



BRIEF CONTACT WITH COLD WATER

Each morning, take a short cold shower (just a few seconds), immerse your face in a bowl of icy water, or at least splash cold water on your face. This isn't about performance or extremes but about a small, regular stress stimulus that strengthens your immunity and resilience. You'll gain not only vitality but also a stronger ability to handle stress and discomfort in daily life.

Your Name

Your "WHY"
(intention,
goal...)

Your Habit

day	tracker	day	tracker	day	tracker
1.	☐	8.	☐	15.	☐
2.	☐	9.	☐	16.	☐
3.	☐	10.	☐	17.	☐
4.	☐	11.	☐	18.	☐
5.	☐	12.	☐	19.	☐
6.	☐	13.	☐	20.	☐
7.	☐	14.	☐	21.	☐

Your Reward

What do I gain from this habit?

- A stronger immune system
- Greater resilience to stress and environmental changes
- An instant boost of energy and refreshment
- Support for hormonal balance