

Wedding Glow-Up Intake Questionnaire

This questionnaire helps us build a wedding prep plan that fits your goals, your body, your calendar and your budget. It takes about 15 minutes. There are no wrong answers, and you can skip anything you'd rather discuss in person.

Check every box that applies and write as much or as little as you like on the answer lines.

1. About you and the event

1. Name, phone and email: _____
2. Your role in the wedding:
 - ☐ Bride / partner getting married
 - ☐ Mother of the bride or groom
 - ☐ Bridesmaid or wedding party
 - ☐ Guest
 - ☐ Other: _____
3. Wedding date: _____
4. How much time do you have to prepare?
 - ☐ Less than 1 month
 - ☐ 1–3 months
 - ☐ 3–6 months
 - ☐ 6+ months
5. Season and setting (indoor, outdoor, beach, destination, climate):

6. Other events on the calendar (engagement photos, showers, rehearsal dinner, honeymoon): _____
7. Your dress or outfit: style, fabric, neckline, and whether it shows arms, back or shoulders: _____
8. Dress fitting dates, if known: _____

2. Your vision

1. Picture yourself walking in on the day. How do you want to look?

2. How do you want to feel? (e.g. radiant, calm, confident, energized, like myself) _____
3. Three words you'd like guests to use about you: _____
4. Rank these from 1 (most important) to 10:

Area	Rank (1–10)
Fitting beautifully in my dress	
Flat, un-bloated stomach	
Toned arms, back and legs	
Flawless, glowing skin	
Healthy, full, shiny hair	
Makeup and brows	
Bright smile	
Hands, nails and feet	
Posture and presence	
Energy, sleep and calm	

5. Is there one thing that would make you feel the day was a success?

6. Anything you're worried about or want to avoid? _____

3. Body and movement

1. How would you describe where you are today?
 - ☐ Already in great shape, just want to tighten and refine
 - ☐ Fairly active, want noticeable toning
 - ☐ Getting back into it, want a real change
 - ☐ Not focused on body changes, mostly wellness and glow

2. What do you currently do, and how often? (walking, strength, Pilates, yoga, classes, trainer) _____
3. Areas you'd most like to focus on:
 - ☐ Stomach / waist
 - ☐ Arms
 - ☐ Back and shoulders
 - ☐ Legs
 - ☐ Posture
 - ☐ Overall stamina
4. Would you consider any of these?
 - ☐ A daily walk
 - ☐ Strength or Pilates sessions
 - ☐ Posture work or light corset training
 - ☐ Monthly lymphatic drainage
 - ☐ Weekly massage
5. Injuries, pain or limitations we should work around:

4. Nutrition and digestion

1. Describe a typical day of eating (breakfast, lunch, dinner, snacks, drinks):

2. How often do you feel bloated?
 - ☐ Rarely
 - ☐ A few times a week
 - ☐ Most days
3. Foods you know bloat you or don't agree with you (e.g. cruciferous vegetables, dairy, gluten, beans, carbonation, alcohol):

4. Dietary style or restrictions (vegetarian, kosher, dislikes):

5. Roughly how much water do you drink a day? _____
6. Alcohol, coffee and sugar: how much, and are you open to cutting back before the wedding? _____
7. Supplements you take now (multivitamin, zinc, vitamin C, collagen, NAC, NMN, others): _____

8. Would you be interested in:

- ☐ A clean, de-bloating eating plan
- ☐ Bone broth with collagen and protein
- ☐ An anti-inflammatory green drink
- ☐ Daily lemon water ritual
- ☐ Prepared meals delivered
- ☐ Supplement guidance

5. Sleep, stress and energy

1. Hours of sleep on a typical night: _____ Do you wake rested? _____
2. Energy level most days (1 = drained, 10 = radiant): _____
3. Stress level right now (1–10): _____ Biggest sources:

4. What helps you unwind (massage, baths, walks, meditation, time outdoors)? _____
5. Do you get regular, healthy sun exposure? _____

6. Skin: face and body

1. Skin type:
 - ☐ Dry
 - ☐ Oily
 - ☐ Combination
 - ☐ Sensitive
2. Current concerns (breakouts, dullness, dryness, pigmentation, fine lines, puffiness, texture): _____
3. Your daily routine and products: _____
4. Do you have a facialist or dermatologist you trust? How often do you go?

5. Which of these would you consider?
 - ☐ Monthly facials
 - ☐ A "red carpet" facial the week before (microcurrent, deep hydration, lymphatic drainage)
 - ☐ At-home LED or laser devices
 - ☐ Doctor treatments (radiofrequency, microneedling, peels, injectables)

- o ☐ Body scrubs (e.g. Korean body scrub)
 - o ☐ Spray tan
6. Body skin concerns (back, arms, legs, texture, dryness):

7. Have you ever had a reaction to a facial, peel or spray tan?

7. Hair, makeup and finishing touches

1. Hair: what do you love about it, and what would you change (shine, volume, length, color, frizz)? _____
2. Planned hair color or cut dates: _____
3. Do you have a makeup artist and brow artist you trust, or do you need recommendations? _____
4. Will you do a makeup and hair trial? When? _____
5. Which of these are on your list?
 - o ☐ Brow shaping or tint
 - o ☐ Lash lift or extensions
 - o ☐ Teeth cleaning
 - o ☐ Teeth whitening (toothpaste, strips or professional)
 - o ☐ Manicure
 - o ☐ Pedicure
 - o ☐ Lip and hand hydration routine
 - o ☐ Spray tan (with a test run first)
6. Anything you've tried before that didn't work for you?

8. Health and safety

This section keeps your plan safe. Your answers stay confidential.

1. Current medications and supplements: _____
2. Health conditions we should know about: _____
3. Food allergies or intolerances: _____
4. Skin allergies or sensitivities (fragrance, retinoids, self-tanner, latex):

5. Are you pregnant, trying to conceive, or breastfeeding?

6. Is there anything about food, weight or your body that you'd prefer we handle with extra care? _____

9. Time and budget

1. How much time can you give your prep each week (workouts, appointments, meal prep)?

- ☐ Under 2 hours
- ☐ 2–5 hours
- ☐ 5–10 hours
- ☐ 10+ hours

2. Which days and times work best for appointments?

3. Your total budget for wedding prep (excluding dress and wedding-day hair and makeup):

- ☐ Under \$500
- ☐ \$500–\$1,500
- ☐ \$1,500–\$3,000
- ☐ \$3,000–\$6,000
- ☐ \$6,000+

4. Where would you most like to invest? Split 100 points across these:

Area	Points
Skin (facials, treatments, products)	
Body (training, massage, lymphatic drainage)	
Nutrition (meals, coaching, supplements)	
Hair, brows, makeup	
Nails, teeth, tan, finishing touches	
Total	100

5. Is there anything you already pay for that we should build around (trainer, facialist, gym membership)? _____

10. How you like to be supported

1. What kind of support suits you best?
 - o ☐ A full plan I follow on my own
 - o ☐ A plan plus weekly check-ins
 - o ☐ Hands-on coaching and done-for-me meals
2. How do you prefer to be contacted? ☐ Text ☐ Email ☐ Phone
3. Is anyone else involved in your prep (partner, mother, bridesmaids) who might join sessions? _____
4. Anything else you'd like me to know? _____

Thank you. Once I've read your answers, we'll meet to map out a timeline built around your date, priorities and budget.