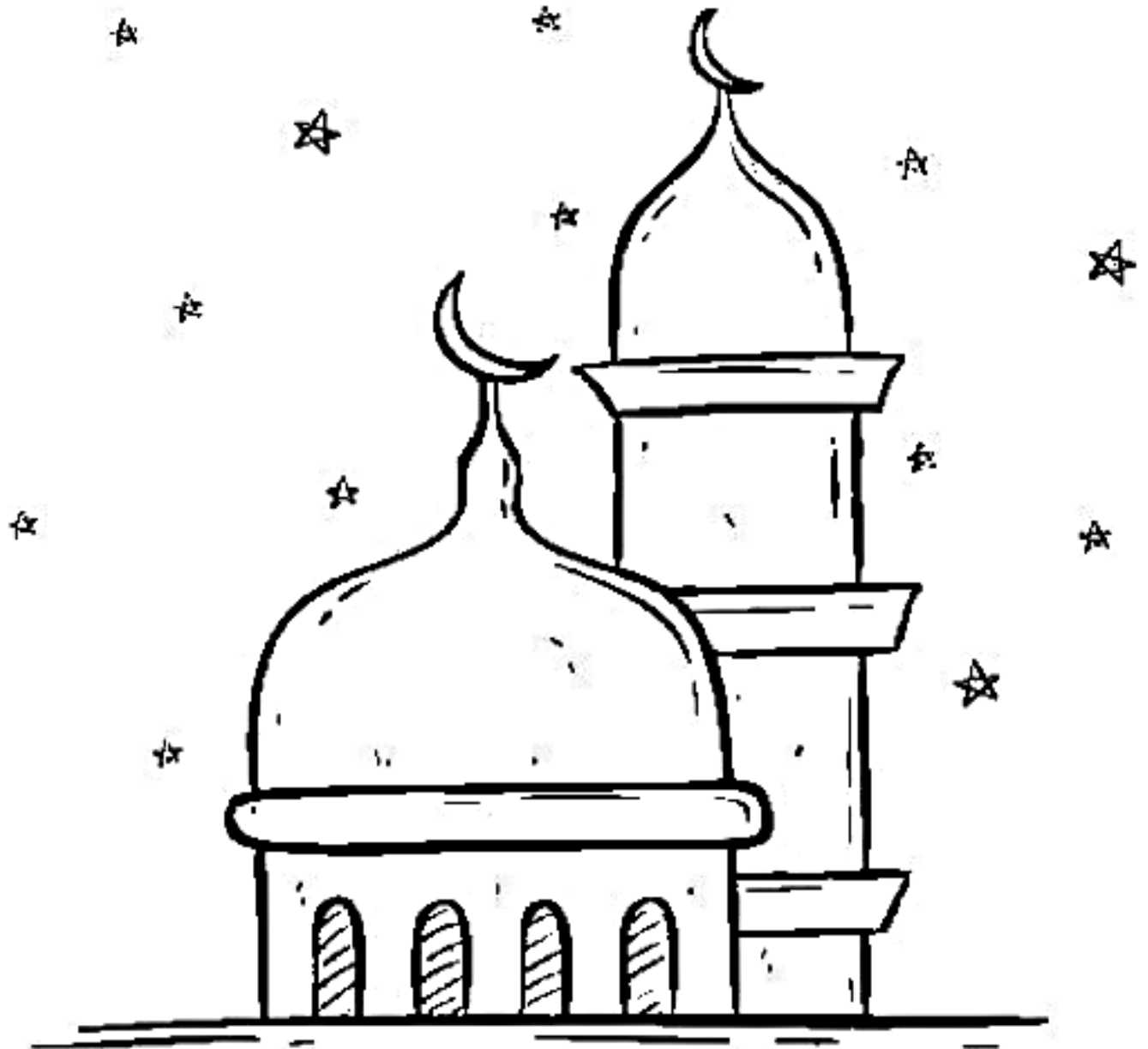


شهر مبارک

A Blessed Month

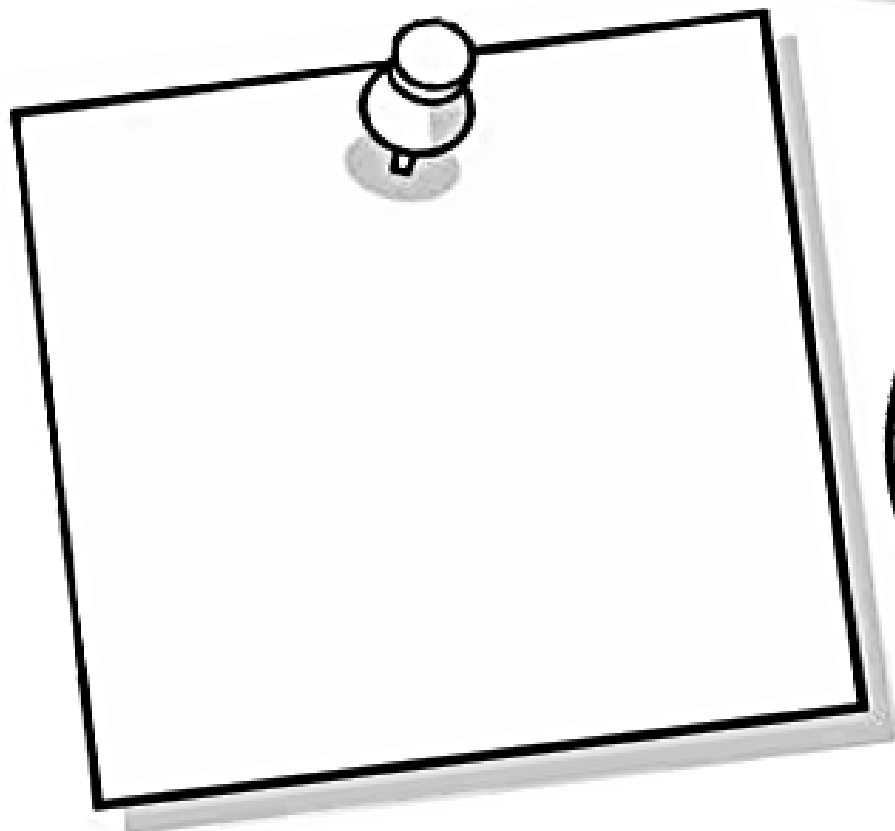
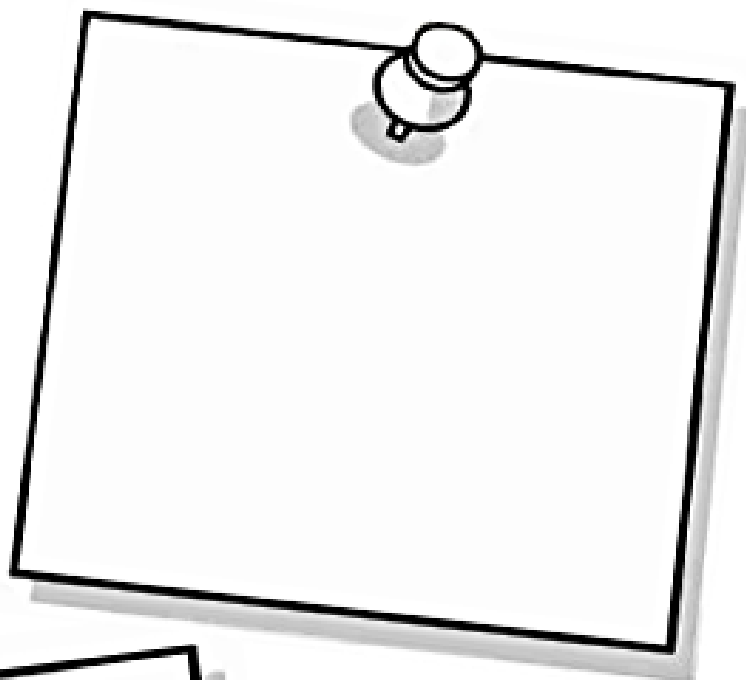
رمضان

Ramadan

































# What is Ramadan?

Write about Ramadan - the Islamic Month and the Pillar of Islam



# My Fasting Record

Colour in half of the star if you kept a half fast!

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

# Daily Qur'an Log

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

# My Good Deeds

First 10 Days

