

Ramadan Fasting Self-Assessment

Personal Information

Name

Date

Fasting Status

Did you fast today?

If yes, how many hours did you fast?

Spiritual Reflection

How consistent were you with your prayers today?

Did you recite or read Quran today?

Brief reflection on your spiritual experience today:

Health & Wellbeing

How well did you manage your hydration?

Describe your general energy and mood:

Personal Notes

Additional comments or reminders for tomorrow:

