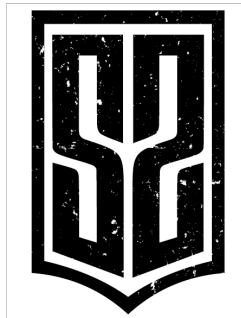


Cold Shower Challenge



DAY	DURATION GOAL	DURATION ACHIEVED	NOTES (How did you feel before and after)
1	15 seconds	<input type="checkbox"/>	
2	30 seconds	<input type="checkbox"/>	
3	30 seconds	<input type="checkbox"/>	
4	45 seconds	<input type="checkbox"/>	
5	45 seconds	<input type="checkbox"/>	
6	1 minute	<input type="checkbox"/>	
7	1 minute	<input type="checkbox"/>	
8	1.5 minutes	<input type="checkbox"/>	
9	1.5 minutes	<input type="checkbox"/>	
10	2 minute	<input type="checkbox"/>	