	SALAH	FASTING	READING QUR'AN	MAKING DU'A	GOOD MANNERS	LEARNING ABOUT ISLAM	GIVING CHARITY	OTHER
DAY 1								
DAY 2								
DAY 3								
DAY 4								
DAY 5								
DAY 6								
DAY 7								
DAY 8								
DAY 9								
DAY 10								



# My Good Deeds

Middle 10 Days

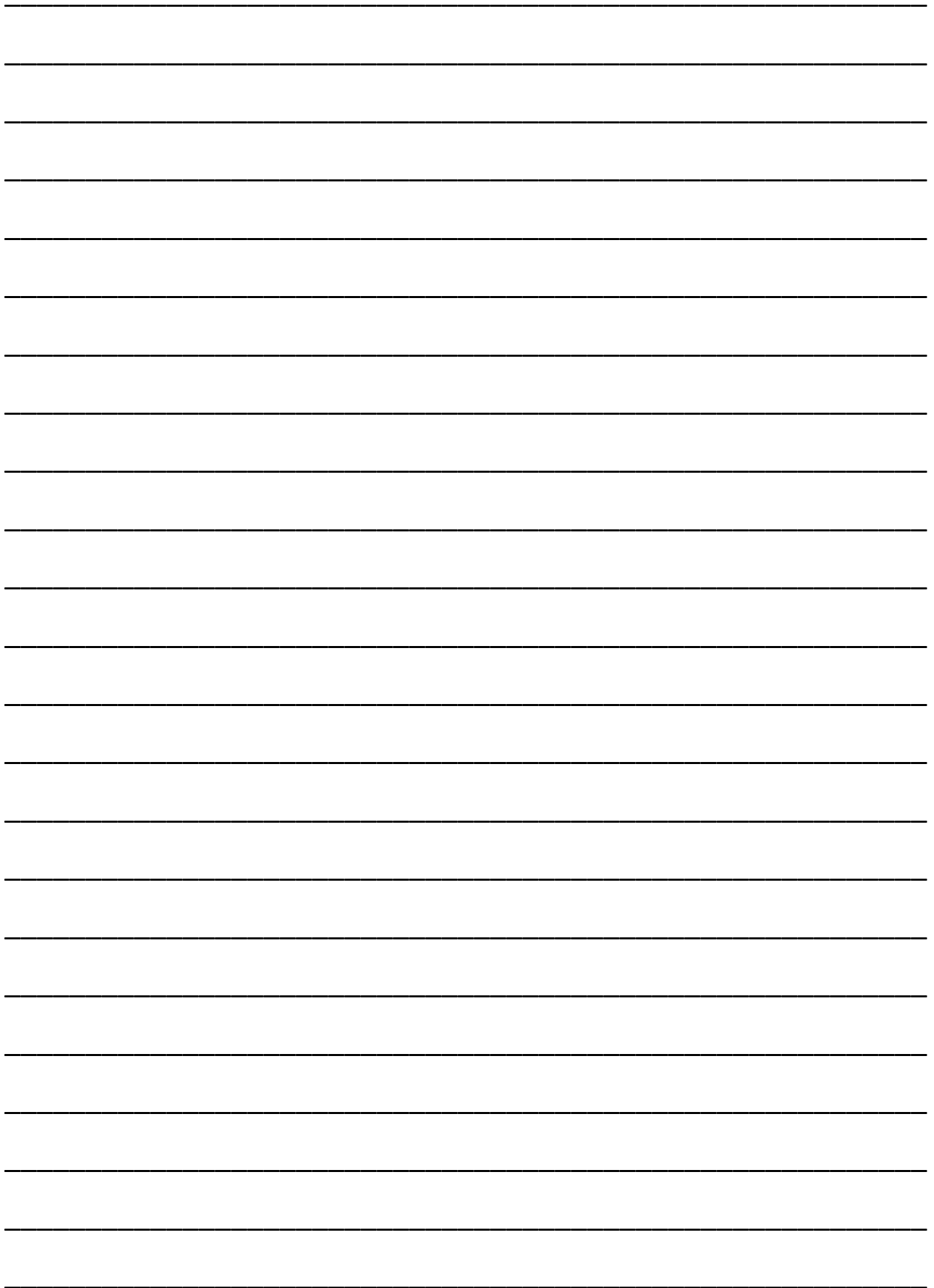
	SALAH	FASTING	READING QUR'AN	MAKING DU'A	GOOD MANNERS	LEARNING ABOUT ISLAM	GIVING CHARITY	OTHER
DAY 11								
DAY 12								
DAY 13								
DAY 14								
DAY 15								
DAY 16								
DAY 17								
DAY 18								
DAY 19								
DAY 20								

