



"Walk Through. Rise Beyond."

Burden to Breakthrough 7-Day Challenge Tracker

SurvivorMind is a movement to embrace the strength built through adversity. This 7-day challenge is a reflection of the path we walk: heavy at first, lighter with every courageous step forward.

Burden to Breakthrough - 7 Day Challenge Tracker

Day 1: Shock

Morning Cold Exposure (3 min): []

One Word Reflection: _____

Midday Weighted Ruck (3-5 miles): []

Pack Weight Today: _____ lbs

Evening Reflection:

What was the hardest part today? _____

When did I feel like giving up? _____

Where did I find unexpected strength? _____

Day 2: Denial/Resistance

Morning Cold Exposure (3 min): []

One Word Reflection: _____

Midday Weighted Ruck (3-5 miles): []

Pack Weight Today: _____ lbs

Evening Reflection:

What was the hardest part today? _____

When did I feel like giving up? _____

Where did I find unexpected strength? _____

Day 3: Anger

Morning Cold Exposure (3 min): []

One Word Reflection: _____

Midday Weighted Ruck (3-5 miles): []

Pack Weight Today: _____ lbs

Evening Reflection:

What was the hardest part today? _____

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When did I feel like giving up? _____

Where did I find unexpected strength? _____

Day 4: Despair

Morning Cold Exposure (3 min): []

One Word Reflection: _____

Midday Weighted Ruck (3-5 miles): []

Pack Weight Today: _____ lbs

Evening Reflection:

What was the hardest part today? _____

When did I feel like giving up? _____

Where did I find unexpected strength? _____

Day 5: Surrender

Morning Cold Exposure (3 min): []

One Word Reflection: _____

Midday Weighted Ruck (3-5 miles): []

Pack Weight Today: _____ lbs

Evening Reflection:

What was the hardest part today? _____

When did I feel like giving up? _____

Where did I find unexpected strength? _____

Day 6: Breakthrough

Morning Cold Exposure (3 min): []

One Word Reflection: _____

Midday Weighted Ruck (3-5 miles): []

Pack Weight Today: _____ lbs

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Evening Reflection:

What was the hardest part today? _____

When did I feel like giving up? _____

Where did I find unexpected strength? _____

Day 7: Freedom/Catharsis

Morning Cold Exposure (3 min): []

One Word Reflection: _____

Midday Weighted Ruck (3-5 miles): []

Pack Weight Today: _____ lbs

Evening Reflection:

What was the hardest part today? _____

When did I feel like giving up? _____

Where did I find unexpected strength? _____