



NUTRITIONAL SUPPORT & DAILY PLANNER

For Ramadan



PRODUCED BY **LAYLA BANARAS** | NUTRITION BY **ISOBEL COTHAM**
IN ASSOCIATION WITH **BIRMINGHAM CITY FOOTBALL CLUB**





INTRODUCTION

Why do we need a Ramadan Nutrition Planner and Guide?

The importance of diet and hydration in sport has never been more paramount for athletes at all levels, from the school playground to the Premier League and beyond. Understanding what to eat, when and why is taught in the national curriculum, with Sports Science providing a career path for many young adults.

The number of Muslim athletes across all sports is also on the increase, as the glass ceiling in men's football is broken every season, bridging the gap to sports such as boxing, basketball and cricket where diversity has long been supported. However, there is still a vast number of improvements required for Muslim athletes, coaches and PE teachers to compete on an equal footing with their teammates and counterparts.

With the football season and Ramadan overlapping for the next 20 years, guidance and assistance around fasting is still severely lacking. The ethos of this Ramadan Daily Planner and Nutritional Guide is to give aspiring athletes the information needed to continue to perform at their peak; from providing in-depth meal options for Suhoor and Iftar, to supplement suggestions – all backed up by simplified science and lived-experiences of a high-performing athlete.

“

THE NUTRITIONAL GUIDE IS DESIGNED TO GIVE ASPIRING ATHLETES THE INFORMATION NEEDED TO CONTINUE TO PERFORM AT THEIR PEAK.

”



LAYLA BANARAS REPRESENTING THE CLUB FOR THE 22/23 KIT SHOOT



THE STORY

Behind the Ramadan Nutritional Guide and Planner

Layla Banaras signed for Birmingham City Football Club at the age of eight, having started playing football with her brother. Throughout her early years in youth football, she was playing up to five teams a week, and progressing at an exceptional rate.

With football and faith both playing equal parts in Layla's life, the young aspiring star chose to observe her first fast aged 13. Having approached various figures within the game for support around nutrition during her fast, she found little to no support available.

Spurred on by this, Layla sat down with nutritionist Isobel Cotham to explain the complex needs of hydration and diet for Muslims in the holy month, and Isobel worked with the Blues starlet to figure out a nutritional guide that would allow Layla to continue training almost daily without fatigue and without breaking her fast.

Across her first fast, Layla documented how she felt after every session based on the food she had eaten during Suhoor that day, how hydrated she felt throughout her training, and her general wellness during Ramadan. Fast forward twelve



months and Layla's pioneering work had led to her scooping awards and catching the attention of the media. For her second fast, still only 14-years-old, Layla was now distributing her planners on a mass scale to academies across the country, to sports clubs in the local area, and delivering sessions to school children not much younger than her.

This nutritional guide gives a detailed and scientific breakdown into why you should eat certain foods, and multiple examples of meals and supplements you can make easily at home. It also allows for athletes to record what they eat, how they feel and what changes they need to make across their fast.



NUTRITIONAL SUPPORT

TIMELINE

3-4 WEEKS BEFORE RAMADAN:

- If possible, eat normal breakfast but push back lunch by 2 hours each week
- During training replicate nutrition intake as if it were Ramadan (this trains your body to digest and absorb the nutrients better)

