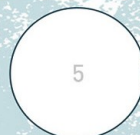
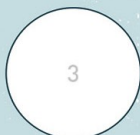


20-DAY COLD SHOWER CHALLENGE

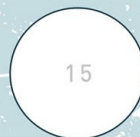
WEEK 1 - 15 SEC.



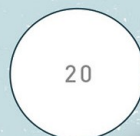
WEEK 2 - 30 SEC.



WEEK 3 - 45 SEC.



WEEK 4 - 60 SEC.



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)

