

Ramadan Reflections

Date _____

Mo Tu We Th Fr Sa Su

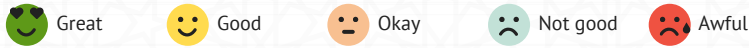
My sleep last night was



Approx. hours _____

Get up time _____

How do you generally feel today?



What do you plan to do today before Iftar?

- Recite the Qur'an
- Offer Sunnah prayers
- Read a book
- Recite Salawat & Dhikr
- Give charity
- Others: _____

Today I intend to _____

Cups of water (between Iftar to Suhoor)



What do you plan to do today after Iftar?

- Perform Tarawih
- Recite the Qur'an
- Recite Salawat & Dhikr
- Offer other Sunnah prayers
- I'tikaf
- Others: _____

Are you satisfied with today?



What are you having / did you have for Iftar?

What are you thankful for today?

Is there anything you could have done better today?

How do you feel? (to be filled at the end of the day)

Today's Du'a List:

Notes