


## Checklist

### Preparation

- Decide what day you will fast. The break of dawn and sunset will vary depending on where you live in England. As a guide, please see below timetable from the London Central Mosque Trust & The Islamic Cultural Centre:

Date	Start of fast	End of fast	Date	Start of fast	End of fast
Thurs, 23 March	4.19am	6.21pm	Fri, 7 April	4.48am	7.46pm
Fri, 24 March	4.17am	6.23pm	Sat, 8 April	4.46am	7.48pm
Sat, 25 March	4.15am	6.25pm	Sun, 9 April	4.44am	7.50pm
Sun, 26 March	5.13am	7.26pm	Mon, 10 April	4.42am	7.51pm
Mon, 27 March	5.11am	7.28pm	Tues, 11 April	4.39am	7.53pm
Tues, 28 March	5.10am	7.30pm	Wed, 12 April	4.37am	7.55pm
Wed, 29 March	5.08am	7.31pm	Thurs, 13 April	4.35am	7.56pm
Thurs, 30 March	5.05am	7.33pm	Fri, 14 April	4.33am	7.58pm
Fri, 31 March	5.04am	7.35pm	Sat, 15 April	4.31am	8pm
Sat, 1 April	5.02am	7.36pm	Sun, 16 April	4.29am	8.02pm
Sun, 2 April	5am	7.38pm	Mon, 17 April	4.26am	8.03pm
Mon, 3 April	4.57am	7.40pm	Tues, 18 April	4.23am	8.05pm
Tues, 4 April	4.55am	7.41pm	Wed, 19 April	4.21am	8.07pm
Wed, 5 April	4.53am	7.43pm	Thurs, 20 April	4.19am	8.08pm
Thurs, 6 April	4.51am	7.45pm			

- Let us know what date you are planning on fasting by using the **#NHSRamadanChallenge** and tag the NHS Muslim network on social media (don't forget to follow us, and become a member of our network – see description):

 Twitter - @NHSMuslimNet
  LinkedIn - @NHSMuslimNetwork
  Instagram - @nhsmuslimnetwork

- Partner with a Muslim colleague/friend (or contact [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net)) to understand their reasons for fasting.
- If you are planning on fasting on a work day, please do let your line manager know.
- Set your alarm and prepare your early morning meal the night before.

### On the day

- Before starting your fast, please drink as much water as you can to stay hydrated throughout the day. Try to eat complex carbohydrates and fibre rich food that will help release energy slowly during the long hours of fasting.
- Please remember to vlog/blog your experience.
- Take regular breaks, and time out during the day to reflect - count all the things you are grateful for.
- If for any reason you feel faint or ill, please break your fast.

### Breaking your fast

- Before breaking your fast, take some time to appreciate all that you have to be grateful for.
- Break your fast with family and/or friends, and enjoy your meal!
- We also encourage you to donate (any amount) to a charity of your choice.
- Upload your vlog/blog using your social media by using the **#NHSRamadanChallenge** and tag the NHS Muslim network on social media.

For further support, please contact [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

**#NHSRamadanChallenge**

 [nhsmuslimnetwork.co.uk](http://nhsmuslimnetwork.co.uk)

 [twitter.com/NHSMuslimNet](https://twitter.com/NHSMuslimNet)

 [linkedin.com/company/nhs-muslim-network](https://linkedin.com/company/nhs-muslim-network)

 [instagram.com/nhsmuslimnetwork](https://instagram.com/nhsmuslimnetwork)