TIME	EVENT	RECOMMENDATIONS
Sunrise	Suhoor	<p>AIM: Promote energy stabilization, prevent feelings of fatigue and hunger, maintain muscle/bone adaptation and repair across the fast.</p> <ul style="list-style-type: none"> • Large amount of slow-release carbohydrates rich in fibre • Dairy protein source • Lots of healthy fat • Fluid with calories and electrolytes • Avoid soft drinks or sodas • Multivitamin • Omega-3 • Tart cherry juice
Daylight Hours	Fasting	<p>AIM: Limit fluid loss and energy expenditure.</p> <ul style="list-style-type: none"> • Maintain in a climate-controlled room • Pour water over skin to cool down and limit fluid loss (through sweat) during training in a hot environment • Try and maintain sedentary lifestyle
Open Fast	Training- Iftar	<p>AIM: Rapid digestion, restore carbohydrate stores, restore electrolyte balance and fluid. Stimulate protein synthesis for muscle/ bone adaptation and repair.</p> <ul style="list-style-type: none"> • Break the fast with traditional dates • Carbohydrate-electrolyte drink • Fast-releasing protein (high in whey) low in fat
Time Dependant	Immediately Post Training	<p>AIM: Rapid digestion, restore carbohydrate stores, restore electrolyte balance and fluid.</p> <ul style="list-style-type: none"> • Fast-releasing carbohydrates low in fibre • Fluid containing carbohydrate and electrolytes
22:00	Large Meal	<p>AIM: Rapid digestion, restore carbohydrate stores, restore electrolyte balance and fluid. Stimulate protein synthesis for muscle/ bone adaptation and repair.</p> <ul style="list-style-type: none"> • Fast-releasing carbohydrates low in fibre and fat • Protein low in fat • Fluid containing carbohydrate and electrolytes • More starchy vegetables and less non-starchy vegetables
Before Bed	Snack	<p>AIM: Stimulate muscle/bone repair and adaptation overnight, maintain fluid balance overnight, and enhance sleep quality.</p> <ul style="list-style-type: none"> • Full fat dairy protein source • Tart cherry juice

SUHOOR

AIM:

Promote energy stabilization, prevent feelings of lethargy and hunger, maintain muscle/bone adaptation and repair across the fast.

HOW:

- Consume ~3g/kg/BM of slow-releasing carbohydrate high in fibre and fat
- Consume 25-30g slow-releasing protein (dairy source and high in fat)
- Drink 600-900ml fluid high in electrolytes (drink frequent small drinks rather than one large drink)
- Take a Multivitamin
- Incorporate lots of healthy fats including omega-3
- 30ml Tart Cherry Juice

WHAT DOES THIS LOOK LIKE?

?



1 Rego Cherry Juice Gel



1 A-Z Multi-Vitamin



Large Bowl of Cereal/ Porridge/Granola/Muesli with Full Fat Milk/ Yoghurt



Large Smoothie E.g., Base plus 1 Mango, 1 Tbsp Oats and 2 Tbsp Peanut butter (see below for more)

HOW TO BUILD A SMOOTHIE:

BASE



PICK A GRAIN



PICK A PORTION OF SLOW RELEASE:



PICK A HEALTHY FAT:

- » 150ml Milk
- » 1 Large or 2 Small Bananas
- » 1 Tbsp Honey
- » ~125g Full Fat Greek Yoghurt
- » 2 Tbsp Flax and Chia Seeds



- » 1 Tbsp Oats
- » 1 Tbsp Granola

- » 1 Mango
- » 6 Kiwi
- » 3 Apples
- » 3 Peaches
- » 3 handfuls of cherries



- » ½ Avocado
- » 2 Tbsp Peanut Butter
- » 4 Tbsp Coconut Cream

IFTAR

AIM:

Rapid digestion, restore carbohydrate stores, restore electrolyte balance and fluid.
Stimulate protein synthesis for muscle/ bone adaptation and repair.

HOW:

- Break the fast with traditional dates, plus 20-25g of fast releasing protein (low in fat and high in whey) and some additional carbohydrate.
- Throughout the rest of training sip on a carbohydrate-electrolyte drink delivering ~30g carbohydrate and 500-800ml fluid.

WHAT DOES THIS LOOK LIKE?

?



5 Dates



Scoop of Rego Recovery



Glucose Drink



IMMEDIATELY AFTER TRAINING UNTIL MAIN MEAL:

- Consume 1.5g/kg/BM fast-releasing carbohydrate low in fibre and fat.
- Drink small sips of fluid containing carbohydrate and electrolytes.

WHAT DOES THIS LOOK LIKE?

?

300ml
Pineapple Juice



4 Rice cakes
with a generous
spread of Jam

MAIN MEAL (ONE HOUR AFTER TRAINING):

- Consume ~2.5g/kg/BM of fast-releasing carbohydrate low in fibre and fat.
- Consume 25-30g protein low in fat.
- Consume more starchy vegetables and less non-starchy vegetables.
- Drink 600ml fluid high in electrolytes per hour (drink frequent small drinks rather than one large drink)
- Try and limit fatty foods to the end of the meal to prevent feeling full quickly (fat fills you up quickly).

