

COLD EXPOSURE TRACKER

 Date	Method (Shower, Face Splash, Bath, etc.)	 Duration	 Water Temp (estimate)	 Breathing Notes	 Recovery Feeling	 Progress Notes	 Your Mood

How to Use the Tracker

- Record each session with **time, method, and temperature estimate**.
- Note how your breathing felt (steady, shallow, controlled).
- Track how quickly you warmed up afterward.
- Review progress weekly and only increase exposure if your body consistently adapts well.