



# WIM HOF METHOD



## 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
- START WITH A WARM SHOWER
- FINISH WITH A COLD SHOWER (SEE SECONDS ABOVE)
- RELAX AND BREATHE SLOWLY
- DO THIS FOR AT LEAST 5 TIMES A WEEK
- CHECK OFF WITH A MARKER OR PENCIL