

On My Deen

RAMADAN JOURNAL



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DAILY DUA

“O, My Lord! Make me during
Ramadan one of those who
truly fast, make my prayers
ones of those that truly
accepted, and awaken me
from heedlessness and
inattentiveness, grant me
forgiveness for all my sins, O
Lord of the Worlds, and do
forgive me, O One Who
forgives all sins.”



HABIT TRACKER



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					

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
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



HABIT TRACKER



GOALS IN RAMADAN

1

2

3

4

5

6

7

8

Words for the Month



DAILY DHIKR



Alhumdulillah

Allahu Akbar

SubhanAllah

AstagfirAllah

La Ilaha IllAllah

SALAH TRACKER

	Fajr	Duhr	Asr	Magreb	Isha
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐
13	☐	☐	☐	☐	☐
14	☐	☐	☐	☐	☐
15	☐	☐	☐	☐	☐

SALAH TRACKER

	Fajr	Duhr	Asr	Magreb	Isha
16	☐	☐	☐	☐	☐
17	☐	☐	☐	☐	☐
18	☐	☐	☐	☐	☐
19	☐	☐	☐	☐	☐
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25	☐	☐	☐	☐	☐
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27	☐	☐	☐	☐	☐
28	☐	☐	☐	☐	☐
29	☐	☐	☐	☐	☐
30	☐	☐	☐	☐	☐



Beginning of Ramadan

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

Breaking Your Fast

The thirst is gone, the veins are moistened, and the reward has been earned if Allah wills.

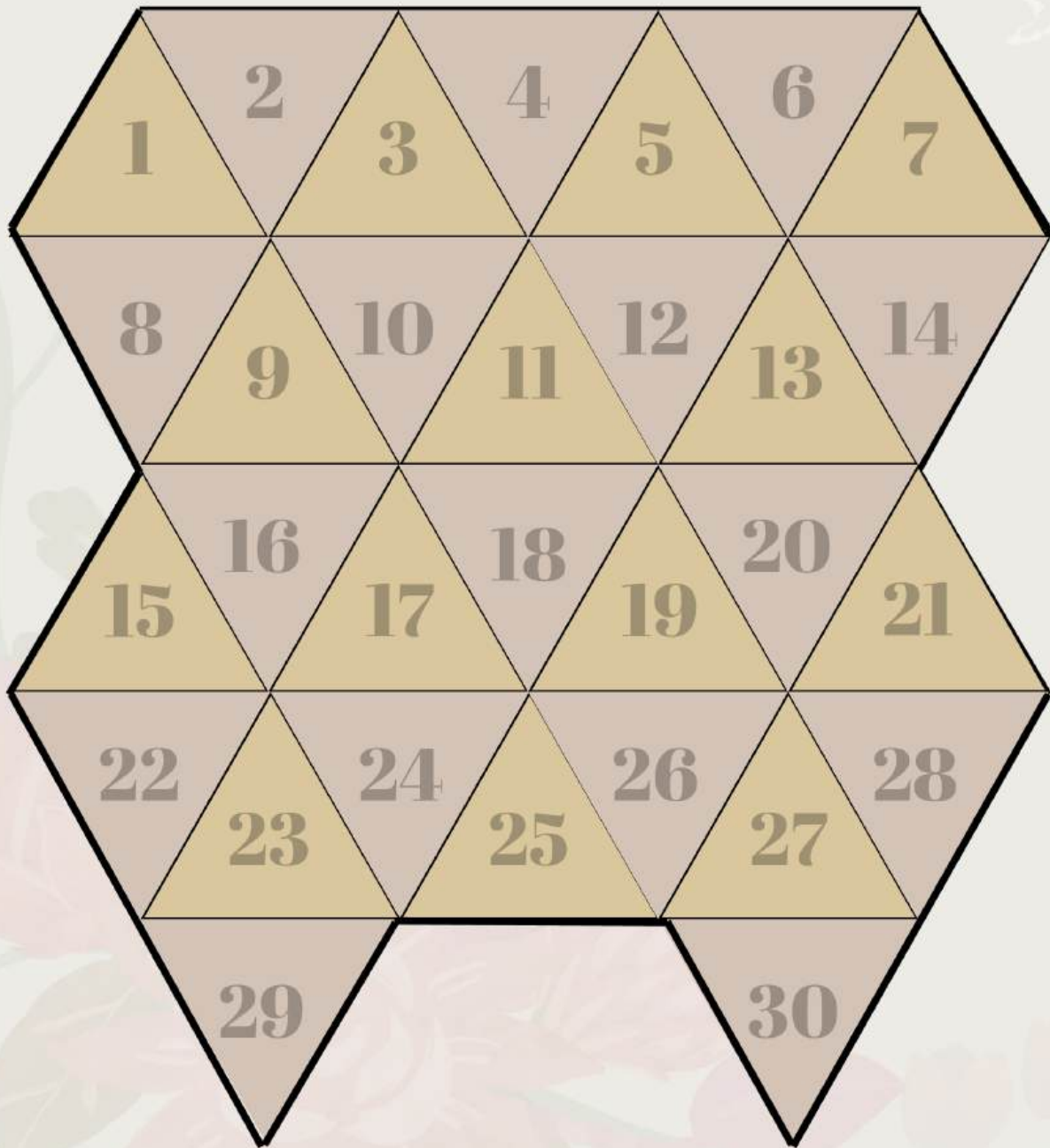
Read In Last 10 Days

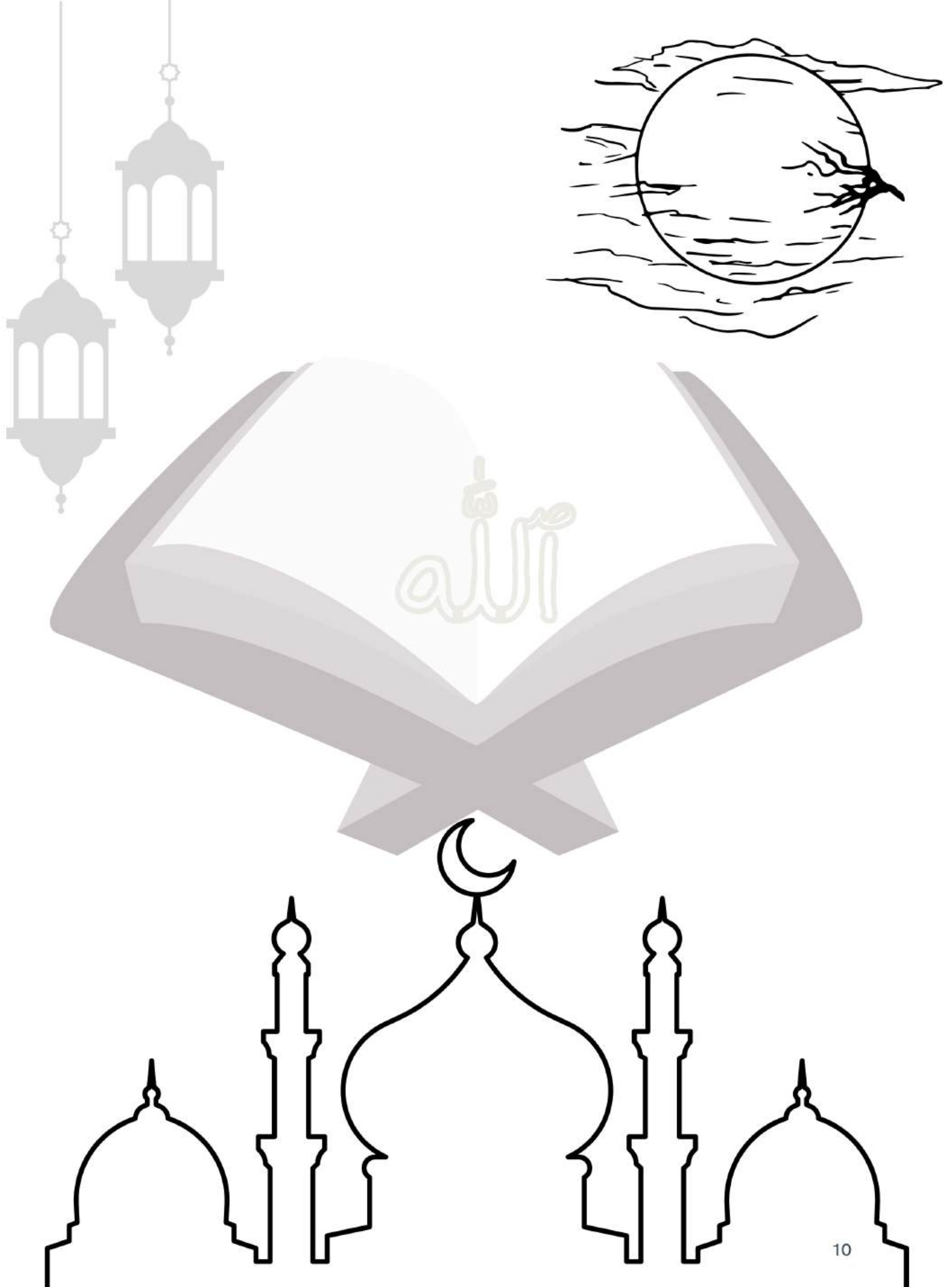
O Allah, You are the Most Forgiving and You love to Forgive, so forgive me.

