

teami

WEDDING WELLNESS WORKBOOK







*the 30-day
teami guide*

YOU'RE GETTING MARRIED!

yay! 

Our Wedding Wellness Workbook is the perfect partner to help you get **right** before you wear **white**!

-  Keep track of your Bridal Detox Program with daily Teami reminders
-  Log how many Wedding Workouts you complete in 30 days
-  Includes 30 Wedding Wellness Tips
-  Document your daily bridal thoughts



Your 30 Day Bridal Detox Program Includes 2 Teami blends:

skinny ☀️

Drink every morning,
before breakfast if you can!



☾ *colon*

Drink every other night,
right before bed!



Use your Teami Tumbler daily to easily take your Teami on the go! Just add your 1 tsp of skinny tea in the morning, add hot water and GO!



You can reuse your Teami Skinny loose leaf tea **up to 3x** by just adding more hot water to your Teami Tumbler!

additional teami colon tips:

Start SLOW. Yes, we mean it.

Steep your Teami Colon for 1-3 minutes and then remove it from your mug. As you continue your detox you will be able to increase the steep time and even get to 30+ minutes! Your body is going to want to hang onto those toxins and not let them go. That is why it is SO important to take small steps and increase your Teami colon steep time as you go along. We refer to our Teami Colon as “magic tea”, because you will so surprised by how much lighter and better you feel afterwards. It’s like magic!

ready to feel great before your big date?!

Reminder: **Take a before picture!**



Print out a copy of this Wedding Workbook or use it on your computer to keep you on track!

- Reminders to drink your Teami daily
- Track your wedding workouts
- Write down your bridal thoughts
- Increase your energy
- Get rid of bloating
- Lose weight
- Live a healthier lifestyle

and most importantly....have fun!

day 1

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #1

Eat 1 fully vegetarian meal per day! Focus on adding a TON of greens like spinach, kale, arugula, swiss chard and more! Did you know that Greens naturally speed up fat loss?!

 My Bridal Thoughts:

*#teamibride**day 2*

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #2

Stay hydrated! Wedding planning can be exhausting, but you'll be even MORE exhausted if you don't DRINK ENOUGH WATER! Set an alarm on your phone to go off every 2-3 hours to drink an 8oz cup of water!

 My Bridal Thoughts:

#teamibride

day 3

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #3

Incorporate 2-3 HIIT workouts into your exercise routine! Yes, cardio is excellent too - but High Intensity Interval Training burns more fat, **faster!**

 My Bridal Thoughts:

#teamibride

day 4

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #4

Use your resources! As brides, we have a tendency to be control freaks. Call / Text your family & friends today and ask them to help you with one of the projects on your Bridal To-Do List. You'll thank us later.

 My Bridal Thoughts:

#teamibride

day 5

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #5

Get your beauty sleep! Make sure you get 7-8 hours of sleep religiously. Not sleeping enough can cause mood swings, irritability and even weight gain. Yes, it's true!

 My Bridal Thoughts:

#teamibride

day 6

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #6

Eat less red meat. Try to focus on eating lean white meats like turkey, chicken or fish. Red meat takes longer to for the body digest and can cause more bloating.

 My Bridal Thoughts:

#teamibride

day 7

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #7

Skip the Elevator! Opt for taking the stairs whenever you have the chance! Elevators might be convenient, but they don't shape your booty like the stairs can!

 My Bridal Thoughts:

#teamibride

day 8

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #8

Avoid sugary drinks. If you are dying for a soda or some sweet beverage, make fruit infused detox water instead! Tip: Use your Teami Tumbler to add your favorite fruits, veggies and water!

 My Bridal Thoughts:

#teamibride

day 9

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #9

Starving yourself is NOT allowed! Not eating is not a sustainable, healthy lifestyle. Instead eat 3 meals per day and try to avoid snacking.

 My Bridal Thoughts:

#teamibride

day 10

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #10

Make a Stress List. There is SO much to do when you're planning for a wedding. Make a list of all the things in your life that are causing you stress, wedding related or not. You will feel much calmer and able to tackle that list!

 My Bridal Thoughts:

#teamibride

day 11

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #11

Ditch the gluten! Focus on eating proteins, fruits and veggies. If you need a filling carb, chow down on some healthy quinoa!

 My Bridal Thoughts:

*#teamibride**day 12*

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
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WEDDING WELLNESS TIP #12

Be Selfish. Yes, I mean it. You may not notice it, but you focus a lot of your family, friends and guests during your wedding planning. Trying to accommodate for everyone. Take a deep breath and focus on yourself. Get your nails done, go shopping and treat yourself!

