



@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 4

**TODAY'S GOAL:**

**90-SECOND FULL  
BODY COLD SHOWER  
WITHOUT 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      MINUTES      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**