



Ramadan

Daily Planner

During the 2019-2020 season, there were over 100 Muslim players in the top two tiers of men's football, including world-class names such as Mohammed Salah (Egypt), Sadio Mane (Senegal), Mesut Özil (Germany), Paul Pogba (France), Riyad Mahrez (Algeria) and Caglar Soyuncu (Turkey).

Sadly, the same level of diversity cannot be seen in the women's game, particularly in the top flights. Having said that, there are some young Muslim athletes, like Layla, playing at various academies and many more Muslim women and girls taking up grassroots football.

With Ramadan coinciding with the Football season for the next 20 plus seasons and the growing conversations around equality, diversity and inclusion, it is vital that young Muslim athletes and aspiring athletes are supported and empowered to practice their faith, whilst maintaining their performance levels.

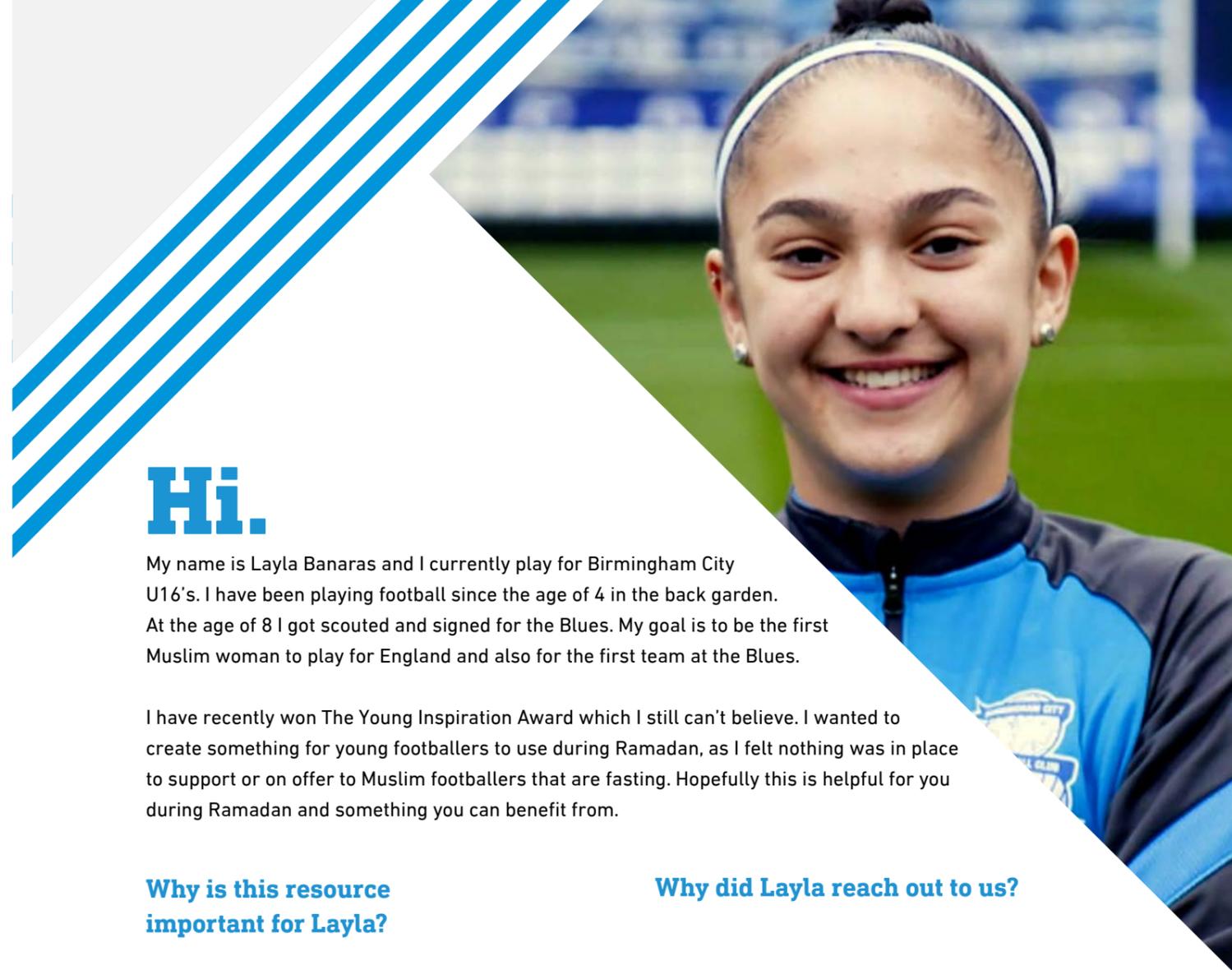
In addition to supporting Muslim athletes, it is important that support and resources are provided to aid coaches and wider football club staff in improving their understanding of and ability to support Muslim athletes.

It has been refreshing to work with Layla on developing this resource for her and her peers. She is exactly the type of role model Muslim athletes have often lacked in visible positions, on and off the pitch.

We hope that this resource will be the first of many useful tools, developed with the intention of supporting Muslim athletes and inspire them to continue to pursue their dreams, on and off the football pitch and without having to sacrifice aspects of their faith and lifestyle.

We look forward to seeing the growth of Muslim athletes within football and wish everyone observing the month of Ramadan a peaceful and inspiring month and joyous Eid.

Riz Rehman & Cigdem Turkan
Zesh Rehman Foundation Trustees



Hi.

My name is Layla Banaras and I currently play for Birmingham City U16's. I have been playing football since the age of 4 in the back garden. At the age of 8 I got scouted and signed for the Blues. My goal is to be the first Muslim woman to play for England and also for the first team at the Blues.

I have recently won The Young Inspiration Award which I still can't believe. I wanted to create something for young footballers to use during Ramadan, as I felt nothing was in place to support or on offer to Muslim footballers that are fasting. Hopefully this is helpful for you during Ramadan and something you can benefit from.

Why is this resource important for Layla?

Nutrition is one of the most important things when playing sports. Having a planner that will help you monitor and plan your day when fasting during Ramadan will be really useful for both me and others.

What has Layla been doing off the pitch? Sunday Times award?

I have approached many different organisations to make them aware of the struggles I have had accessing support. I have also been working with my Club (Birmingham City FC) to produce a nutrition plan that can hopefully be another resource for people to access during Ramadan.

Who are Layla's role models?

Nadia Nadeem (PSG player) is a massive inspiration to me. Nadia has had an amazing journey and is also a great player.

Why did Layla reach out to us?

As a mentee on the PFA's Asian Inclusion Mentoring Scheme, I reached out to the PFA and the Zesh Rehman Foundation to support as I couldn't find much information around Ramadan/Fasting while playing sport. I felt something needed to be done.

What are Layla's hopes for the future?

Hopefully, one day I will be the first Muslim woman to play for England and also my club. I want to work and improve on this planner each year to make it the best it can be for everyone to access so they have the support they need and most importantly keep working hard on and off the pitch.



Ramadan: What to expect as an athlete

With Ramadan moving between different seasons across the years, fasting days can be as long as 18 hours during the summer months. This can mean that summer fasting months can feel very different to shorter fasting days.

It is important, that as athletes, you ensure that you are openly communicating about your fasting patterns and adaptation to fasting. Importantly, ensure that you are communicating this with your coaches, wider staff at the club and your parent/carers. This will help them to provide you with the most appropriate forms of support, to ensure you can maintain your fitness and performance.

Nutrition, Hydration and Sleep

We caught up with Crystal Palace FC's Head of Medicine, Dr Zafar Iqbal to get you some top tips on Nutrition, Hydration and Sleep.

Suhoor [pre-dawn meal taken to mark the start of a fast]

The main focus should be on carbohydrates that will release energy slowly over the day combined with a small amount of foods that will release in the short to medium term.

