

PATH2PROMISE WELLNESS AND WEDDING READINESS

Wedding Wellness Planning Checklist

A practical plan for feeling prepared, energized, and present

Wedding wellness is not about changing how you look. It is about creating supportive routines that help you feel steady, rested, nourished, and ready to enjoy the celebration you have planned.

1 Choose What Wellness Means for You

- ☐ Feel more energized in daily life
- ☐ Create a consistent movement routine
- ☐ Protect time for rest and recovery
- ☐ Manage wedding-related stress with care

- ☐ Plan as an individual
- ☐ Plan together as a couple
- ☐ Include members of the wedding party
- ☐ Ask a qualified professional for support

2 Build a Routine You Can Sustain

- ☐ Choose movement that feels realistic and enjoyable.
- ☐ Schedule activity around work, appointments, and wedding tasks.
- ☐ Build gradually instead of making extreme last-minute changes.
- ☐ Plan recovery days and adjust when your body needs rest.
- ☐ Keep the focus on consistency, energy, and overall well-being.

MOVEMENT OR FITNESS GOAL

DAYS OR TIMES THAT WORK BEST

3 Nourish, Rest, and Reset

Nourishment and Hydration

- ☐ Plan regular meals and practical snacks.
- ☐ Keep water available throughout the day.
- ☐ Choose familiar foods that support your energy.

Rest and Stress Support

- ☐ Protect a consistent sleep window when possible.
- ☐ Schedule quiet time away from wedding decisions.
- ☐ Name the people you can call when stress rises.

Wedding Week Wellness Plan

Keep the final days familiar, manageable, and centered on feeling present.

One Week Before

- ☐ Confirm your movement plan and recovery days.
- ☐ Avoid unfamiliar or extreme last-minute routines.
- ☐ Plan groceries, meals, snacks, and water.
- ☐ Protect sleep time on the calendar.
- ☐ Refill medications and gather personal-care items.
- ☐ Tell your support person what would help you most.

The Night Before

- ☐ Eat a familiar meal and drink water.
- ☐ Set out comfortable shoes and clothing.
- ☐ Prepare medications, snacks, and essentials.
- ☐ Silence unnecessary notifications.
- ☐ Choose a stopping time for wedding tasks.
- ☐ Create a calm wind-down routine for rest.

On the Wedding Day

A few simple choices can protect your energy and help you stay connected to the moment.

- ☐ Eat before the ceremony and keep a familiar snack nearby.
- ☐ Drink water throughout the day.
- ☐ Take prescribed medications as directed.
- ☐ Build in quiet moments or short breaks.
- ☐ Wear or bring comfortable shoes.
- ☐ Ask for help instead of carrying every task yourself.
- ☐ Pause, breathe, and take in the celebration.

Your Support Plan

PERSON WHO CAN HELP ME PAUSE OR RESET

WHAT I WANT THEM TO KNOW

ITEMS I NEED WITH ME

A QUIET PLACE I CAN USE

Notes and Next Steps

Want support building a plan that fits your life?

Path2Fitness offers certified personal training and wellness-focused support to help couples and wedding parties feel confident, energized, and prepared.