



@kerstenkimura

#Ice_Cold_Challenge

5-Day Cold Water Challenge

INSTANTLY BOOST YOUR MOOD AND FEEL YOUR
ABSOLUTE BEST IN JUST 2 MINUTES A DAY

♥ DAY 2

TODAY'S GOAL:

**30-SECOND
FULL BODY
COLD SHOWER
WITH A WARM-
UP**

♥ BEFORE THE EXPERIENCE

CURRENT MOOD FROM 1-10
(1 - terrible; 10- excellent)

CURRENT STRESS LEVEL FROM 1-10
(1 - almost no stress;
10 - extremely stressed)

**ANY PHYSICAL PAIN/TENSION BEFORE
GETTING IN? (1 - none; 10 - a lot)**

♥ AFTER THE EXPERIENCE

WATER TEMPERATURE

STAYED IN FOR SECONDS

MOOD AFTER THE EXPERIENCE (1-10)

STRESS LEVEL AFTER THE EXPERIENCE (1-10)

LEVEL OF PAIN/PHYSICAL TENSION IF HAD ANY BEFORE (1-10)

OTHER NOTES