

# 30-DAY COLD SHOWER CHALLENGE

Slowly acclimate your body to prepare for a cold plunge.

Learn more about the benefits of Cold Water Immersion on our website: [www.hopefloatsusa.com/embrace-the-chill](http://www.hopefloatsusa.com/embrace-the-chill)

AT THE END OF YOUR SHOWER,  
TURN THE WATER TEMP DOWN AS  
LOW AS IT CAN GO.

1

Let the cold water run on your knees for 5 seconds

2

Try 10 seconds of cold water from the knees down

3

10 seconds of cold water from the knees down and turn around

4

10 seconds of cold water from the hips down & turn around

5

5 seconds on your knees, then rinse your face for 10.

6

20 seconds from the shoulders down, and spin!

7

25 seconds shoulders down, rinse your face

8

25 seconds total, get the top of your head for at least 5!

9

30 seconds total, top of head for 5

10

30 seconds total, top of head for 10 seconds

11

30 seconds total, top of head for 10 seconds

12

Increase to 45 seconds! Top of head for 10

13

45 seconds total, top of head for 15 seconds

14

50 seconds total, top of head for 15

15

60 seconds total, 10 on head, 10 on back

16

60 seconds total, 15 on head, 15 on back

17

65 seconds total, 20 on head, 15 on back

18

70 seconds total, 20 on head, 20 on back

19

75 seconds total, 20 on head, 25 on back

20

80 seconds total, 20 on head, 30 on back

21

85 seconds total, 20 on head, 35 on back

22

90 seconds total, 20 on head, 40 on back

23

95 seconds total, 20 on head, 50 on back

24

100 seconds total! 20 on head, 55 on back

25

105 seconds total, 20 on head, 60 on back

26

110 seconds total, 20 on head, 60 on back

27

115 seconds total, 20 on head, 65 on back

28

120 seconds total, 20 on head, 70 on back

29

120 seconds total, 20 on head, 75 on back

30

120 seconds total, 20 on head, 75 on back

YOU'RE READY FOR  
A COLD PLUNGE!

START OUT SLOW

FINISH STRONG

BREATHE DEEPLY AND #EMBRACETHECHILL