
A 4-WEEK LIVE COACHING CHALLENGE

Restore & Rebuild

Weekly Action Plans & Worksheets

This companion workbook holds the four weekly action plans, daily practice trackers, and reflection worksheets that pair with your live coaching calls. Print it, tab it, write in it. Let it become the record of the woman you are becoming.

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A Rhythm for the Four Weeks

- Monday. Read the week's Action Plan. Set your intentions. Note anything you want to bring to the live call.
- Tuesday – Saturday. Move through your action steps. Mark your daily practice tracker each evening. Small check marks compound.
- Sunday. Sit with the reflection prompts. Answer honestly, briefly. This is the data of your restoration.
- Every week. Bring one insight and one question to the group call. You are not doing this alone.

A Note Before You Begin

This workbook is a companion — not a prescription. Move at your pace. Skip what does not serve you today. Return to it tomorrow. Your body is not a project to finish; it is a home you are re-entering. Welcome home.

01

WEEK 1 • RESTORE & REBUILD

The Foundation

Gentle Movement & Lymphedema Awareness

This week is about permission — permission to move again, permission to move slowly, and permission to trust your body as a partner, not an adversary. We rebuild the foundation before we build the house.

The Foundation

Gentle Movement & Lymphedema Awareness

This Week's Intentions

- I honor where my body is today, without judgment.
- I move gently, and gentle is enough.
- I listen to signals — tightness, swelling, fatigue — as guidance, not failure.

Your Action Steps

Check each one off as you complete it. Progress, not perfection.

- ☐ Complete a 10-minute morning gentle mobility flow (shoulder rolls, ankle circles, deep breathing).
- ☐ Practice diaphragmatic breathing 2× daily — 5 slow breaths, hand on belly.
- ☐ Walk 10–20 minutes at a conversational pace, 4 days this week.
- ☐ Do a daily lymphatic self-check: look and feel for swelling, warmth, or heaviness.
- ☐ Elevate affected limb(s) 10 minutes before bed.

Safety & Care Reminders

- Stop any movement that causes sharp pain, dizziness, or sudden swelling.
- Wear your compression garment as prescribed by your medical team.
- Hydrate before, during, and after movement.
- If you had lymph nodes removed, avoid heavy lifting on that side this week.

Reflect & Track

Daily Practice Tracker

Daily Practice	M	T	W	T	F	S	S
10-min gentle mobility	☐	☐	☐	☐	☐	☐	☐
Diaphragmatic breathing (2×)	☐	☐	☐	☐	☐	☐	☐
Walk (conversational pace)	☐	☐	☐	☐	☐	☐	☐
Lymphatic self-check	☐	☐	☐	☐	☐	☐	☐
Elevation before bed	☐	☐	☐	☐	☐	☐	☐

Reflection Prompts

1. Where in my body do I notice I am holding tension or bracing?

2. What movement felt surprisingly good this week? What felt hard?

3. What is one signal my body gave me that I want to honor next week?

One Word for This Week

Choose a single word that captures your week.

02

WEEK 2 • RESTORE & REBUILD

Nourish & Fuel

Skincare, Nutrition & Hydration

You cannot pour from an empty vessel. This week we rebuild your cells from the inside out — hydrating, nourishing, and restoring the skin barrier that treatment challenged.

Nourish & Fuel

Skincare, Nutrition & Hydration

This Week's Intentions

- I nourish my body as an act of love, not restriction.
- I drink water like it is medicine — because it is.
- I treat my skin as the living organ it is.

Your Action Steps

Check each one off as you complete it. Progress, not perfection.

- ☐ Drink half your body weight in ounces of water daily (add electrolytes if needed).
- ☐ Build one 'restoration plate' per day: $\frac{1}{2}$ colorful vegetables, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ whole-food carbs, plus a healthy fat.
- ☐ Add one anti-inflammatory food each day (berries, leafy greens, salmon, walnuts, turmeric).
- ☐ Follow the gentle skincare ritual: cleanse, hydrating serum, ceramide moisturizer, SPF 30+ every morning.
- ☐ Do one full-body dry brush or lymphatic self-massage (5 minutes).

Safety & Care Reminders

- Check with your oncology team before adding supplements.
- Introduce fiber gradually if your gut is sensitive post-treatment.
- Avoid harsh exfoliants and fragranced products on radiation-treated skin.
- Reapply SPF every 2 hours — treated skin is more sun-sensitive.

Reflect & Track

Daily Practice Tracker

Daily Practice	M	T	W	T	F	S	S
Hydration goal (oz)	☐	☐	☐	☐	☐	☐	☐
Restoration plate (1×/day)	☐	☐	☐	☐	☐	☐	☐
Anti-inflammatory food	☐	☐	☐	☐	☐	☐	☐
Skincare AM + PM	☐	☐	☐	☐	☐	☐	☐
Dry brush / lymph massage	☐	☐	☐	☐	☐	☐	☐

Reflection Prompts

1. How does my body feel on days I am well-hydrated vs. dehydrated?

2. What is one food that consistently makes me feel energized?

3. Where am I still fueling from guilt, fear, or old rules — and what would love choose instead?

One Word for This Week

Choose a single word that captures your week.

03

WEEK 3 • RESTORE & REBUILD

Reclaim Your Strength

Stretching, Flexibility & Core Rebuilding

Strength is not about lifting heavy — it is about coming home to a body that supports you. This week we rebuild your core, restore your range of motion, and reclaim quiet, capable power.

Reclaim Your Strength

Stretching, Flexibility & Core Rebuilding

This Week's Intentions

- I am rebuilding, not comparing.
- Small, consistent movement is where strength lives.
- My breath is my most important core muscle.

Your Action Steps

Check each one off as you complete it. Progress, not perfection.

- ☐ Complete the guided 15-minute Restore & Rebuild Strength Flow, 3× this week.
- ☐ Practice daily posture check: ears over shoulders, ribs stacked over hips (3× daily, 30 seconds).
- ☐ Wall stretches: chest opener + shoulder flexion, held 30 seconds each side, daily.
- ☐ Deep core activation: 5 minutes of transverse abdominis breathing before bed.
- ☐ One 20-minute walk with intentional arm swing.

Safety & Care Reminders

- Never push into pain — a mild stretch sensation is the goal, never a sharp pull.
- Skip any movement your medical team has not cleared.
- Rest 1 full day between strength sessions.
- Modify any movement — chair, wall, or bed variations are equally valid.

Reflect & Track

Daily Practice Tracker

Daily Practice	M	T	W	T	F	S	S
Strength Flow (3×/week)	☐	☐	☐	☐	☐	☐	☐
Posture check (3×/day)	☐	☐	☐	☐	☐	☐	☐
Wall stretches	☐	☐	☐	☐	☐	☐	☐
Deep core breathing	☐	☐	☐	☐	☐	☐	☐
Intentional walk	☐	☐	☐	☐	☐	☐	☐

Reflection Prompts

1. Where do I feel newly stable or supported in my body?

2. What is my body capable of today that it wasn't 2 weeks ago?

3. What story about my strength am I ready to release?

One Word for This Week

Choose a single word that captures your week.

04

WEEK 4 • RESTORE & REBUILD

The Radiant You

Style, Confidence & Embracing Your Power

You have restored the foundation, nourished the vessel, and reclaimed strength. This week we celebrate — with the outer expression of the inner work. Radiance is not vanity. It is visibility.

The Radiant You

Style, Confidence & Embracing Your Power

This Week's Intentions

- I let myself be seen.
- My style is an act of self-respect, not performance.
- I am not who I was — and I do not want to be. I am becoming.

Your Action Steps

Check each one off as you complete it. Progress, not perfection.

- ☐ Do a compassionate closet edit: keep what fits the woman you are becoming.
- ☐ Book (or DIY) one 'radiance ritual': haircut, color, brows, nails, or skin treatment.
- ☐ Practice a 3-minute mirror ritual daily: eyes on your eyes, name one thing you love.
- ☐ Wear one 'confidence anchor' item every day — earrings, lipstick, scarf, scent.
- ☐ Take a full-length photo of yourself in something that feels like you. Save it.

Safety & Care Reminders

- Rest is a completion, not a reward. Schedule it.
- Continue skin and lymph care — radiance is maintained, not achieved.
- Return to any Week 1-3 practice that supported you most.
- Celebrate — you finished. That is not small.

Reflect & Track

Daily Practice Tracker

Daily Practice	M	T	W	T	F	S	S
Mirror ritual (3 min)	☐	☐	☐	☐	☐	☐	☐
Confidence anchor worn	☐	☐	☐	☐	☐	☐	☐
Posture + walk with presence	☐	☐	☐	☐	☐	☐	☐
One kind word to myself	☐	☐	☐	☐	☐	☐	☐
Rest / joy on my calendar	☐	☐	☐	☐	☐	☐	☐

Reflection Prompts

1. Who is the woman I am becoming? Describe her in 3 sentences.

2. What am I ready to let others see?

3. What is my next chapter's name — and what is the very first line?

One Word for This Week

Choose a single word that captures your week.