WHAT DOES THIS LOOK LIKE?

?



Water with Electrolyte Tablet



1/2 Plate full of Rice & Mini Naan Bread



Breast of Chicken



1/3 plate of Chickpeas, Peas & Butternut Squash



Serving of Pakora
(towards end of the meal
as higher in fat)

BEFORE BED (30 MINS BEFORE):

- Consume 25-30g of protein (full fat dairy source) to maintain muscle and bone repair and adaptation overnight.
- 30ml Tart Cherry Juice to improve quality of sleep.

WHAT DOES THIS LOOK LIKE?

?



1 Rego Cherry
Juice Gel



Pint of milk/300g Greek
Yoghurt



If struggling to
consume milk/
yoghurt after big
meal try halving the
amount and adding
15g of 'slow-release
casein' protein
powder



1/2 Pint of milk/150g Greek
Yogurt and 15g Slow-Release
Casein Protein Powder



SLOW-RELEASE CARBOHYDRATES



HIGH FAT



HIGHEST FIBRE

AIM:

- To consume 3g/kg/BM (e.g., 50kg player requires 150g) slow-release carbohydrates during Suhoor.
- Slow-release carbohydrate sources high in fat and fibre are best during Suhoor as they take longer to digest and will keep you full for longer.
- (If struggling to consume so much high fibre and fat foods during Suhoor, consume a low fat and fibre carbohydrate first then have high fat and fibre source).



All-Bran Cereal (~40g CHO in 80g Serving)



Porridge (~45g CHO in large bowl with whole milk)



Oats (~22g CHO in 40g)



Muesli (~40g CHO in 70g Serving)



Granola (44g CHO in 70g Serving)



Special K (45g CHO in 60g Serving)



Weetabix (26g CHO in 2 pieces)



Whole-Milk (7g CHO per 150ml)



Crumpet (~17g CHO)



Full Fat- Greek Yoghurt with honey (~10g CHO per)



Full Fat- Greek Yoghurt (~5g CHO per 100g)



Peach (10g CHO)



Apple (~13g CHO/ 10g CHO per 100ml)



Large Pear (~21g CHO)



Honey (5g CHO in 1tsp)



Large Banana (~20g CHO)



Orange (~8g CHO/8g in 100ml)



Kiwi (~5g CHO)



Mango (~11g CHO per handful)



Plum (~5g CHO)



Dried Apricots (~21g CHO in a handful)



Grapefruit (10g CHO)



Cherries (~12g CHO in a handful)



New Potatoes (~30g CHO in 1/4 plate full)



Pasta (~46g CHO in 146g portion)



Pitta Bread (~30g CHO)



Quinoa/ Couscous (~30g CHO in 1/4 plate full)



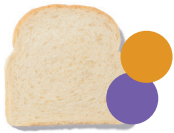
Basmati Rice (~37g CHO in 1/2 a pack)

FAST-RELEASE CARBOHYDRATES

● LOW FAT ● LOW FIBRE

AIM:

- To consume fast-release carbohydrates during Iftar.
- Sources low in fat and fibre are in particular good during Iftar as they are quick to digest providing rapid energy and are less filling allowing a high amount of food to be consumed before feeling full.



Medium Slice White Bread (~15g CHO)



Bagel (~50g CHO)



Mini Naan Bread (~30g CHO)



1/2 Baguette (~48g CHO)



Rice Krispies (~35g CHO in a 40g serving)



Corn Flakes (~38g CHO in a 45g serving)



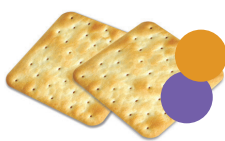
Cocoa Pops (~38g CHO in a 45g serving)



Sultana Bran (~27g CHO in a 40g serving)



Rice/Oat Milk (~14/11g CHO per 100ml)



Cream Cracker (~6g CHO)



Rice Cake (~6g CHO)



Jasmine Rice (~44g CHO in 1/2 a



Arborio Rice (~57g CHO in 75g dry serving)



Long Grain Rice (~57g CHO in 75g dry serving)



White Potato; mashed, baked, fried or roasted (~50g CHO in per medium 250g potato)