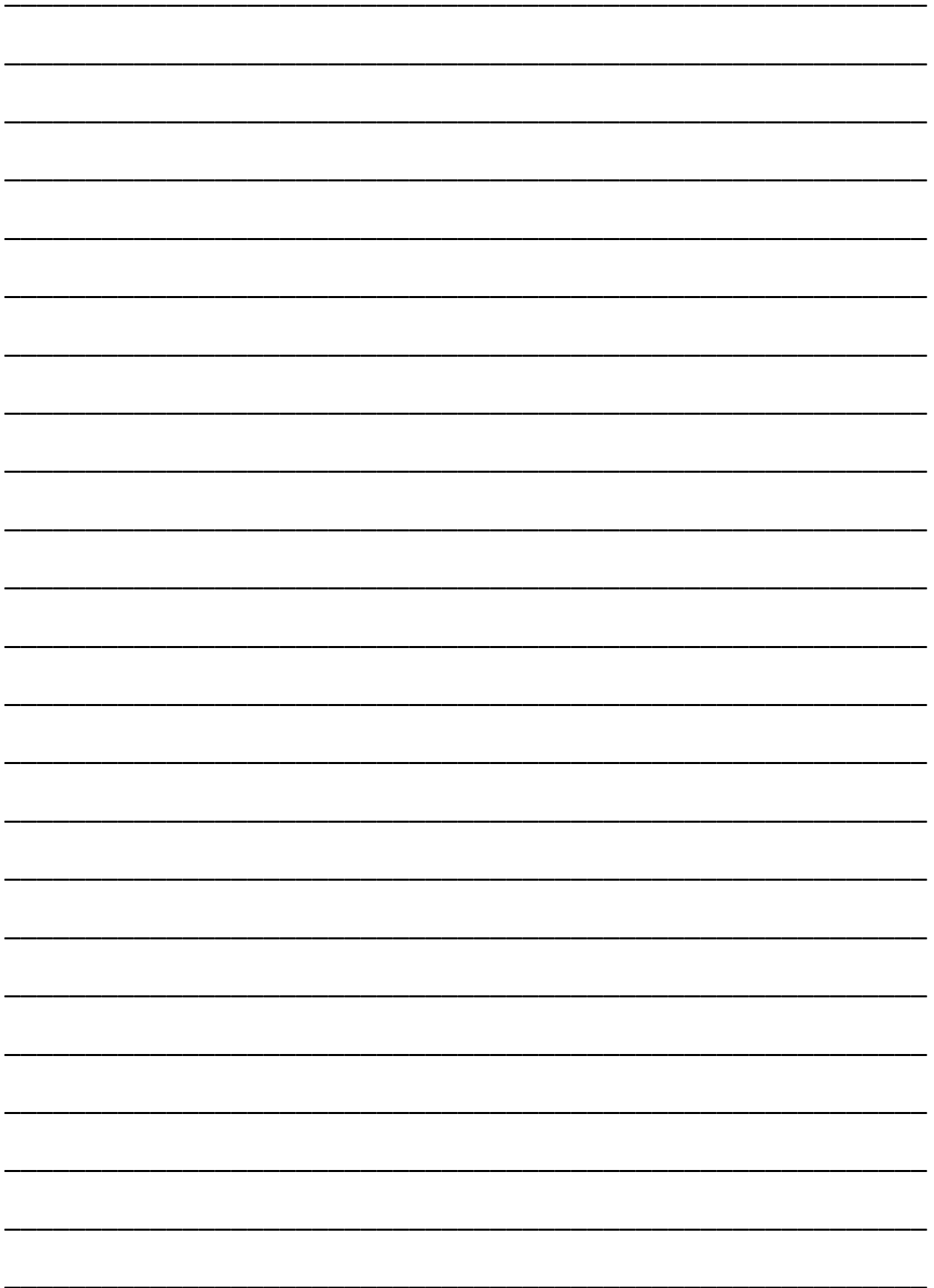
# My Good Deeds

Last 10 Days

	SALAH	FASTING	READING QUR'AN	MAKING DU'A	GOOD MANNERS	LEARNING ABOUT ISLAM	GIVING CHARITY	OTHER
DAY 21								
DAY 22								
DAY 23								
DAY 24								
DAY 25								
DAY 26								
DAY 27								
DAY 28								
DAY 29								
DAY 30								







# Suhoor & Iftaar Times

	DATE	SUHOOR (TIME TO FAST)	IFTAAR (TIME TO BREAK MY FAST)	DID I FAST TODAY?
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

# Suhoor & Iftaar Times

	DATE	SUHOOR (TIME TO FAST)	IFTAAR (TIME TO BREAK MY FAST)	DID I FAST TODAY?
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

# Ramadhan Du'as

## When I make an intention to fast

وَ بِصَوْمٍ عَدِ تَوَيْتُ مِنْ شَهْرِ رَمَضَانَ

*Wa bisawmi ghadin-nawaytu min shahri Ramadhan*  
"I intend to fast tomorrow in the month of Ramadhan."

## When I break my fast (Iftaar)

اللَّهُمَّ لَكَ صُيِّمْتُ وَ عَلَيَّ رِزْقُكَ أَفْطَرْتُ

*Allaahumma laka sumtu wa 'alaa rizqika aftart*  
"Oh Allah, I fasted for You and I break my fast with Your sustenance."

## When I break my fast (Iftaar)

ذَهَبَ الظَّمَأُ وَ ابْتَلَّتِ العُرُوقُ وَ نَبَتَ الأَجْرُ إِنْ شَاءَ اللهُ

*Zhahabazh-zhamaoo wab-tallatil-urooqu wa thabatal-ajru In Shaa Allah*  
"Thirst has gone, the veins are quenched, and the reward is due if Allah wills."

## Recited often by the Prophet ﷺ

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَ فِي الآخِرَةِ حَسَنَةً وَ قِنَا عَذَابَ النَّارِ

*Rabbana aatinaa fid-dunya hasanataw-wa fil-aakhirati hasanataw-wa qinaa a'zhaaban-naar*  
"Oh our Lord, grant us goodness in the World, and grant us goodness in the Hereafter,  
and save us from the punishment of the Fire."

## Remembrance of Allah 1

لَا إِلَهَ إِلاَّ أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

*Laa ilaaha illaa anta subhaanaka innee kuntu minazh-zhaalimeen*  
"There is none worthy of worship except You, glory be to You,  
Indeed I was from among the wrongdoers."

## Remembrance of Allah 2

سُبْحَانَ اللهِ وَ بِحَمْدِهِ سُبْحَانَ اللهِ العَظِيمِ

*SubhaanAllaahi wa bihamdihee, SubhanAllahil-a'zheem*  
"Glory be to Allah and all Praise is for Him, Glory be to Allah, the Supreme."

## Forgiveness for Parents & Acceptance of Du'a

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَ مِنْ ذُرِّيَّتِي رَبَّنَا وَ تَقَبَّلْ دُعَاءَ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَ لِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

*Rabbij-a'neee muqeemas-salaati wa min zhurriyyatee Rabbanaa wa taqabbal du'aa, Rabbanagh-firlee wa li waalidayya wa lil-mu'mineena yawma yaqoomul-hisaab*  
"My Lord, make me an establisher of Salah (prayer), and from my children, Oh Our Lord, and accept my supplication, Oh Our Lord, and forgive me and forgive my parents, and all the Believers on the Day of Accounting."



### Overcome laziness

اَللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَ ضَلْعِ الدِّينِ وَ عَلْبَةِ الرِّجَالِ

*Allaahumma innee a'oozhubika minal-hammi wal-huzni wal-ajzi wal-kasali wal-bukhli wal-jubni wa dhal'id-dayni wa ghalabatir-rijaal*

"Oh Allah, I seek refuge with You from anxiety and sorrow, and weakness and laziness, and miserliness and cowardice, and the burden of debts and from being overpowered by men."

### During the last ten nights of Ramadhan

اَللّٰهُمَّ اِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّيْ

*Allaahumma innaka a'fuwwun tubhibbul-a'fwa fa'fu a'nnee*

"Oh Allah, indeed You are the Most Forgiving and You love forgiveness, so forgive me."

Extra Du'as I want to learn this Ramadhan...

# My Ramadhan

DAY 1

DAY 2

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 3

DAY 4

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 5

DAY 6

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 7

DAY 8

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 9

DAY 10

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 11

DAY 12

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 13

DAY 14

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?



# My Ramadhan

DAY 15

DAY 16

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 17

DAY 18

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 19

DAY 20

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

My Worship Plan for the  
Last 10 Nights

A large, empty rectangular box with a light brown border, intended for writing a worship plan. The box is positioned below the title and occupies most of the page.

# My Ramadhan

DAY 21

DAY 22

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 23

DAY 24

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 25

DAY 26

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

# My Ramadhan

DAY 27

DAY 28

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?



# My Ramadhan

DAY 29

DAY 30

WHAT DID I DO TODAY?

WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

WHAT WERE MY GOOD DEEDS TODAY?

