



**Track –
Move –
Eat Well –
Feel Better**

EVERYDAY BETTER.

Join the 30-Day MPN Challenge!

Living with an MPN?

Join patients from around the world for the **MPN Journal 30-Day Challenge** - a unique program designed to help you take charge of your health and wellbeing.

For 30 days, you'll be guided to:

- **Track** your symptoms, side effects, and medication with **MPN Journal** – a privacy-friendly tool created by and for MPN patients.
- **Move** through daily exercises and mindful routines.
- **Eat and drink better** with small but powerful lifestyle tips that can make a real difference in how you feel - all based on proven strategies developed by *Haus of Hamster*.

Broad support from the MPN community

This global initiative is supported by:

- Numerous MPN patient organizations worldwide
- **MPN World** and the **MPN Advocates Network**
- **Prof. Hans Hasselbalch** and **Prof. Ruben Mesa**, two leading international hematologists



"I am so delighted to see the development of MPN Journal – a platform developed for MPN patients, by MPN patients. Whether someone has been recently diagnosed or has had an MPN for many years, I think it will be helpful."
Prof. Ruben Mesa



"I strongly recommend that patients, clinicians, researchers, and MPN advocacy groups actively use and contribute to MPN Journal. Clinicians and researchers are likewise encouraged to support and promote the use of MPN Journal as part of routine care and follow-up, ensuring that patient-reported outcomes are recognized as a cornerstone of MPN management."
Prof. Hans Hasselbalch

Developed using real patient experiences

Meet our **30-Day MPN Challenge Ambassadors**:

- **John** – currently symptom-free after discovering that intensive exercise helped him overcome fatigue.
- **Mona** – lost weight, reduced her symptoms, and found new happiness through better nutrition and exercise.
- **Joachim** – an ultrarunner who once hit rock bottom due to MPN; after transforming his diet and lifestyle, he now runs ultramarathons again.
- **Remco** – initially skeptical, but now has dramatically reduced his wide range of symptoms to more manageable levels.

Their stories show how small daily actions can lead to big changes.

How to join

- 1 Visit www.mpnjournal.com
Register – you will receive an anonymous email so your responses stay private.
- 2 Log in and complete the intake. Then fill in your first journal entry.
- 3 Wait for your invitation to join the **30-Day MPN Challenge**.
You are not alone – you will be joining many others from around the world!

**The 30-Day
Challenge starts
November 1, 2025**

**Open to all MPN patients –
free of charge**

Scan this QR Code