Dried Dates (~5g CHO in per date)



Melon (~11g CHO in handful)



Watermelon (~10g CHO in 4 pieces)



Pineapple (~4g CHO in slice/~10 CHO in 100ml)



Vegan Fruit Sweets (3g CHO per sweet)



Sport Drinks (32.5g CHO in 500ml drink)



Jam (~14g CHO per Tbsp)

VEGETABLES



STARCHY VEGETABLES



NON-STARCHY VEGETABLES

AIM:

- Vegetables can be classified into starchy and non-starchy vegetables.
- Non-starchy vegetables are higher in fibre which take longer to digest and easily fill you up (which may prevent the consumption of needed calories).
- During Iftar aim to consume more starchy vegetables and less non-starchy vegetables.



**BUTTERNUT
SQUASH**



BEETROOT



SWEETCORN



RED KIDNEY BEANS

NAVY BEANS



BLACK BEANS



PARNSIP



PEAS



CHICKPEAS



LENTILS



TURNIP



ASPARAGUS

CAULIFLOWER



MUSHROOMS

SPINACH



BROCCOLI



SPROUTS



KALE

COURGETTE



CUCUMBER



AUBERGINE

CELERY



TOMATO



ONION

PEPPER



SALAD GREEN



LEEK



SQUASH



PROTEIN

● HIGH IN CASEIN
 ● HIGH FAT
 ● LOW FAT
 ● HIGH IN WHEY

AIM:

- To consume protein sources high in fat and casein (casein is in all dairy products) during Suhoor and before bed. Protein sources high in casein and fat take longer to digest delivering a slower sustained release of protein.
- Aim to consume protein sources low in fat and high in whey during Iftar (these sources are rapidly digested providing a quick release of protein).



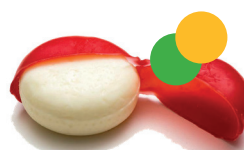
Yoghurt
(16g protein per 150g)



Full Fat Greek Yoghurt
(~8g protein per 150g)



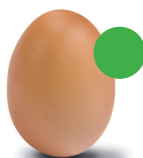
Full Fat Milk
(5g protein per 150ml)



Cheese
(5g protein)



Cottage Cheese
(10g protein per 100g)



1 Egg
(6g protein)



Tuna Can
(35g protein)



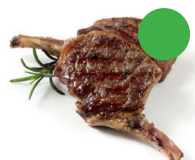
Biltong
(13g protein in 25g pack)



Chicken/Turkey Breast
(30g protein)



5% Fat Mince Beef
(20g protein per 100g)



Lamb Chop
(25g protein)



Salmon Fillet
(34g protein)



**Peanuts/Almonds/
Pumpkin Seeds**
(7g protein per handful)

Always try and get protein through a food first approach (especially as a young athlete you should be able to get enough protein in your diet through food sources). However, protein supplements can be useful in situations where you are struggling to reach your protein targets. Specifically, during Ramadan, a protein supplement may be useful during training when you break the fast (as a refined source of protein it is easier to digest therefore preventing gastrointestinal issues while also providing an immediate source of protein). You must make sure the protein supplement is batch-tested (check via Informed-Sport) as this ensures you are getting what it says on the label and does not contain any harmful/illegal substances. Brands include SiS, My Protein, Impact, NutritionX and many others.



**WHEY
PROTEIN**



**REGO RAPID
RECOVERY**



**SLOW-RELEASE
CASEIN ELITE**



**WHEY
PROTEIN ELITE**



**NIGHT-TIME
PROTEIN**

HEALTHY FAT

 HIGH IN OMEGA-3

AIM:

- Fat takes the longest to digest out of all nutrients (carbohydrate and protein therefore it provides the slowest release of energy, fills you up the quickest and fills you up for the longest period of time.
- Aim to consume more fat during Suhoor and less fat during Iftar (if consuming high fat foods during Iftar try and consume them last to prevent feeling full quickly).
- Try and incorporate Omega-3 in the diet. Omega-3 has inflammatory properties and can prevent the breakdown of muscle (in particular the fish sources). If fish is not incorporated into the diet, consider an Omega-3 Supplement (2g/2000mg daily) from either Healthspan Elite or Science in Sport.