Repeat Through The Month

O, Allah! You are my Lord! None has the right to be worshipped but You. You created me, and I am Your slave, and I am faithful to my covenant and my promise as much as I can. I seek refuge with You from all the evil I have done. I acknowledge before You all the blessings You have bestowed upon me, and I confess to You all my sins. So I entreat You to forgive my sins, for nobody can forgive sins except You.

FASTING TRACKER







"O Allah, help and protect the people of Palestine. O Allah, ease their pain and suffering. O Allah help those who are in need. O Allah, fortify their hearts and calm them like you granted Yusuf's heart peace in the well. O Allah, Bestower of Mercy, bestow Your mercy on them. O Allah, You are the Giver of victory, O Al-Fattah, You are the Opener of doors, please grant them freedom and victory."

QURAN READING

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

JUZ 1

Fatiha -
Baqarah 141

JUZ 2

Baqarah
142-252

JUZ 3

Baqarah 253 -
Al-Imran 92

JUZ 4

Al-Imran 93
- An-Nisa 23

JUZ 5

An-Nisa
24-147

JUZ 6

An-Nisa 148 -
Al-Ma'idah 81

JUZ 7

Al-Ma'idah 82
- An'Am 110

JUZ 8

An'Am 111 -
Al-A'raf 87

JUZ 9

Al-A'raf 88 -
Al-Anfal 40

JUZ 10

Al-Anfal 41 -
At-Tawba 92

JUZ 11

At-Tawba 93
- Hud 5

JUZ 12

Hud 6 -
Yusuf 52

JUZ 13

Yusuf 53 -
Ibrahim 52

JUZ 14

Al-Hijr 1 -
An-Nahl 128

JUZ 15

Al-Isra 1 -
Al-Kahf 74

JUZ 16

Al-Kahf 75 -
Ta-Ha 135

JUZ 17

Al-Anbiyaa 1
- Al-Hajj 78

JUZ 18

Al-Mu'minun 1
- Al-Furqan
20

JUZ 19

Al-Furqan 21 -
An-Naml 55

JUZ 20

An-Naml 56 -
Al-Ankabut 45

JUZ 21

Al-Ankabut 46
- Al-Azhab 30

JUZ 22

Al-Azhab 31 -
Ya-Seen 27

JUZ 23

Ya-Seen 28 -
Az-Zumar 31

JUZ 24

Az-Zumar 32
- Fussilat 46

JUZ 25

Fussilat 47 -
Al-Jasiyah 37

JUZ 26

Al-Ahqaf 1 -
Az-Dharyat 30

JUZ 27

Az-Dharyat 31
- Al-Hadid 29

JUZ 28

Al-Mujadilah 1 -
At-Tahrim 12

JUZ 29

Al-Mulk 1 -
Al-Mursalat 50

JUZ 30

An-Naba 1 -
An-Nas 6

AL-IKHILAS

Quran Tracing

قُلْ هُوَ اللَّهُ أَحَدٌ

Say, 'O Prophet,' "He is Allah—One 'and Indivisible';

اللَّهُ الصَّمَدُ

Allah—the Sustainer 'needed by all'.

