

JURNAL RAMADAN 2025

NAMA:

Pre-Ramadan Checklist

10 Tips To Get Ready For The Holy Month

Repent and pray for a good Ramadan

Do extra acts of worship

Be conscious of your actions and try
to refrain from negative acts

Ease into fasting

Be mindful of your eating habits and
practice moderation

Check your medical condition

Set your intentions and reflect on
the purpose of Ramadan

Know what's on your plate, and plan
accordingly

Regulate your sleeping patterns

Increase the quality of your current
acts of worship

MARCH 2025
RAMADAN 1446

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						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	31					

NOTE:

CATATAN RAMADAN:

Sholat Qolbiyah - Ba'diyah

Tanggal:

SHOLAT	SUBUH	DZUHUR	ASHAR	MAGHRIB	ISYA
QOLBIYAH					
BA'DIYAH					

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CATATAN RAMADAN:

TILAWAH TRACKER

HARI/TANGGAL	JUMLAH HALAMAN/JUZ

TILAWAH TRACKER

HARI/TANGGAL	JUMLAH HALAMAN/JUZ

TILAWAH TRACKER

HARI/TANGGAL	JUMLAH HALAMAN/JUZ

CATATAN RAMADAN:

Tarawih Tracker

30 DAYS

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

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