Olives



Rapeseed Oil



Coconut Oil



Avocado



Almonds



Brazil Nuts



Peanuts



Cashews



Hazelnuts



Pistachios



Walnuts



Sunflower Seeds



Flaxseeds



Chia Seeds



Oily Fish e.g Salmon

HYDRATION

- Fluids high in electrolytes (e.g., sodium, potassium, and calcium) have the best hydrating properties as they help retain fluid in the body and restore electrolytes lost in sweat (water and electrolytes are lost in sweat and if not replaced you will dehydrate). You can get electrolyte tablets from Science in Sport.

MOST HYDRATING



Still Water



Tea



Orange



Milk



Electrolyte Drink

MONITORING

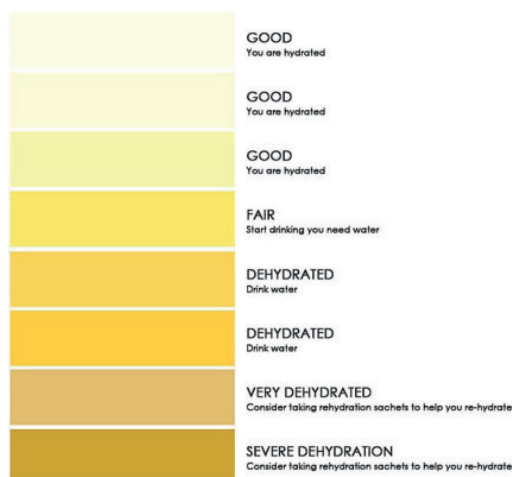
WEIGHT:

Losing a significant amount of weight quickly indicates you are expending more energy than you are consuming. If you notice a large decrease in weight (>3%) energy intake needs to be increased. Although it is important to note body weight will naturally fluctuate in small amounts due to hydration status, the amount of food being digested, and the amount of carbohydrate stored in the muscles. To standardize the measurement always weigh yourself before breakfast.



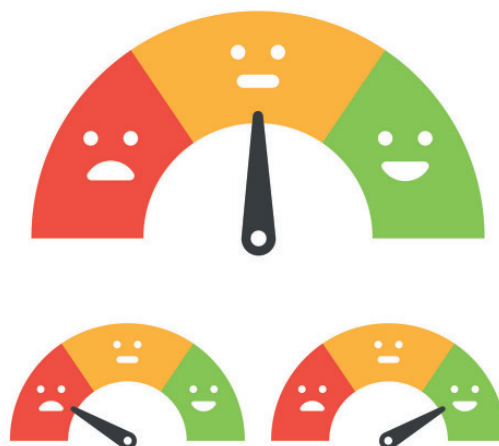
HYDRATION:

Hydration status can easily be monitored through the colour of your urine. If your urine is dark it indicates more fluid and electrolytes should be consumed. In the case of dark urine, try and consider what fluids and electrolytes you have consumed and whether you are able to increase these during Suhoor and Iftar.



MOOD/ENERGY LEVELS:

Feeling tired and easily irritated suggests the body does not have enough energy. Try and monitor how you feel day to day and consider what you have eaten. For example, on a day where you are feeling highly irritated consider what your daily activities were and the food you consumed. The next time you carry out similar daily activities make sure you consume more food than the previous time!





RAMADAN CALENDER

RAMADAN CALENDER

DAY	No.	MONTH	FAJR	SUNRISE	DHUR	ASR	MAGHRIB	ISHA
	1							
	2							
	3							
	4							
	5							
	6							
	7							
	8							
	9							
	10							
	11							
	12							
	13							
	14							
	15							

RAMADAN CALENDER

DAY	No.	MONTH	FAJR	SUNRISE	DHUR	ASR	MAGHRIB	ISHA
-----	-----	-------	------	---------	------	-----	---------	------

	16							
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	17							
--	----	--	--	--	--	--	--	--

	18							
--	----	--	--	--	--	--	--	--

	19							
--	----	--	--	--	--	--	--	--

	20							
--	----	--	--	--	--	--	--	--

	21							
--	----	--	--	--	--	--	--	--

	22							
--	----	--	--	--	--	--	--	--

	23							
--	----	--	--	--	--	--	--	--

	24							
--	----	--	--	--	--	--	--	--

	25							
--	----	--	--	--	--	--	--	--

	26							
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	27							
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	28							
--	----	--	--	--	--	--	--	--

	29							
--	----	--	--	--	--	--	--	--

	30							
--	----	--	--	--	--	--	--	--

The background is a solid blue color with a repeating pattern of white icons. The icons include a banana, a soccer ball, an apple, a person running, a dumbbell, a water bottle, a sneaker, and a hand holding a heart.

RAMADAN PLANNER

DAY 1

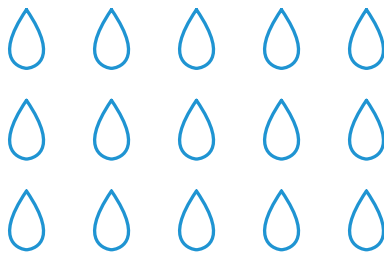
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 2

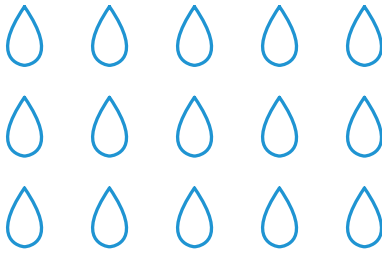
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 3

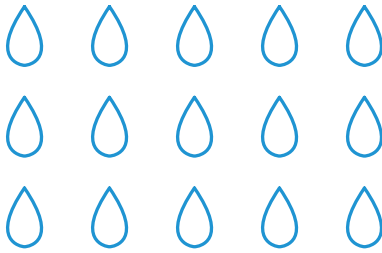
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise: 1 2 3 4 5

After training/Exercise: 1 2 3 4 5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 4

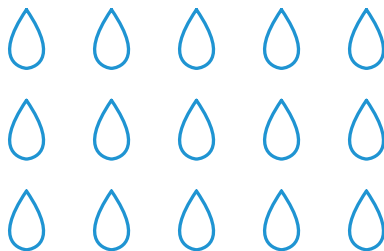
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise: 1 2 3 4 5

After training/Exercise: 1 2 3 4 5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 5

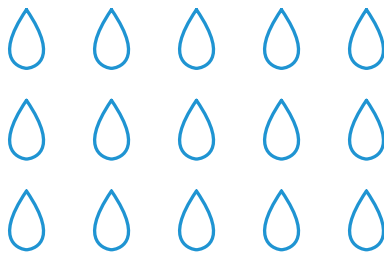
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise: 1 2 3 4 5

After training/Exercise: 1 2 3 4 5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 6

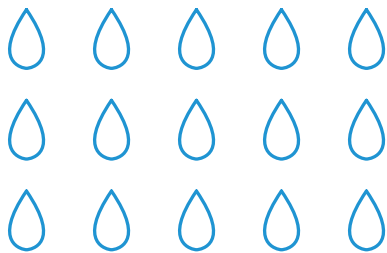
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 7

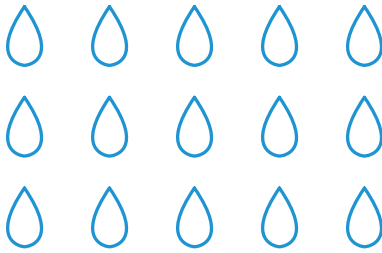
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise: 1 2 3 4 5

After training/Exercise: 1 2 3 4 5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 8

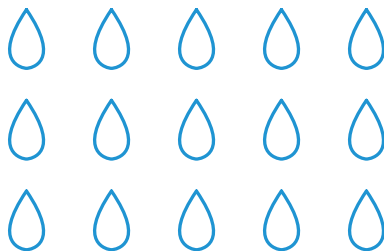
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise: 1 2 3 4 5

After training/Exercise: 1 2 3 4 5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 9

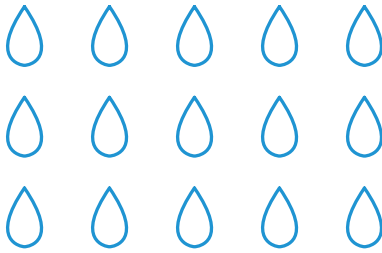
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 10

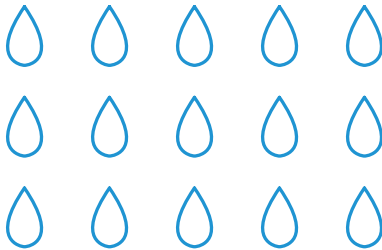
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 11

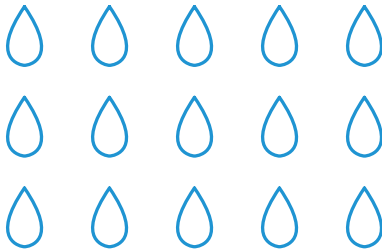
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 12

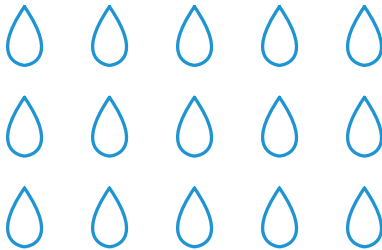
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 13

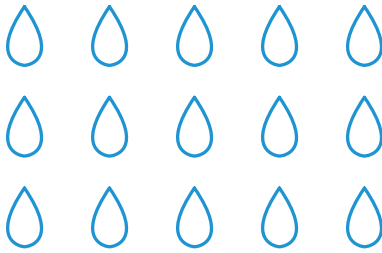
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 14

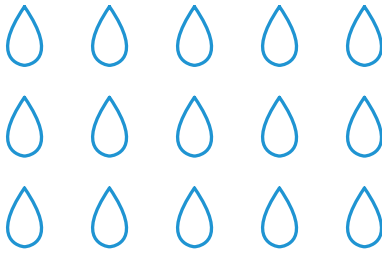
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 15

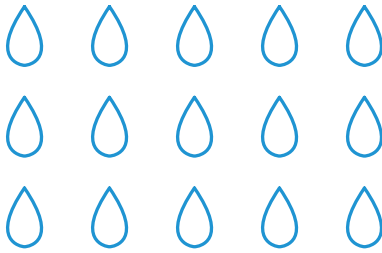
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 16

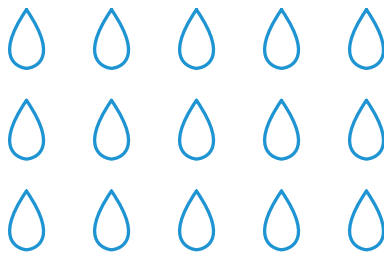
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 17

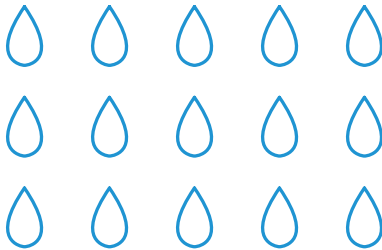
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 18

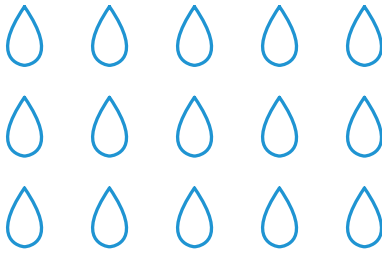
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 19

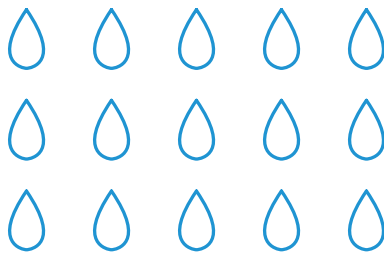
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise: 1 2 3 4 5

After training/Exercise: 1 2 3 4 5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 20

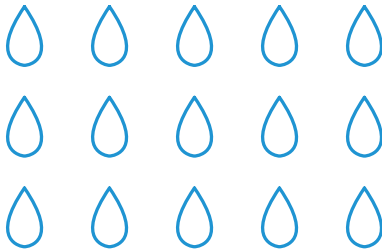
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 21

