



INNER POWER

20 DAY COLD SHOWER CHALLENGE

WEEK 1
15 sec



WEEK 2
30 sec



WEEK 3
45 sec



WEEK 4
60 sec



INSTRUCTIONS

- *Print and stick on your bathroom mirror
- *Start with a warm shower
- *Finish with a cold shower (seconds above)
- *Relax and breathe calmly
- *Do at least 5 times a week
- *Fill in 1 star with a marker or pencil