

Knowledge, Attitude and Practice of Ramadan Fasting among Olympic Athletes

I think....	Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
Ramadan fasting can reduce my endurance/stamina during game	①	②	③	④	⑤
Ramadan fasting can make me weaker day by day	①	②	③	④	⑤
Ramadan fasting will reduce my physical skills	①	②	③	④	⑤
Ramadan fasting will reduce my sleep quality	①	②	③	④	⑤
If I am properly hydrated at Suhoor, I can practice game or training without any problem while fasting?	①	②	③	④	⑤
Ramadan fasting will reduce my concentration during game	①	②	③	④	⑤
Ramadan fasting will reduce my sleep time.	①	②	③	④	⑤
Ramadan fasting can reduce my power during game	①	②	③	④	⑤
Ramadan fasting will reduce my mental skills	①	②	③	④	⑤
I believe....	Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
17hrs of Ramadan fasting in UK can be a challenge.	①	②	③	④	⑤
Ramadan fasting will make me mentally stronger	①	②	③	④	⑤
My family and friends want me to fast in Ramadan	①	②	③	④	⑤
It is not a problem for future sports events to take place during Ramadan	①	②	③	④	⑤
Ramadan fasting will increase my confidence	①	②	③	④	⑤
I think it is OK to postpone my Ramadan fasting until after Olympics	①	②	③	④	⑤
Ramadan fasting will make me physically stronger	①	②	③	④	⑤
My coach wants me not to fast in Ramadan	①	②	③	④	⑤

Practice:

Ramadan Fasting

Do you plan to fast during the Ramadan month? [Y/N]

If yes, will you

[1] Fast all days

[2] Skip only on Match days and compensate later

[3] Skip only on Training days and compensate later

[4] Skip on Match or Training days and compensate later