



Petal & Paper

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Ramadan daily tracker



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R A M A D A N M U B A R A K 🌙

Ramadan tracker

Each day, reflect on

Fast kept: ☐

Prayers (Salah): ☐

Quran reading: ☐

A good deed / kindness: ☐

Reflections

Something I'm grateful for: ____

A goal for this Ramadan: ____

A dua / intention: ____

How I feel this week: ____

This week (days 1–7)

Day 1: ____

Day 2: ____

Day 3–4: ____

Day 5–7: ____

Note

Customs & practices vary by family & tradition

Make it your own

A gentle aid to a meaningful month

Eid Mubarak when it comes! 🌙