



Together, we're making strides for Head and Neck Cancer awareness and support.

	SAT	SUN	MON	TUE	WED	THU	FRI
SUCK SOMETHING SOUR WEEK 1	 <input type="checkbox"/> 1	<p>This week, experience how Head and Neck Cancer impacts taste by sucking on a lemon or sour lolly.</p> <input type="checkbox"/> 2	 <input type="checkbox"/> 3	 <input type="checkbox"/> 4	<p>Changes in taste and smell are common after treatment and food can reduce a person's enjoyment of food.</p> <input type="checkbox"/> 5	 <input type="checkbox"/> 6	 <input type="checkbox"/> 7
SIP 2.5L OF WATER DAILY WEEK 2	<p>Keep sipping water to understand how Head and Neck Cancer survivors manage dry mouth (xerostomia).</p> <input type="checkbox"/> 8	 <input type="checkbox"/> 9	 <input type="checkbox"/> 10	<p>Dry mouth affects oral health and can cause difficulties with speaking or chewing.</p> <input type="checkbox"/> 11	 <input type="checkbox"/> 12	 <input type="checkbox"/> 13	 <input type="checkbox"/> 14
SILENCE FOR TWO HOURS DAILY WEEK 3	 <input type="checkbox"/> 15	 <input type="checkbox"/> 16	<p>Be silent for two hours each day to experience challenges in communication after Head and Neck Cancer treatment.</p> <input type="checkbox"/> 17	 <input type="checkbox"/> 18	 <input type="checkbox"/> 19	<p>Treatment for Head and Neck Cancer can lead to voice changes or the need for alternate communication methods.</p> <input type="checkbox"/> 20	 <input type="checkbox"/> 21
SOFT FOODS ONLY WEEK 4	<p>Follow a soft food diet to empathise with people living with swallowing difficulties (dysphagia).</p> <input type="checkbox"/> 22	 <input type="checkbox"/> 23	 <input type="checkbox"/> 24	 <input type="checkbox"/> 25	<p>Socialising over food and drink can be challenging for people with Head and Neck Cancer and their caregivers.</p> <input type="checkbox"/> 26	 <input type="checkbox"/> 27	 <input type="checkbox"/> 28
440 people are diagnosed with Head and Neck Cancer every month in Australia.	<p>Thanks for taking on the Head and Neck Cancer weekly challenges and smashing your own exercise goal this March.</p>	<p>Congratulations on finishing CHALLENGE 440!</p>	<p>Thank you for helping to shine a light on Head and Neck Cancer and raising crucial funds to support people impacted.</p>	 <p>ALL MY FAVOURITE FOOD TASTE SOUR NOW. WHAT'S YOUR CHALLENGE?</p>	 HEAD & NECK CANCER AUSTRALIA ENGAGE · EDUCATE · EMPOWER		

* Tick the challenge box once completed