

SAMPLE PREVIEW

30-Day Cold Plunge Protocol

This preview shows the style, safety-first approach, and what the full PDF includes. Enter your email on the page to receive the complete 7-page protocol and tracker.

Preview

sample pages only

Full PDF

delivered by email

Includes

schedule + tracker

What the full guide gives you

The complete PDF is designed to help beginners avoid the common mistake of going too cold, too long, too fast.

Included in the full version

- ✓ 30-day progression plan
- ✓ Weekly temperature and duration targets
- ✓ Medical-clearance and stop-sign checklist
- ✓ Session breathing cues
- ✓ Printable tracking table
- ✓ Maintenance plan after day 30

Safety-first philosophy

Cold exposure is a stressor. The full protocol focuses on calm breathing, gradual exposure, and conservative progressions rather than social-media-style endurance challenges.

Preview note: This sample intentionally does not include the full schedule or tracker.

Unlock the complete 7-page PDF

Submit the form on Modern Wellness Home to receive the full cold plunge protocol, printable tracker, and safety checklist.