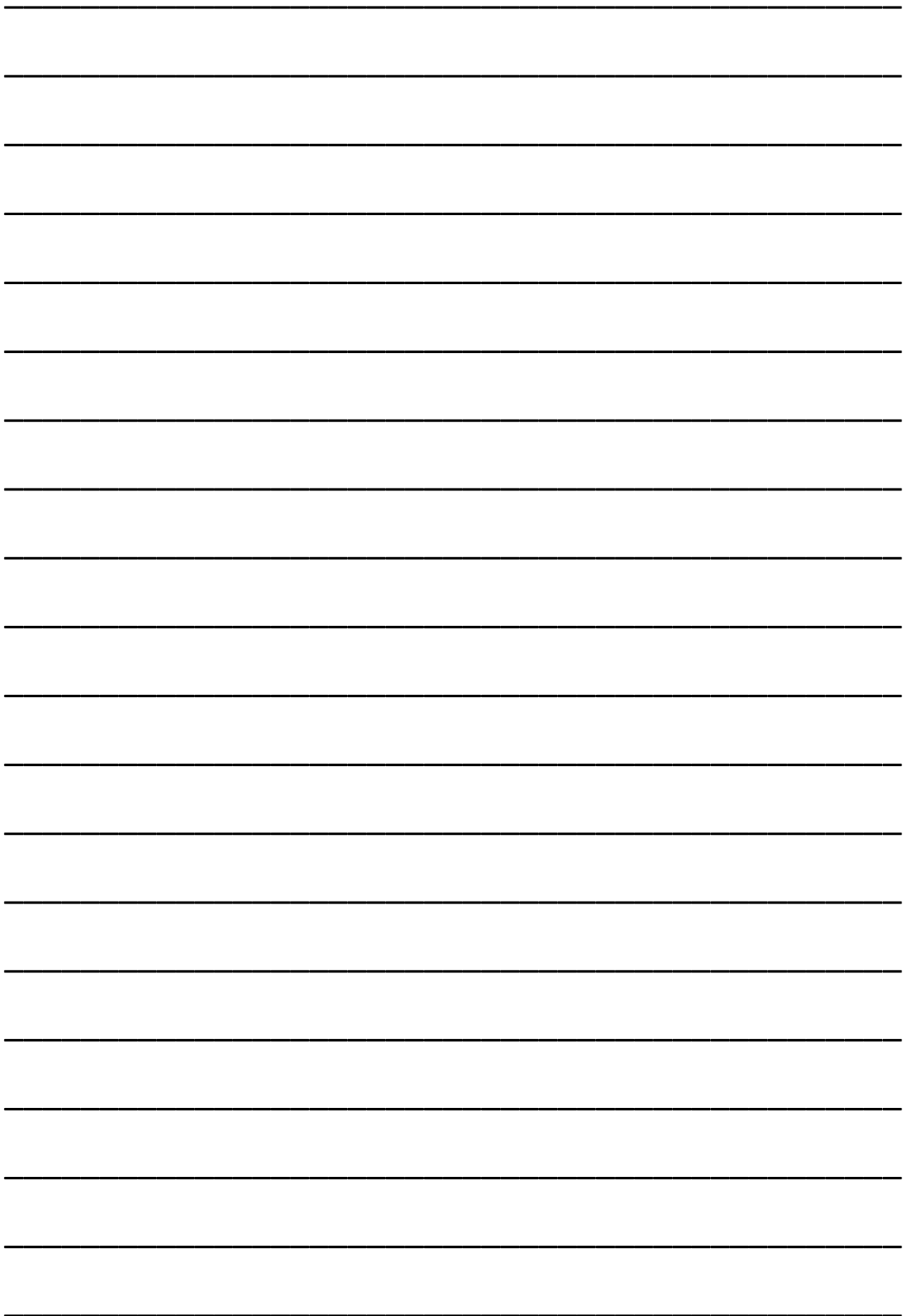
DID I PRAY ALL MY SALAH?

DID I PRAY ALL MY SALAH?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?

WHAT DID I EAT FOR IFTAAR AND SUHOOR?





# Eid Day



WHAT DID I DO TODAY?

WHAT WAS THE BEST PART OF MY DAY?

WHAT WERE MY GOOD DEEDS TODAY?

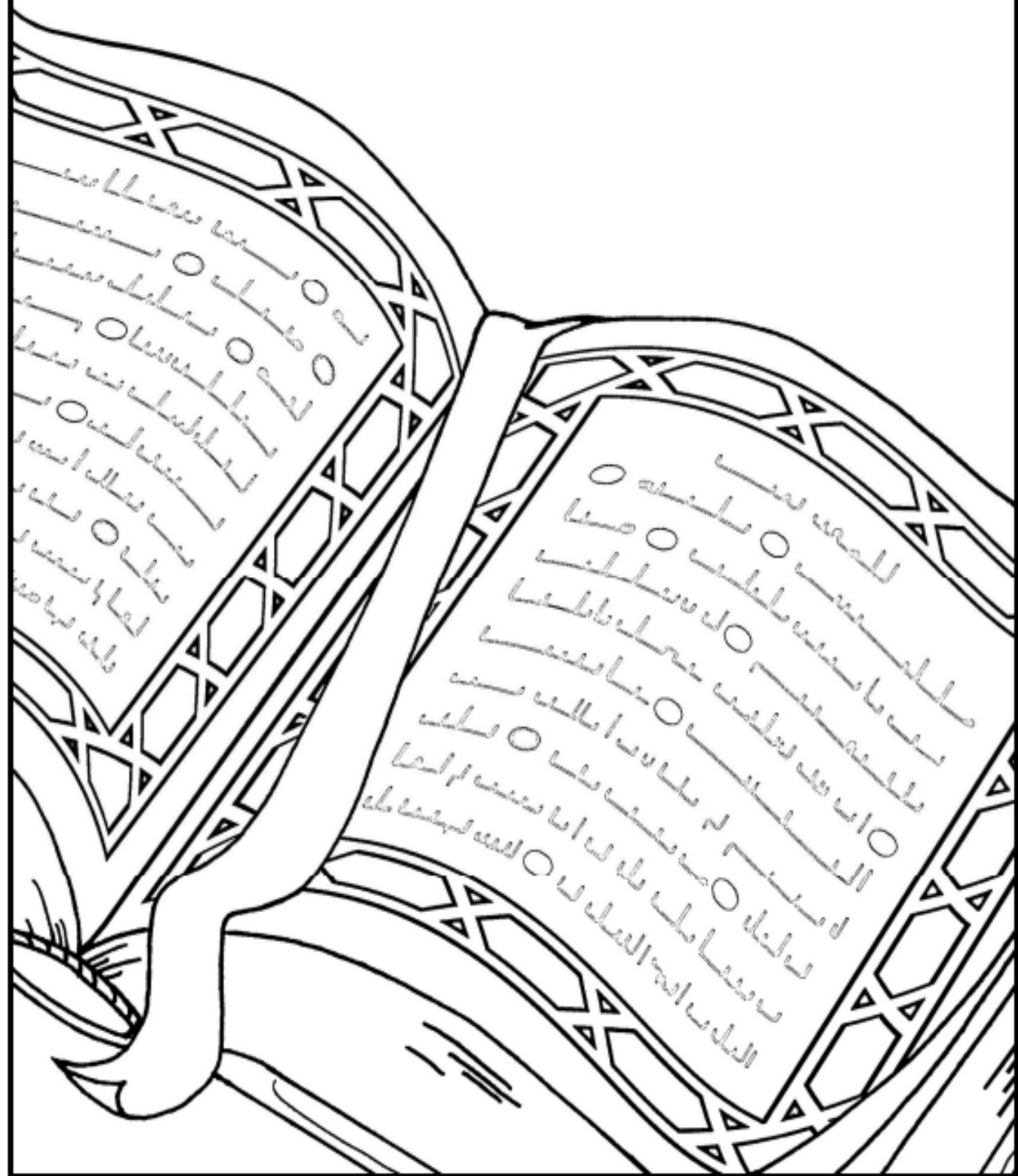
DID I PRAY ALL MY SALAH?

