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CMPT 220L
Wim Hof Project Proposal

       Meditation is an abstract topic that most people know very little about. Meditation is also a very broad term meaning something different for everyone. The goal of my project is to have a program that teaches people how to meditate effectively and keeps track of their progress. The type of meditation that my program will focus on is the Wim Hof method. The Wim Hof method combines breathwork, exercise, focus, and cold exposure in order for a person to feel in a happy and healthy state. My Java program will help people learn the Wim Hof method and keep a database of their progress.

       Wim Hof is a 58 year old dutch man who holds numerous world records for completing challenges that involve cold exposure and insane physical abilities. Some of the feats he has achieved are running a half marathon barefoot in nothing but shorts above the arctic circle, swimming under ice for 120 meters in one breathe, and running a full marathon in the Namib Desert without any water consumption. He achieved this through a method that he now teaches and the Java program that I want to make will help teach it and keep track of how much the user progresses.

       One of the main components of Wim Hof method is breathwork. This is done by having the user take 30-40 deep breathes in and out in. After the 30-40 breathes, the user would then exhale all air out of their lungs and see how long they can hold that state with a timer. This is called the retention rate and both the breathing and retention is called one round. Typically, users would do around four rounds in one session and a database in my program would keep track of how long each retention would be for each of the rounds. The user would then be able to access all of their data and see their progress throughout each week. In addition to the retention, the database would keep track of the exercises the user does such as the amount of pushups he or she does while holding their breath after all the rounds.

       Every week, there are new and different exercises to do so the database would create a new table to correspond to the correct exercises. People would be able to access each week and see how much they are progressing throughout using the program.

       The last aspect of the Wim Hof method comes from cold exposure. This entails the user to take a cold shower in a specific and safe way as they progressively build up a good cold tolerance over time. The program would give the user instructions of what to do for each week.

       The goal of my program is to help people live happy and healthy lives through the Wim Hof method.