

Join now for Men's Health Week



Sign up

Visit the website at perfectmatch.org.au to join now.



Set your target

Simply set your dollar target and create your page.



Get your match on

Share the love and hit your mates up for donations.

How to Plan Your Perfect Match

Participating is easy - just create your page and choose your personal challenge.

Every donation you get will be doubled.

More than \$10,000 in prizes on offer - join free today!

















Looking for Inspiration?

Set yourself a challenge!



Download our Lucky Numbers Board and hold a raffle. Go two for blue and wear blue all week - ask your mates to donate.



Hold a card night and play for donations.

Double your fitness target and ask your mates to make a donation.



Organise a
sport match
and ask your
players and
teams to donate.

Tackle
22km
during Men's
Health Week and
get your mates to
donate.

Grab your best mates and **go** on a mate date, with donations to join.

Find your
Perfect Match
for Men's
Health Week



We can all be heroes, just for one week.

1 in 5 Aussie men will get prostate cancer in their lifetime. Double the difference you make this Men's Health Week.



Got questions? Call us.