WHAT DID I EAT ON EID?

Colouring

The **Qur'an** tells us that **all Muslims** must fast during the month of Ramadan...

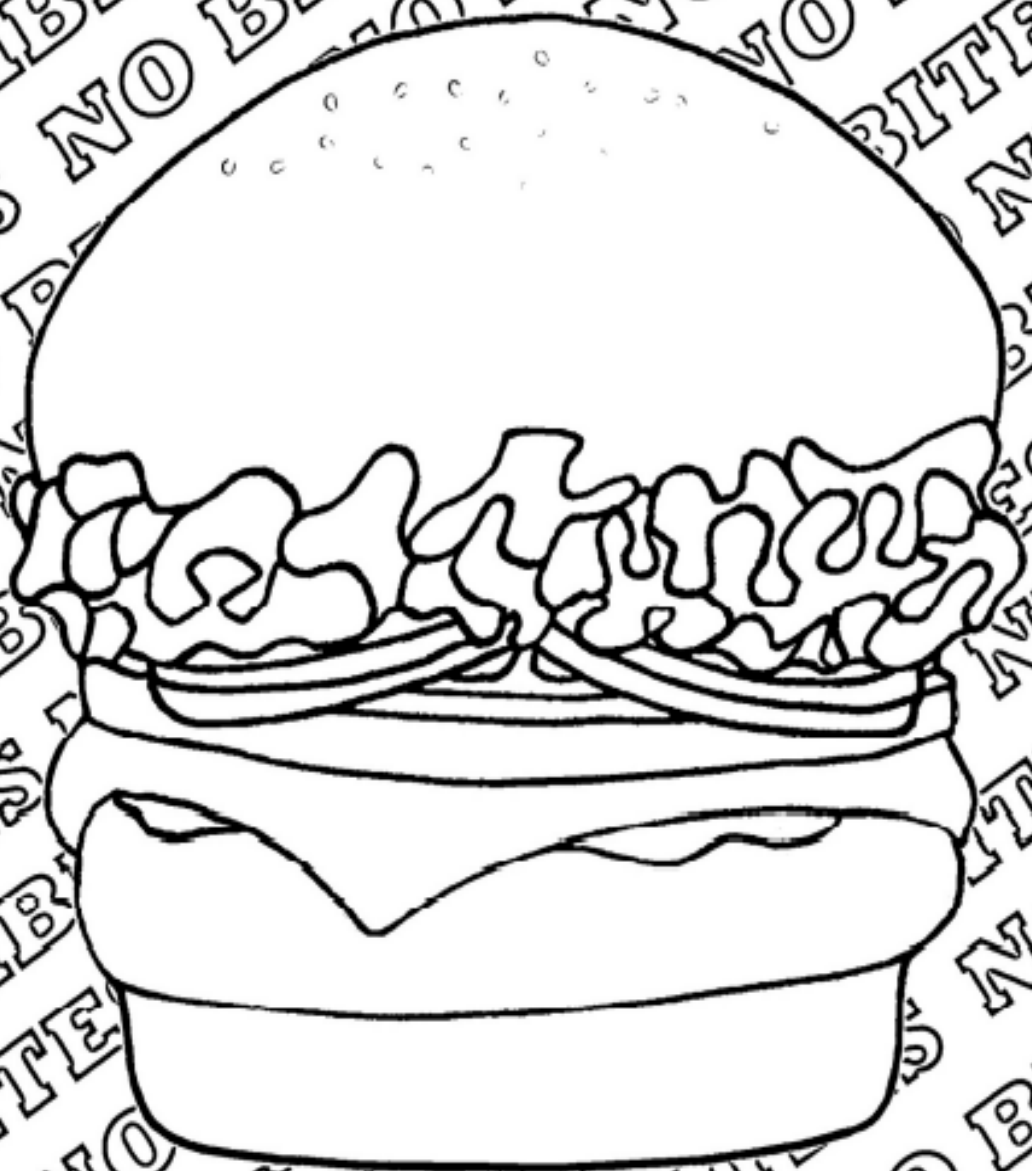
When we **fast**, what do we have to **do**?



