



# MY RAMADAN JOURNAL

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

free printable at [intheplayroom.co.uk](http://intheplayroom.co.uk)

Date \_\_/\_\_/\_\_

- ☐ Fajr \_\_\_\_\_
- ☐ Dhuhhr \_\_\_\_\_
- ☐ Asr \_\_\_\_\_
- ☐ Magrib \_\_\_\_\_
- ☐ Isha \_\_\_\_\_
- ☐ Taraweeh \_\_\_\_\_

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

Dua of the Day \_\_\_\_\_

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Learn from Quran \_\_\_\_\_

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## Meal Planner

Suhoor	Iftar

## Daily Reflection

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## Mood Review



## How to Improve

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# Ramadan at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat

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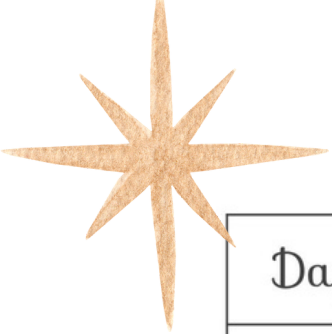
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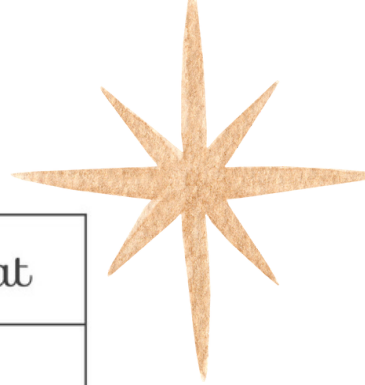
## Acts of Kindness

- ☐ 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
- ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_

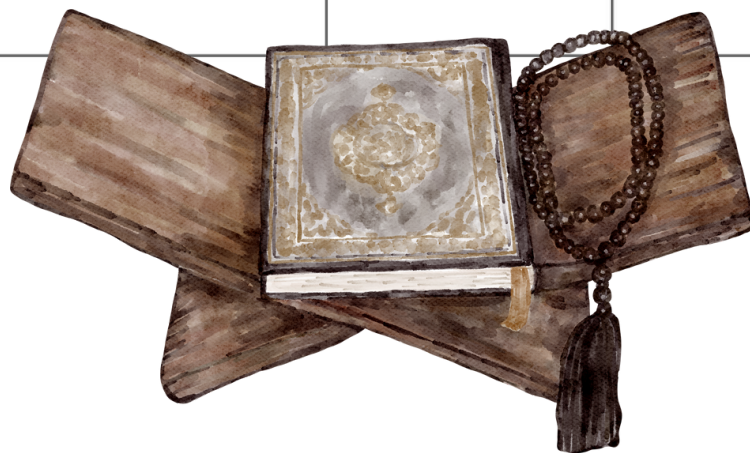




# Quran Journal



Day	Juz/Surah	From Ayat	To Ayat





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

