

My
wedding

PLANNER

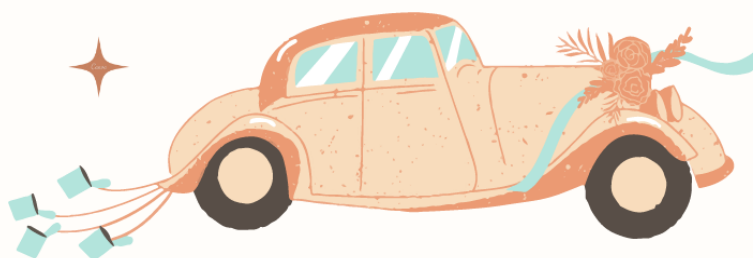


Wedding Preparation



- Set date
- Set budget & divide cost
- Research & visit venues
- Decide on guest list
- Purchase bridal attire
- Find officiant
- Hire wedding coordinator
- Send invitations
- Shop for rings
- Get marriage license
- Register for gifts
- Find a florist
- Reserve tuxedos
- Finalize vendor details
- Send save the dates
- Arrange transportation
- Shop & order wedding cake
- Find MUA & Hairstylist
- Bachelorette Party
- Bachelor's Party
- Set aside pay & tip for vendors
- Distribute wedding timeline
- Finalize everything
- Get married!

NOTES



Wedding Planner

A BRIDE'S GUIDE

Pre-Event Tasklist

Event Suppliers

Expense List

MONTHLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PRIORITY

Daily Planner

S M T W T F S

DATE:

SCHEDULE

06:00

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

TO DO LIST



NOTES:

WEDDING FITNESS

BASIC WORKOUT PLAN

MON LEGS

Stretching and warm-up
25 Squats
25 Sumo Squats
Repeat above March in place for 20 sec
Stretch muscles
Relax

TUES ABS

Stretching and warm-up
20 Standing Oblique Twists
30-second Floor Plank
Repeat above
March in place for 20 seconds
Stretch muscles
Relax

WED ARMS

Stretching and warm-up
25 Push-ups
20 Wall Tricep Pushes
Repeat above
March in place for 20 seconds
Stretch muscles
Relax

THURS CARDIO

Stretching and warm-up
50 Jumping Jacks
30-second Sprint in place
Repeat above
March in place for 20 seconds
Stretch muscles
Relax

FRI COMBO

Stretching and warm-up
10 Squats & 10 Sumo Squats
10 Standing Oblique Twists
March in place for 20 seconds
20 Push-ups
25 Jumping Jacks
March in place for 20 seconds
Stretch muscles
Relax

SAT YOUR PICK

Choose from Day 1-4
to work on your chosen area:
Legs
Abs
Arms or
Cardio

SUN REST

Take a break!
You deserve it.

BEACH BOD

A 5-DAY 4-WEEK VEGAN MEAL PLAN

WEEK 1

MON	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables
TUE	B: Cereal / L: Tofu Barbecue & Garlic Rice / D: Roasted Potato
WED	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables
THU	B: Cereal / L: Tofu Barbecue & Garlic Rice / D: Roasted Potato
FRI	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables

WEEK 2

MON	B: Banana Ice Cream / L: Roast Vegetables / D: Stir fried veggies
TUE	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables
WED	B: Banana Ice Cream / L: Roast Vegetables / D: Stir fried veggies
THU	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables
FRI	B: Banana Ice Cream / L: Roast Vegetables / D: Stir fried veggies

WEEK 2

MON	B: Banana Ice Cream / L: Roast Vegetables / D: Stir fried veggies
TUE	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables
WED	B: Banana Ice Cream / L: Roast Vegetables / D: Stir fried veggies
THU	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables
FRI	B: Banana Ice Cream / L: Roast Vegetables / D: Stir fried veggies

WEEK 4

MON	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables
TUE	B: Cereal / L: Tofu Barbecue & Garlic Rice / D: Roasted Potato
WED	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables
THU	B: Cereal / L: Tofu Barbecue & Garlic Rice / D: Roasted Potato
FRI	B: Oatmeal / L: Stir fried vegetables / D: Roast Vegetables



THE WEDDING OF



Cocktail Hour

Bride & Groom Arrives

Dinner Time

Bouquet and Garter Toss

Last Dance



Menu

APPETIZER

ENTRÉE



DESSERT

The page is framed by a decorative border of various floral and leaf patterns in black and white line art. The patterns include large daisy-like flowers, smaller blossoms, and clusters of leaves.