لَمْ يَلِدْ وَلَمْ يُولَدْ

He has never had offspring, nor was He born.

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

And there is none comparable to Him."

ع

AL-FALAQ

Quran Tracing

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

Say, 'O Prophet,' "I seek refuge in the Lord of the daybreak

مِنْ شَرِّ مَا خَلَقَ

from the evil of whatever He has created,

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ

and from the evil of the night when it grows dark,

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ

and from the evil of those 'witches casting spells by' blowing onto knots,

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

and from the evil of an envier when they envy."

AN-NAS

Quran Tracing

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Say, "O Prophet," "I seek refuge in the Lord of humankind,

مَلِكِ النَّاسِ إِلَهِ النَّاسِ

The God of humankind

the Master of humankind,

مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ

from the evil of the lurking whisperer—

الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ

who whispers into the hearts of humankind—

مِنَ الْجِنَّةِ وَالنَّاسِ

from among jinn and humankind."

GROCERY LIST

Week 1

Week 2

Week 3

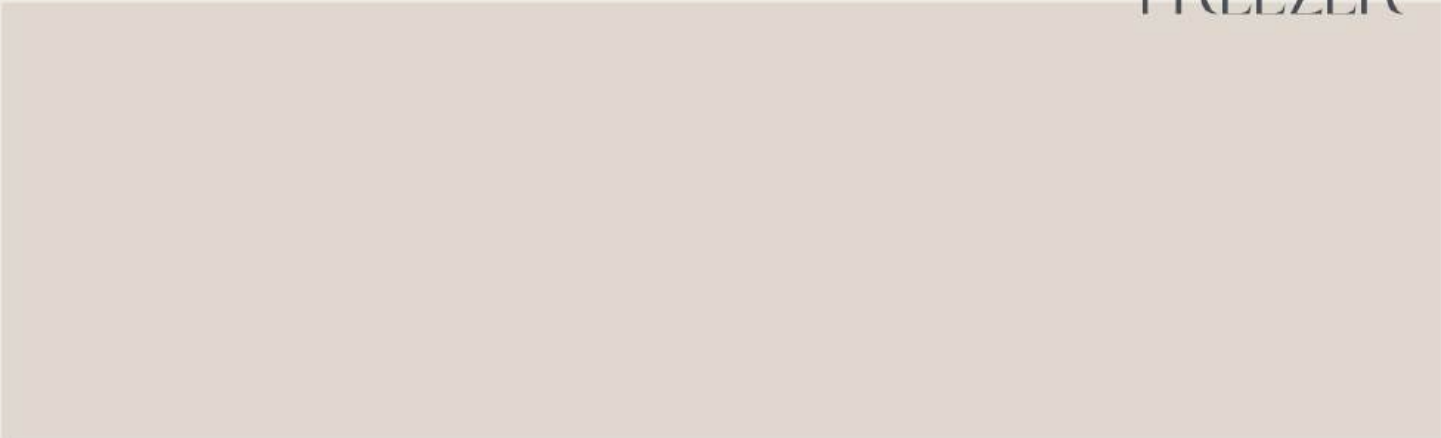
Week 4

ON-HAND

FRIDGE



FREEZER



PANTRY





Meal Plan Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes



Meal Plan Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes



Meal Plan Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes



Meal Plan Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

How did I connect with Allah this week?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

Gratitude writings this week...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Laylatul Qadr Dua List..

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Quran Ayat Entry

In Arabic

In English

What did I learn from this?

Quran Ayat Entry

In Arabic

In English

What did I learn from this?

Quran Ayat Entry

In Arabic

In English

What did I learn from this?

Quran Ayat Entry

In Arabic

In English

What did I learn from this?

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What did I learn from this?

Quran Ayat Entry

In Arabic

In English

What did I learn from this?

Quran Ayat Entry

In Arabic

In English

What did I learn from this?

Quran Ayat Entry

In Arabic

In English

What did I learn from this?