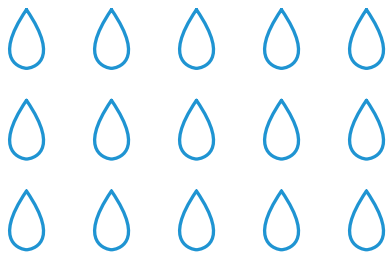
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise: 1 2 3 4 5

After training/Exercise: 1 2 3 4 5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 22

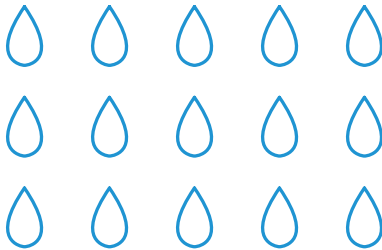
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 23

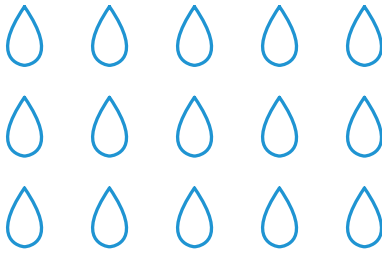
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise: 1 2 3 4 5

After training/Exercise: 1 2 3 4 5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 24

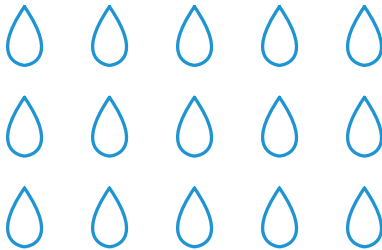
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 25

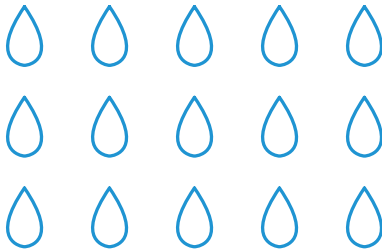
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 26

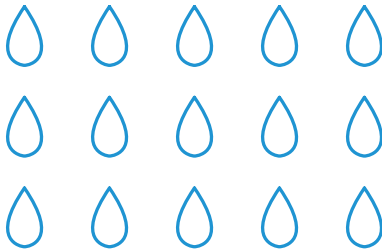
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 27

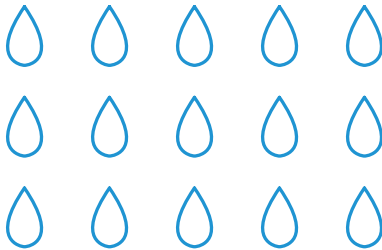
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 28

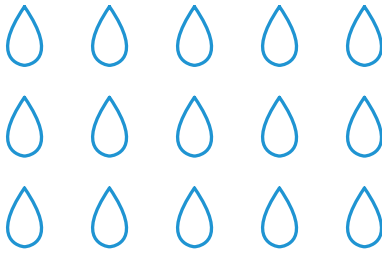
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 29

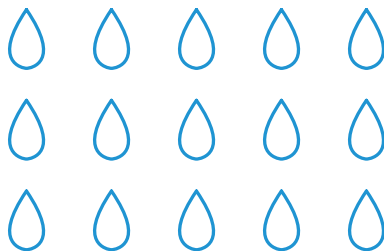
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 30

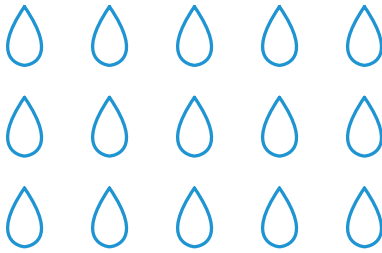
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

DAY 31

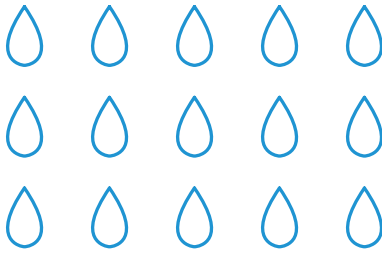
MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE

Target intake: _____



= 250ml

Actual intake: _____

TIMES

Suhoor:

.....

Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise:

1

2

3

4

5

After training/Exercise:

1

2

3

4

5



= Circle how you feel 1 = Low 5 = High

DAILY REFLECTION

Keep Right On!