Hydration

Normally a footballer would hydrate frequently, as even low levels of dehydration during training can have physiological consequences. To try and be well hydrated and energised before training and during the day. As for fluids, plenty of isotonic fluids may be consumed as opposed to water – ideally 2-4 litres during the time when eating and drinking is allowed.

Nutrition

What types of foods should you be eating to sustain energy levels during the fasting period?

Iftaar [the meal which marks the opening of the fast at sunset]

A small amount of quick release carbohydrates is good and will make the player feel better quickly. Try and not to eat a large meal immediately on opening the fast as the danger is that the body which will be in 'storage mode' and will then try and store any excess food as fat.



Dr Zafar Iqbal

Consultant in Sports and Exercise Medicine

MBBS, BSc, DCH, DRCOG, MRCP, MSc (SEM), FFSEM (UK), Dip PCR Head of Sports Medicine Crystal Palace FC

Chairman of the Premier League Doctors Group

Other areas to monitor and consider:

Social Impact

You may find you are less willing to socialise during lunch breaks and spend less time in the club canteen, you may spend less time socialising after training sessions because you would prefer to get home to rest or to be around your family and to prepare to break your fast.

Mental Wellbeing

Given the many changes to your normal daily routine and socialisation, there can be a risk of negative impact on your mental wellbeing, if you do not manage yourself well during Ramadan.

It is perfectly normal to find some days more difficult than others, but it is important to track this and communicate it to appropriate adults, in order to get the relevant support. Sometimes all we need is to take a break, speak to someone and reflect on the day. We have included reflective activities to the journal to help you with this.

It is important that you identify people who you are comfortable speaking to, at the Club, at school and at home. Remember you are not alone and that you have a support network offering you their time and support.

Eatwell Plate



The Eatwell Plate can be used as a good basis for understanding what a balanced diet and meal can look like. This is a useful tool that can be used during and outside of Ramadan. Of course, you must pay particular attention to the types of foods you eat during Ramadan, including slow release carbohydrates which can be vital in maintaining your energy and activity levels throughout the fasting day.



Fruit & Veg

Sugars & Fats

Protein

Dairy

Carbs & Starches

Example Meals for Ramadan:

Suhoor:



Baked beans with Wholemeal toast



Eggs with Wholemeal toast

Iftar:



Chicken soup with Veggies and Potatoes



Vegetable/ Seafood soup with Pasta

Ramadan Calendar 2021



Day	No.	Month	Fajr	Sunrise	Dhur	Asr	Maghrib	Isha
Tuesday	1	April 13th	04:34	06:06	01:06	04:48	07:57	09:12
Wednesday	2	14th	04:32	06:04	01:06	04:49	07:59	09:14
Thursday	3	15th	04:30	06:02	01:06	04:49	08:01	09:16
Friday	4	16th	04:27	05:59	01:05	04:50	08:02	09:17
Saturday	5	17th	04:25	05:57	01:05	04:51	08:04	09:18
Sunday	6	18th	04:22	05:55	01:05	04:52	08:06	09:20
Monday	7	19th	04:20	05:53	01:05	04:52	08:07	09:21
Tuesday	8	20th	04:18	05:51	01:04	04:53	08:09	09:23
Wednesday	9	21st	04:15	05:49	01:04	04:54	08:11	09:25
Thursday	10	22nd	04:13	05:47	01:04	04:55	08:12	09:26
Friday	11	23rd	04:11	05:45	01:04	04:55	08:14	09:27
Saturday	12	24th	04:08	05:43	01:04	04:56	08:16	09:29
Sunday	13	25th	04:06	05:41	01:03	04:57	08:17	09:30
Monday	14	26th	04:04	05:39	01:03	04:57	08:19	09:31
Tuesday	15	27th	04:01	05:37	01:03	04:58	08:21	09:33

Day	No.	Month	Fajr	Sunrise	Dhur	Asr	Maghrib	Isha
Wednesday	16	April 28th	03:59	05:35	01:03	04:59	08:22	09:34
Thursday	17	29th	03:57	05:33	01:03	04:59	08:24	09:35
Friday	18	30th	03:54	05:31	01:03	05:00	08:25	09:36
Saturday	19	May 1st	03:51	05:29	01:03	05:01	08:27	09:38
Sunday	20	2nd	03:49	05:27	01:02	05:01	08:29	09:40
Monday	21	3rd	03:46	05:25	01:02	05:02	08:30	09:41
Tuesday	22	4th	03:45	05:24	01:02	05:03	08:32	09:43
Wednesday	23	5th	03:42	05:22	01:02	05:03	08:34	09:45
Thursday	24	6th	03:40	05:20	01:02	05:04	08:35	09:46
Friday	25	7th	03:37	05:18	01:02	05:05	08:37	09:48
Saturday	26	8th	03:36	05:17	01:02	05:05	08:38	09:49
Sunday	27	9th	03:33	05:15	01:02	05:06	08:40	09:51
Monday	28	10th	03:31	05:13	01:02	05:07	08:42	09:53
Tuesday	29	11th	03:29	05:12	01:02	05:07	08:43	09:54
Wednesday	30	12th	03:27	05:10	01:02	05:08	08:45	09:56

Ramadan Journal



Journaling can be a very useful reflective and organisational habit throughout your lives, however, during Ramadan, it can become increasingly significant to journal and track your diet, sleep/rest patterns, energy levels, general and mental wellbeing.

We have designed the following journal activities, to help you track some of the important factors related to your performance and wellbeing across the month of Ramadan. This can be a very useful tool for you to manage yourself, but also to shape the communication you should be having with your coaches, wider football club staff and your parents/carers.

My Goals and Hopes for Ramadan



Personal Goals:

These can be anything personal to you, for example an educational goal for school or a religious goal.

1. _____

2. _____

3. _____



Football Goals:

These can be anything to do with your football, for example a fitness goal or technical goal.

1. _____

2. _____

3. _____

Ramadan Goals:



Daily Hydration Goals:

Daily Exercise Goals:

Foods I plan to eat more of:

My Hopes for Ramadan 2021:

My Concerns for Ramadan 2021:

Day 1

ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



 = 250ml

TIMES

Suhoor:

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Iftar:

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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

Day 2

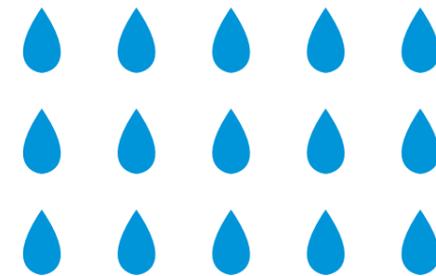
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MEAL PLAN

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Day 3

ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



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TIMES

Suhoor:

Iftar:

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Ending:

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Day 4

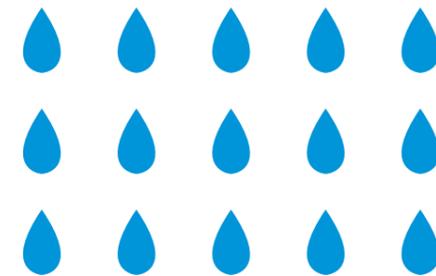
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MEAL PLAN

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Day 5

ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



 = 250ml

TIMES

Suhoor:

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Iftar:

.....

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

Before training/Exercise: **1** **2** **3** **4** **5**

After training/Exercise: **1** **2** **3** **4** **5**

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Day 6

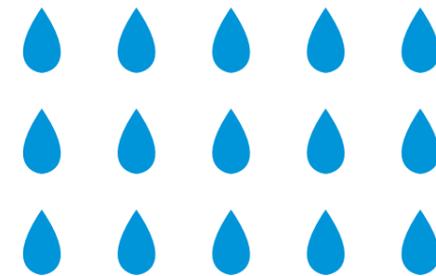
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MEAL PLAN

Suhoor:

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TIMES

Suhoor:

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Iftar:

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TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

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Day 7

ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



 = 250ml

TIMES

Suhoor:

Iftar:

TRAINING/EXERCISE TIME

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Ending:

ENERGY LEVELS

Before training/Exercise: **1** **2** **3** **4** **5**

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Day 8

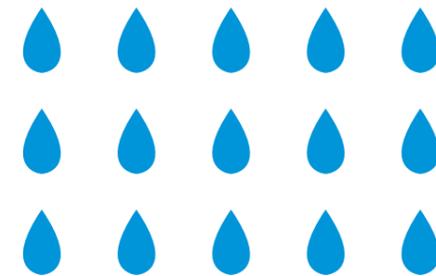
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Day 9

ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



 = 250ml

TIMES

Suhoor:

Iftar:

TRAINING/EXERCISE TIME

Beginning:

Ending:

ENERGY LEVELS

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After training/Exercise: **1** **2** **3** **4** **5**

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Day 10

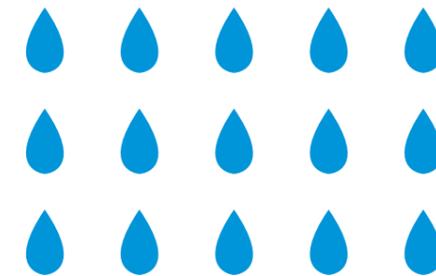
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MEAL PLAN

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Day 11

ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



 = 250ml

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**

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Day 12

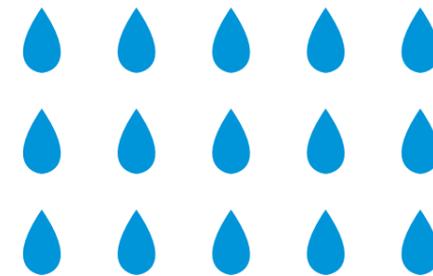
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Day 13

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Day 14

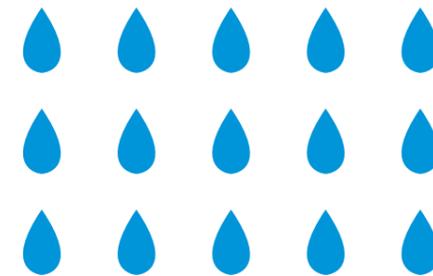
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Day 15

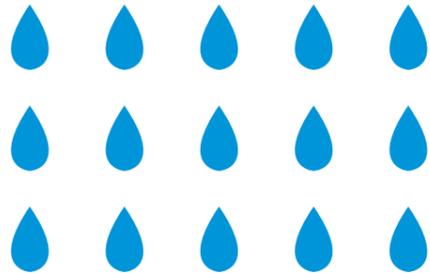
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Ending:

ENERGY LEVELS

Before training/Exercise:	<input type="radio"/>				
After training/Exercise:	<input type="radio"/>				

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Day 16

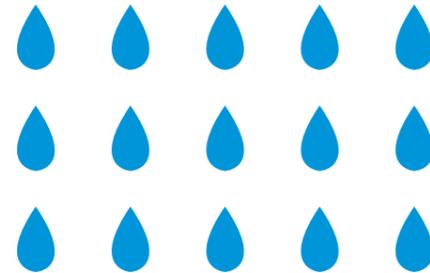
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Ending:

ENERGY LEVELS

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After training/Exercise:	<input type="radio"/>				

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Day 17

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MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



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Ending:

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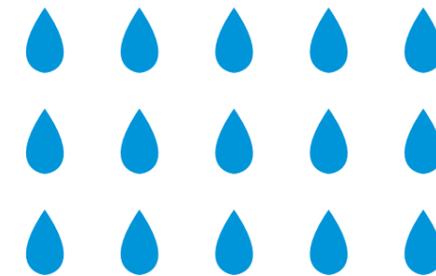
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Day 19

