

Cold Shower Challenge

Cold Showers Can... Be Good For Your Soul. Get Started!

- ...help you feel more alert
- ...improve your mood
- ...increase your metabolism
- ...strengthen your immune system
- ...improve circulation

- 1) Take a cold shower first thing each morning for 14 days.
- 2) Either switch to cold water the last 3-5 minutes of your shower or alternate your shower hot/cold/hot/cold.
- 3) Track your progress on the chart below.
Be sure to make notes related to MIND.BODY.SPIRIT improvements.
- 4) Don't forget to reward yourself after each cold shower!

COLD SHOWER TRACKER:



This is terrible, I should stop.

I feel more energetic and more focused.



I barely remember hot showers.

I am a better human being and feel great!

MIND.BODY.SPIRIT IMPROVEMENT NOTES:

