



RAMADAN

Planner



Jour :

Date

Jeûne: ☐ Oui ☐ Non

Prières



- | | |
|-------------------------------|--------------------------------|
| ☐ Fajr | ☐ Tarawih |
| ☐ Dohr | ☐ Witr |
| ☐ Asr | ☐ Tahajjud |
| ☐ Maghrib | ☐ |
| ☐ Isha | ☐ |

Bonnes actions



- | | |
|-----------------------------|-------------------------------|
| ☐ Dhikr | ☐ Sadaqah |
| ☐ Dua | ☐ |
| ☐ | ☐ |

Lecture du Coran



Surah: _____ Ayah: _____

Notes:



Hadith du jour



Priorités

Mon humeur



Gratitude & Reflection

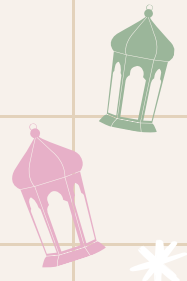


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you decid
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| ☐ Maghrib | ☐ |
| ☐ Isha | ☐ |

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| ☐ | ☐ |

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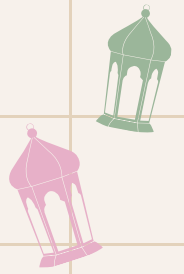
Gratitude & Reflection





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| ☐ Isha | ☐ |

Bonnes actions



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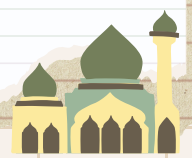
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