

MARCH 2024 TRACKER

CANCER AWARENESS & ACTION CHALLENGE

catch it early...no ifs, ands, or butts about it!

NAME:

DEPT:

PHONE:

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

March Challenge Guidelines:

Get ready for the challenge! Take action against cancer. This challenge has two parts. Part 1: Schedule or complete one activity from the list below. Part 2: Engage in at least one activity from the list below for 28 out of 31 days

Part 1: Take Action

1. Take the [Cancer Health Check](#) questionnaire
2. Schedule or get a cancer screening with your healthcare provider, including but not limited to:
 - a. Mammogram ([ACS guidelines](#))
 - b. Breast Exam
 - c. PSA
 - d. Prostate
 - e. Colonoscopy
 - f. Stool Based Screening kit
 - g. Skin check
 - h. Pap smear
 - i. HPV

Part 2: Commitment that Counts

1. Fuel your body with [cancer prevention superfoods](#)
2. Protect your skin with sunscreen
3. Say no to tobacco use
4. Skip alcohol
5. Ditch added sugar
6. Pass on processed meats
7. Get moving! Exercise for 30 minutes



Complete both parts to receive a personalized mug that says *Catch it early...no ifs, ands, or butts about it*. Mugs available for everyone who gets a cancer screening anytime during the 2024/2025 fiscal year.

CHALLENGE PERIOD: MARCH 1 - 31, 2024

Complete and submit your log to Theresa Ebeling (in-person or email ebelinta@kirkwoodmo.org) by Tuesday, April 4th.