



@kerstenkimura #Ice_Cold_Challenge

5-Day Cold Water Challenge

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



RECAP & NOTES

TODAY'S GOALS:

REFLECT ON THE
PAST 5 DAYS

WATCH THE
FOLLOW UP VIDEO

MY BIGGEST FEARS BEFORE STARTING
THIS CHALLENGE:

DID THEY COME TRUE:

5 ADJECTIVES THAT DESCRIBE MY
EXPERIENCE BEST:

MOOD CHANGES THAT I NOTICED BEFORE AND AFTER PRACTICE:

CHANGE IN PHYSICAL PAIN (IF HAD ANY) BEFORE AND AFTER PRACTICE:

THE EFFECT COLD SHOWER HAD ON MY DAY:

OTHER BENEFITS I NOTICED:

HOW I'M PLANNING TO CONTINUE MY COLD WATER PRACTICE: