



WIM HOF METHOD



20-DAY COLD SHOWER CHALLENGE

WEEK 1 15 sec	1	2	3	4	5
WEEK 2 30 sec	6	7	8	9	10
WEEK 3 45 sec	11	12	13	14	15
WEEK 4 60 sec	16	17	18	19	20

INSTRUCTIONS:

- PRINT & PASTE ON YOUR FRIDGE
- START WITH A WARM SHOWER
- FINISH WITH A COLD SHOWER (SEE SECONDS ABOVE)
- RELAX AND BREATHE SLOWLY
- DO THIS FOR AT LEAST 5 TIMES A WEEK
- CHECK OFF WITH A MARKER OR PENCIL

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