GUEST LIST

NAME:

ADDRESS:

CONTACT NUMBER:

Invitation Sent

RSVP

Thank You Card

NAME:

ADDRESS:

CONTACT NUMBER:

Invitation Sent

RSVP

Thank You Card

NAME:

ADDRESS:

CONTACT NUMBER:

Invitation Sent

RSVP

Thank You Card



example

PLEASE EMAIL US FOR TEMPLATE ♥

Seating Chart

WELCOME PLEASE FIND YOUR SEATS

TABLE 1

Nathan Jason
Joe Samson
David Samson
Jason Jordan
Galvin Ace
Justine Jacob

TABLE 2

Lian Sanderson
Robyn Jones
River Thomas
Riley Thomas
Phoenix Thomas
Kerry Land

TABLE 3

Mikaela Parks
Liana Parks
Jewel Phan
Jeffrey Phan
Jason Adams
Erin Adams

TABLE 4

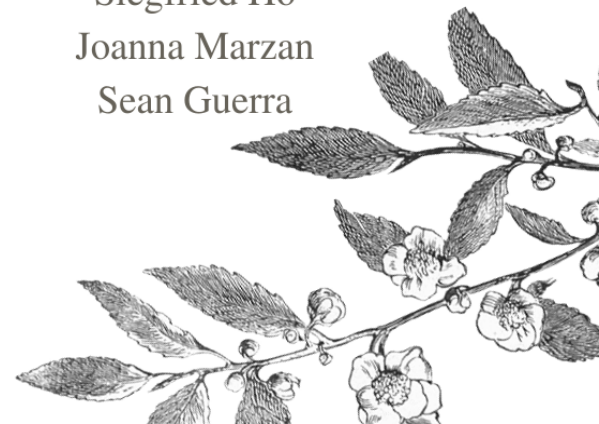
Andre Claremont
Peggy Claremont
Jeff Mercer
Shania Mercer
Jason Johns
Bobbie Johns

TABLE 5

Farah Nair
Jamal Nair
Denise Lewis
Corey Lewis
Jasmine Lo
Eric Lo

TABLE 6

Barbara Newton
Thierry Newton
Meghan Austen-Ho
Siegfried Ho
Joanna Marzan
Sean Guerra



Travel CHECKLIST



1. Passports / travel documents

2. Smartphone / laptop chargers

3. Washbags / wipes in hand luggage

4. Books / magazines

5. Sun lotions & after-sun cream

6. Hats & flip-flops

7. Pillow for flight

8. Camera & waterproof case

9. Spare car key

10. monies

Travel Itinerary

Destination

.....

Departure

.....

Return Date

.....

Day 1
Day 2
Day 3

Day 4
Day 5
Day 6

Notes:

FLIGHT INFORMATION

FLIGHT INFORMATION

AIRLINE:

FLIGHT NUMBER:

DEPARTURE TIME:

ARRIVAL TIME:

FLIGHT INFORMATION

AIRLINE:

FLIGHT NUMBER:

DEPARTURE TIME:

ARRIVAL TIME:

FLIGHT INFORMATION

AIRLINE:

FLIGHT NUMBER:

DEPARTURE TIME:

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FLIGHT INFORMATION

AIRLINE:

FLIGHT NUMBER:

DEPARTURE TIME:

ARRIVAL TIME:

FLIGHT INFORMATION

AIRLINE:

FLIGHT NUMBER:

DEPARTURE TIME:

ARRIVAL TIME:

Wedding Details

WEDDING PREP

CEREMONY

RECEPTION

DANCE



**AMERICAN
LIMOUSINE**

315-473-2000



Congratulations

American Limousine of CNY-Est. 1988

