

## **Ramadan Journal**

### **1st day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **2nd day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **3rd day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **4th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **5th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **6th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)

What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **7th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)

What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **8th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)

What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **9th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)

What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **10th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)

What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **11th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)

What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **12th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)                      What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **13th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)                      What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **14th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)                      What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **15th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)                      What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **16th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)                      What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **17th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal)                      What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **18th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **19th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **20th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **21st day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **22nd day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **23rd day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

**24th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

**25th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

**26th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

**27th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

**28th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

**29th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_ Dhur \_\_ Asr \_\_ Maghrib \_\_ Isha \_\_

What did I have for Suhoor (predawn meal) \_\_\_\_\_ What did I have for Iftar (sunset meal) \_\_\_\_\_

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

### **30th day of Ramadan**

Did I fast \_\_\_\_\_. Did I read a du'a \_\_\_\_\_ I am thankful for \_\_\_\_\_.

Qur'an: What did I read today? \_\_\_\_\_ Salah check-in. Fajr \_\_\_ Dhur \_\_\_ Asr \_\_\_ Maghrib \_\_\_ Isha \_\_\_

What did I have for Suhoor (predawn meal)

What did I have for Iftar (sunset meal)

Bonus: Did I pray the Tarawih prayer \_\_\_\_\_?

Congratulations!

Review your SMART Goals.

Recite this supplication often in the last 10 nights of Ramadan

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka `afuwwun tuhibbul `afwa fa`fu `annee

O Allah, You are the one who pardons and you love to pardon, so pardon me.”‘