

The *90-Day* Vow

A holistic wellness roadmap for couples in the lead-up to their wedding. Movement, nutrition, energy and mindset — month by month, together.

BEFORE WE BEGIN

This guide is *different*.

Most wedding wellness advice focuses on one person and one goal: change how the bride looks before the day. We think that's the wrong approach entirely. This guide is built for both of you — because the most powerful preparation happens when you do it together.



Holistic by design

We cover four pillars: movement, nutrition, energy and mindset. Because how you sleep and manage stress affects your results as much as how you train.



Built for couples

Each section includes notes for both partners. You won't have the same goals — and that's the point. Individual progress, shared journey.



Month by month

Three months, three distinct phases. Each builds on the last. Don't try to do everything at once — that's how progress stalls.



A framework, not a plan

This is a roadmap — not a prescription. Every couple is different. Use this as your foundation and adapt it to your real life.

HOW TO USE THIS GUIDE

Read it together. Mark what resonates. At the end of each month, review how it went — honestly. The goal isn't perfection. The goal is showing up consistently, for yourselves and each other.

MONTH ONE

OI *Foundation & Awareness*

This month is not about transformation. It is about honest assessment — where you both actually are, what your real life allows, and what foundations need to be in place before you add intensity.

MOVEMENT

Build the habit, not the programme

2–3 sessions per week — consistency over intensity

Choose movement you both actually enjoy to start

Assess baseline strength and mobility honestly

Walking counts — underrated for stress and sleep

NUTRITION

Observe before you change

Track what you eat for one week without changing anything

Note energy levels after meals — patterns emerge quickly

Prioritise protein and hydration above everything else

No restriction yet — awareness first

ENERGY

Protect your sleep

Aim for 7–9 hours — non-negotiable foundation

Set a consistent wind-down routine together

Identify your biggest energy drains this month

Limit screens 45 mins before bed — both of you

MINDSET

Set intentions, not targets

Write down how you each want to feel on the day

Separate aesthetic goals from wellness goals

Discuss openly: what does each of you need this to be?

Start a shared note for weekly wins — however small

COMMON
MISTAKE

Starting month one with too much intensity. Couples who overhaul everything at once almost always stall by week three. Foundation work feels slow — it isn't. You're building the habits that carry you through months two and three.

MONTH TWO

O2 *Build & Strengthen*

This is where the real work happens. Your habits are forming, your baseline is clear, and your body is ready for progression. Month two is where most couples notice the first real shifts — in energy, in confidence, in how they feel day to day.

MOVEMENT

Add structure and progression

Increase to 3–4 structured sessions per week

Introduce progressive overload — add weight or reps weekly

Tailor to each goal: strength, endurance, flexibility

One active recovery session — yoga, swim, long walk

NUTRITION

Build your framework

Design a simple eating structure that fits both schedules

Meal prep one to two days per week together

Focus on quality and nourishment — not calories

Review alcohol — it affects sleep, recovery and results

ENERGY

Manage the planning pressure

Create a "no wedding talk" window each week

Protect at least one full rest day together

Identify stress triggers and discuss openly

Morning sunlight — regulates cortisol daily

MINDSET

Stay process-focused

Review your month one intentions — still right?

Celebrate non-aesthetic wins: energy, sleep, mood

If motivation dips — that is normal. Discipline carries you

Weekly check-in: one win, one struggle each

FOR COUPLES

On different schedules or goals? Good.

Month two is when couples often notice they're progressing at different rates — and worry about it. Don't. One of you may be building strength while the other focuses on stress and sleep. Both are exactly right. The shared accountability is what matters: showing up, checking in, celebrating each other's version of progress.

MONTH THREE

03 *Refine & Arrive*

The goal of month three is not more — it is better. Sharpen what's working, let go of what isn't, and begin the deliberate wind-down into wedding week. You should be feeling the results by now. This month is about arriving calm, not exhausted.

MOVEMENT

Maintain and taper

Keep intensity consistent — don't add new stimulus now

Week 11: reduce volume by 20% for full recovery

Wedding week: light movement only — walks, stretching

No new exercises or heavy sessions in final 10 days

NUTRITION

Nourish, don't restrict

This is not the month to cut — it is the month to feel good

Increase anti-inflammatory foods: oily fish, leafy greens

Hydration is your biggest priority in the final two weeks

Avoid dramatic dietary changes in wedding week

ENERGY

Protect your final weeks

Decline non-essential commitments ruthlessly

Build your wedding week schedule with rest built in

Sleep 8+ hours in the final two weeks

Delegate everything you possibly can

MINDSET

Let the work be enough

Review how far you've both come — it's further than you think

Stop comparing. Your best self is where you are now

Write a letter to each other about this journey

The day you feel best is the day you stop trying to be different

**CRITICAL
MISTAKE**

Trying to do your hardest training in the final month. You cannot create meaningful physical change in four weeks — but you can arrive exhausted, inflamed and depleted. Month three is for consolidation and arrival. Trust the work you've done.

READY TO GO FURTHER?

This roadmap shows you the *what*.
A coach gives you the *how* — built entirely
around the two of you.

-
- 1 Book a free discovery call**
A 30-minute conversation — both of you, no obligation. We'll talk about your timeline, your goals, and whether VowWellness is the right fit.

 - 2 Receive your individual programmes**
Each of you gets a programme built around your own goals, body and lifestyle — not a template. Designed to work with your real life.

 - 3 Arrive at the altar feeling yourselves**
Strong, calm, connected — and genuinely proud of the journey you took together to get there.
-

BOOK YOUR FREE CALL

vowwellness.co