#1

**No eating** during the **day**

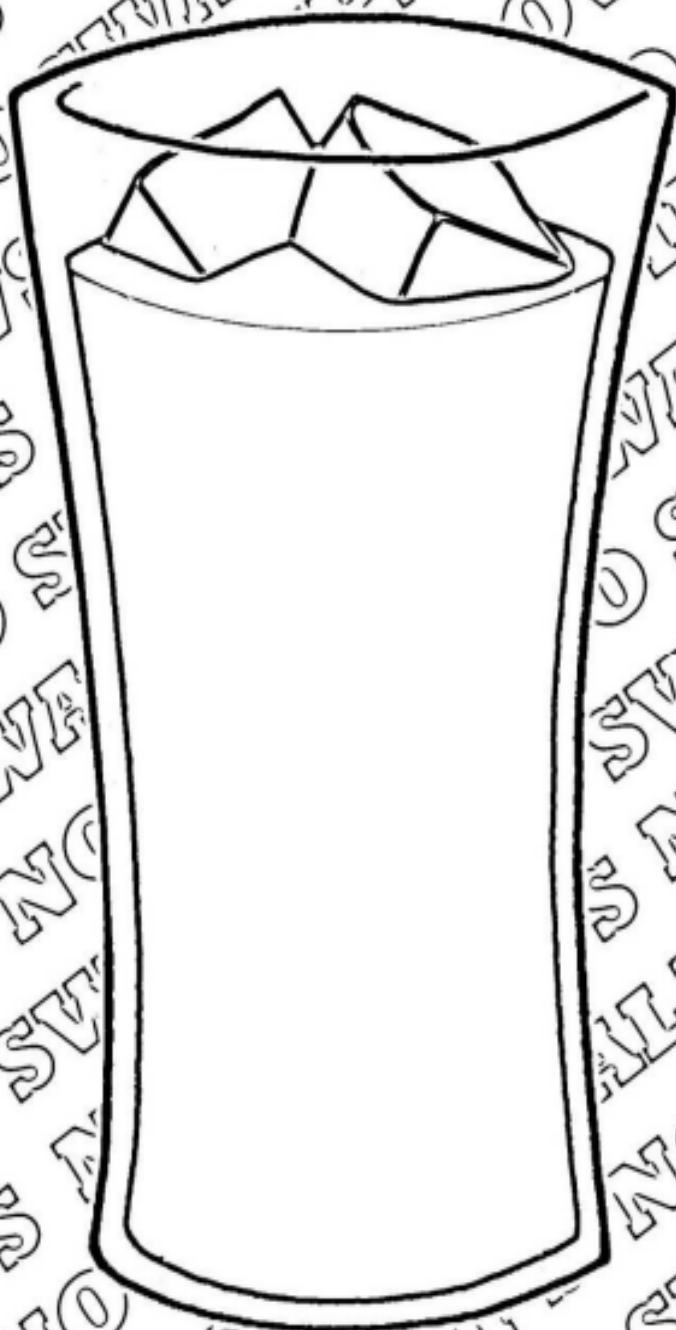
Not even a nibble or a bite!



#2

**No drinking** during the **day**

Not even a sip or a swallow!





