

 **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
- TAKE A WARM SHOWER & FINISH WITH A COLD SHOWER
- RELAX & BREATHE SLOWLY
- DO THIS FOR AT LEAST 5 TIMES A WEEK
- CHECK OFF WITH A MARKER OR PENCIL
- SHARE ON SOCIAL MEDIA (IF YOU WANT)