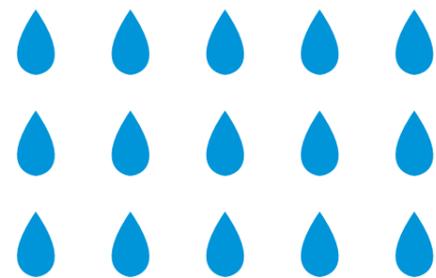
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Day 20

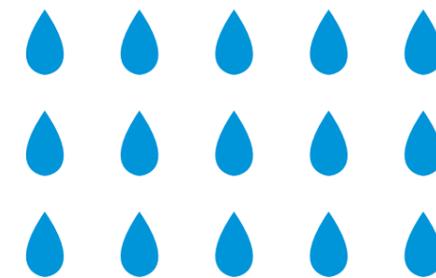
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Day 22

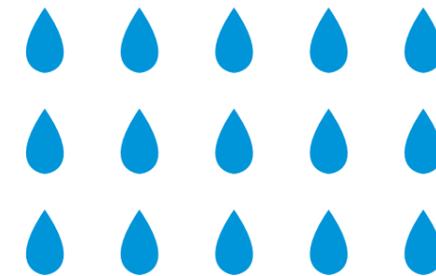
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After training/Exercise: 1 2 3 4 5

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Day 24

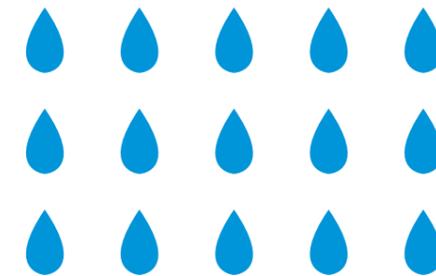
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Day 25

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Day 26

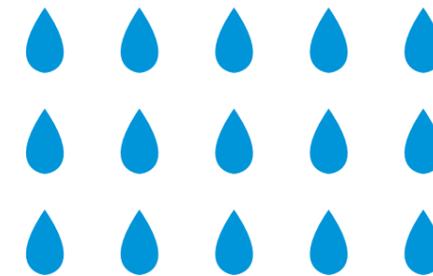
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Day 27

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TIMES

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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

Day 28

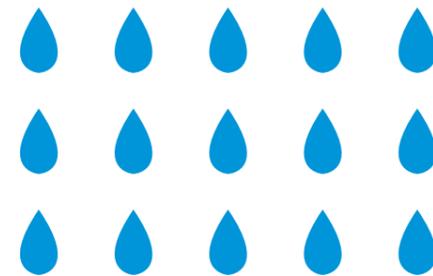
ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



= 250ml

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

Day 29

ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



 = 250ml

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

Day 30

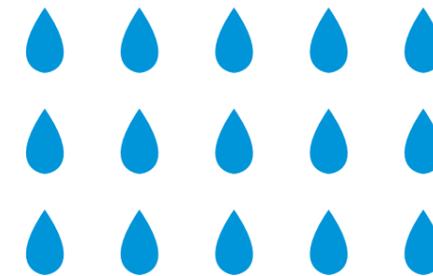
ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



 = 250ml

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

Day 31

ORGANISE YOUR DAY

MEAL PLAN

Suhoor:

Iftar:

FLUID INTAKE



 = 250ml

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

Well done for all the hard work during Ramadan and Eid Mubarak!



End of Ramadan Reflection:



Well done, you have done an amazing job to follow your Ramadan plans alongside school and football! Yes, there may have been some better days and some harder days, but you can now reflect on your achievements and celebrate Eid with your loved ones.

Use the sections below to complete your Ramadan reflection:

**What went well during Ramadan? What did you enjoy?
What are you most proud of?**

Lined writing area for reflection on Ramadan achievements.

What would you like to improve on for next Ramadan?

Lined writing area for reflection on areas for improvement.



**What have you learnt this Ramadan? About yourself?
About the support of your Club and teammates?**

Lined writing area for reflection on lessons learned.

What are your plans for Eid? What are you looking forward to most?

Lined writing area for reflection on Eid plans.