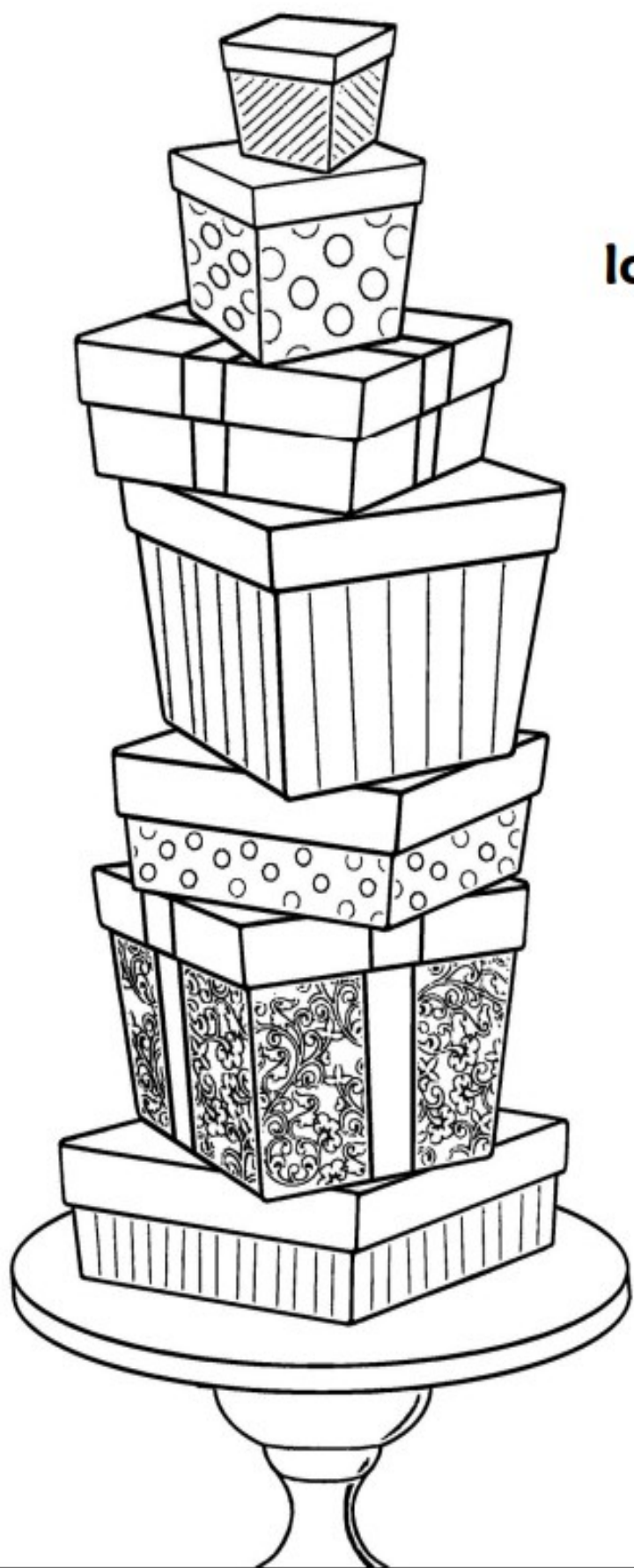
#3

**No bad behavior** or you will  
**lose the reward** of your fasting!

BAD BEHAVIOR  
LIES

FALSE SPEECH  
LIES

INSULTS  
FOURTH



Why do Muslims  
**love** fasting so much?

Because fasting  
has **SO** many...

Rewards

&

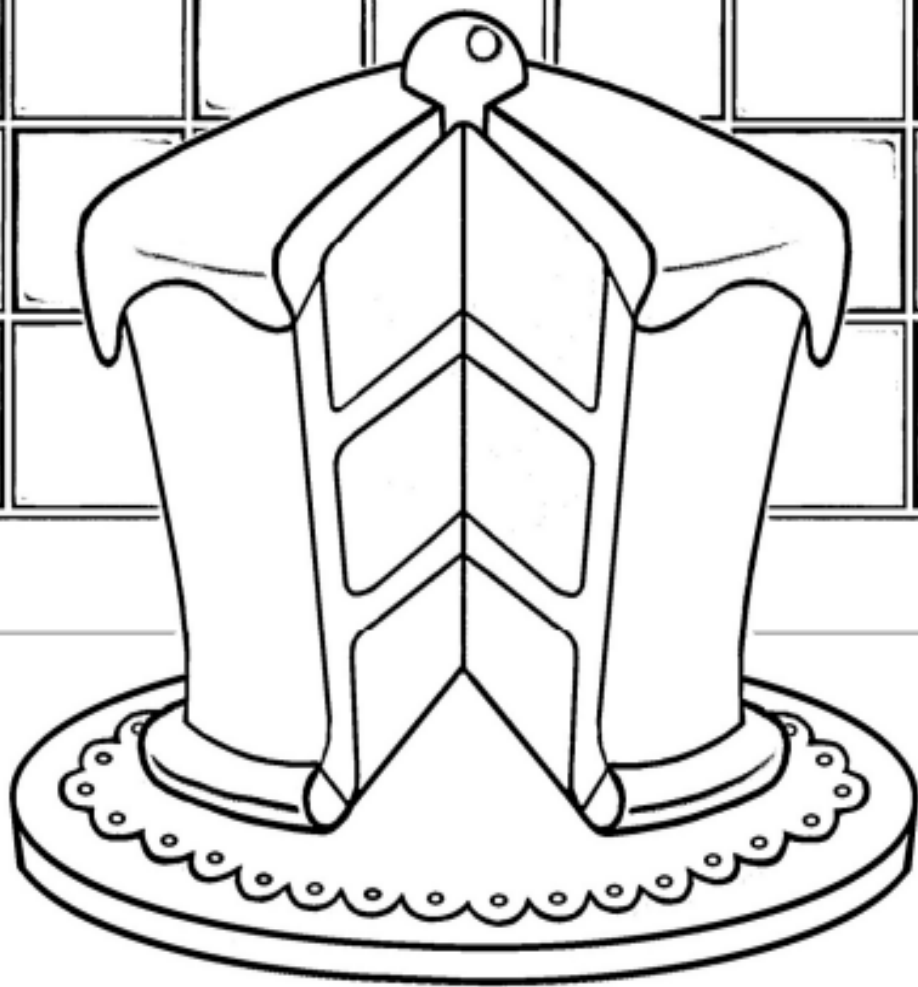
Blessings!

Did you know...?

Fasting is shield against **two** things-  
doing **bad deeds** and the **Hellfire!**

**IN THIS LIFE...**

SINS  
FASTING  
IS A SHIELD  
HELLFIRE  
...AND THE NEXT



*What are some things you would  
like to eat after breaking your fast?*

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---

Let's review some of the  
things we learnt in  
Ramadhan Club!

1. Why do we fast? Write down 3 reasons:

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---

---

2. How much more reward do we get for every good deed in Ramadhan?

---

3. Write down 3 things we should stay away from when fasting:

---

---

---

4. What is Sadaqah Jaariyah?

---

---

5. What is Iftaar?

---

6. What is Suhoor?

---

7. How can we still receive reward in Ramadhan if we are not fasting?  
Explain your answer.

---

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8. What is the name of the extra Salah that is prayed in Ramadhan?

---

9. Write down 5 teachings of the Prophet (S.A.W) we can follow in Ramadhan:

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---

10. Write down 3 key events from Islamic History that took place in the blessed month of Ramadhan:

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---

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11. What is Laylatul Qadr?

---

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12. What should we say to a person who tries to argue with us when we are fasting?

---

13. What is Sadaqatul Fitr and why is it given?

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What were my favourite parts of Ramadhan Club?

DRAW SOME PICTURES 😊







**Al-Ansaar Welfare & Education**

**Madrasah Tajweedul Qur'an**

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