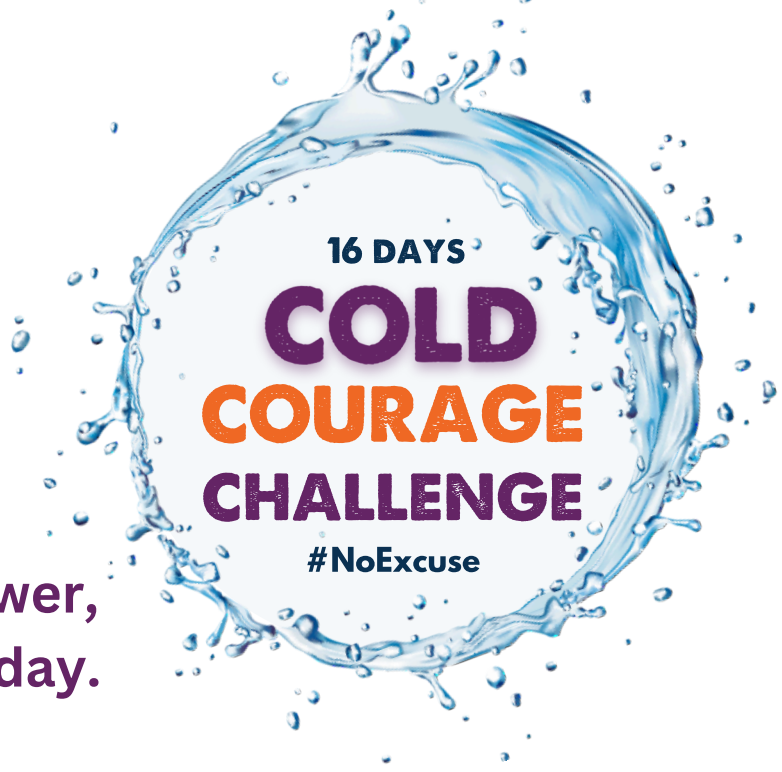


# CHALLENGE TRACKER



Keep your cool with our Cold Courage Challenge Tracker! Use it to log your cold exposure for the next 16 days. Whether you're taking a frosty sea dip, a 2-minute cold shower, or an ice bath plunge, track your progress, stay accountable, and note how you feel each day.

What to record:

- Your activity (sea, shower, or bath)
- How long you braved the cold
- Any thoughts, feelings, or reactions—did you love it, hate it, or laugh through it?

DAY 1

YOU'VE GOT THIS!

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

HALF WAY THERE!

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

YOU DID IT!

Let's make this challenge fun, fierce, and full of freezing moments! #ColdCourageChallenge