THAT “TIME”

As a woman, we have been blessed by a week in the month. Here is what to do:

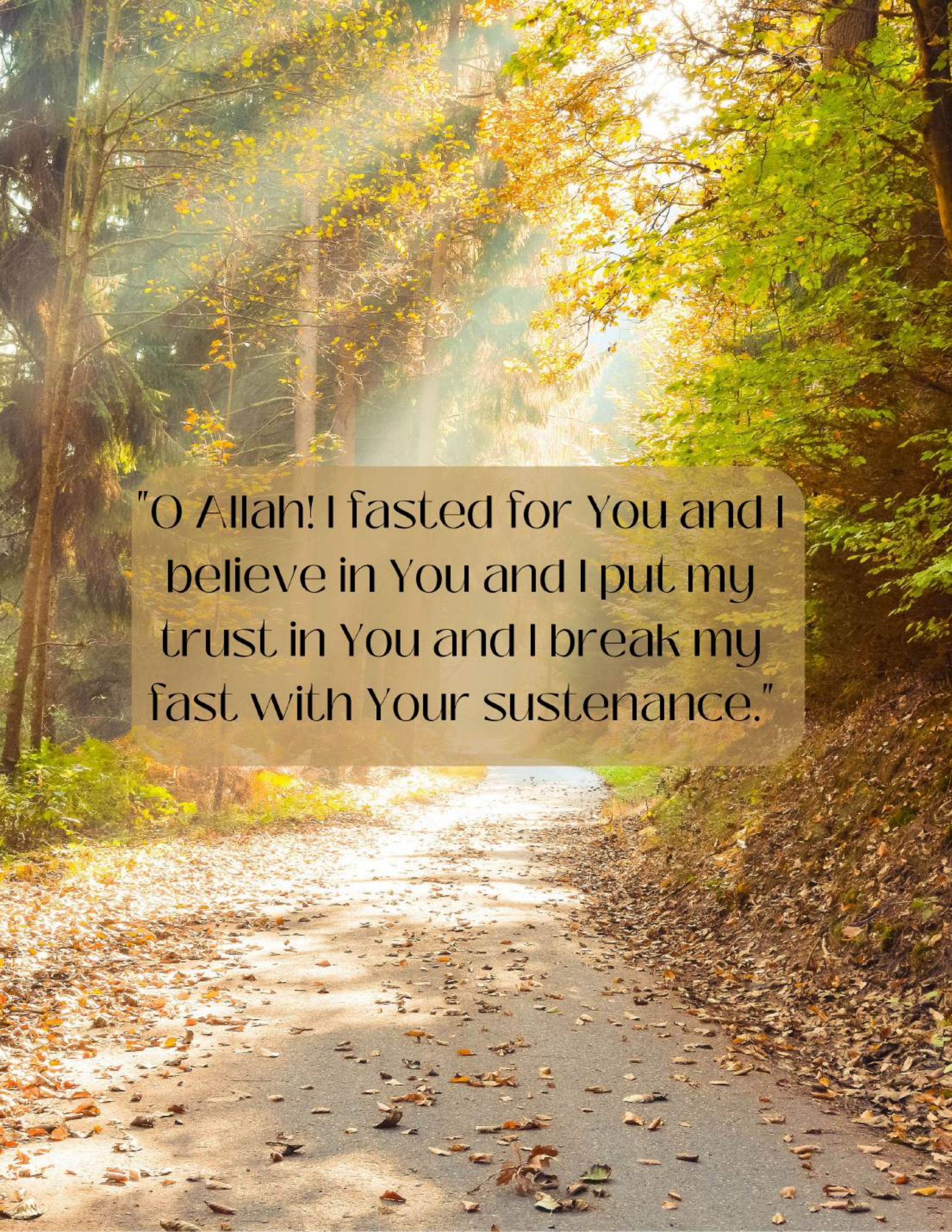
Recite your Adkhar

Watch islamic videos

Eat healthy

Drink lots of water

**Wake up at Fajr and sit
on prayer mat to
meditate**

A photograph of a paved path in a forest during autumn. The path is covered with fallen yellow and orange leaves. Sunlight filters through the trees, creating a warm, hazy atmosphere. The trees have vibrant autumn foliage in shades of yellow, orange, and green. The path leads into the distance, flanked by dense foliage.

"O Allah! I fasted for You and I
believe in You and I put my
trust in You and I break my
fast with Your sustenance."

PRINTING

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Otherwise a second, third, ect... purchase grants you the ability to purchase a physical book as a gift per each individual purchase.

Physical re-prints for self are not subject to these terms.