 My Bridal Thoughts:

#teamibride

day 13

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #13

Workout with a friend! Get your Maid of Honor and Bridesmaids involved with your workout routine! Not only will it be super fun, it will also hold you accountable!

 My Bridal Thoughts:

#teamibride

day 14

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #14

Take it easy on the booze. Alcohol is high in sugar and calories that you don't need while detoxing. If you do drink, try to stick to 1-2 glasses of red wine per week

 My Bridal Thoughts:

#teamibride

day 15

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #15

Gear up for multi-tasking! Need to call your caterer or wedding planner? Do it while you go for a power walk outside or on the treadmill!

 My Bridal Thoughts:

#teamibride

day 16

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #16

Give yourself a break. The real challenge during wedding wellness routines is respecting and loving yourself. Indulge and get your favorite dessert tonight!

 My Bridal Thoughts:

#teamibride

day 17

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #1

Lift Weights! You're not going to look like Rambo, don't worry! Lifting weights can help tone your body and help burn calories directly from Fat!

 My Bridal Thoughts:

#teamibride

day 18

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #18

Drink Smoothies! Start your day with a healthy, delicious smoothie! Here's one of our favorite recipes: * 1 cup unsweetened almond milk *1 banana * 1tbsp. Almond butter *1 tbsp raw cacao powder *1 cup spinach *1 pitted date. Blend until smooth!

 My Bridal Thoughts:

#teamibride

day 19

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #19

Calm your wedding nerves with a Salt Bath. Using detoxifying epsom salts will help you de-stress and reboot.

 My Bridal Thoughts:

#teamibride

day 20

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
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WEDDING WELLNESS TIP #20

Makeup Breaks. Want glowing skin on your special day? Take a makeup break every now and then before your wedding so that your skin can clear up and heal. *Teami Tip: Incorporate our Green Tea Detox Mask into your skincare routine!*

 My Bridal Thoughts:

#teamibride

day 21

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #21

Fruit Fuel. Satisfy your sweet tooth with fruit instead of candy, baked goods or chocolate! Make sure you have a ton of yummy fruit on your grocery list so you always have fruit handy when you get a sugar craving!

 My Bridal Thoughts:

#teamibride

day 22

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #22

Replace one meal per day with a smoothie! Breakfast, lunch or dinner - your choice! Here's another one of our favorite filling recipes, Acai Bride: 2/3 cup coconut water, 1 tbsp acai powder, 1 banana, 1 tsp Raw cacao powder, 1/4 tsp Ground cinnamon 1/4 avocado.

 My Bridal Thoughts:

#teamibride

day 23

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #23

Workout at home! If you don't have a gym membership or couldn't make it to the gym one day, do a bodyweight workout right in your living room! Here's a quick circuit: 15 Air Squats - 15 Lunges each side - 15 Burpees - 15 Crunches - 15 Pushups (modify on your knees). Repeat circuit 3x!

 My Bridal Thoughts:

*#teamibride**day 24*

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #24

Nightly Stretches. Give your body a rest by doing nightly stretches or yoga poses to help kick some of that pre-wedding stress that may be causing your body to feel sore.

 My Bridal Thoughts:

#teamibride

day 25

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #25

Workout with your fiance! It is so much easier to stick to a workout routine when you're doing it with your favorite person in the world. Plus, it's great way to spend quality time together!

 My Bridal Thoughts:

#teamibride

day 26

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #26

Don't stay in a maybe. Indecisiveness creates stress during wedding planning. Try to make solid decisions in all areas of your life such as health, diet, exercise, wedding vendors, wedding colors, etc. Making decisions creates stability! (Trust me on this one ladies!)

 My Bridal Thoughts:

#teamibride

day 27

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #27

Eat good fats! Yes, stay away from processed fats...they do you no good! Incorporate good fats like avocado, nuts, nut butters, flax seeds, olive oil and salmon.

 My Bridal Thoughts:

#teamibride

day 28

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #28

Smile more. We know you have a lot on your mind, but don't forget to smile! You're getting MARRIED! This is going to be the best day of your life. Enjoy it. SMILE!!! :)

 My Bridal Thoughts:

#teamibride

day 29

- I drank my Teami Skinny this morning!
- I did a Wedding Workout today!

WEDDING WELLNESS TIP #29

Morning Grateful. Spend 2-3 minutes every day in the morning or at night to remind yourself what you're grateful for. You can say them in your head, verbalize them to your fiance or write them down.

 My Bridal Thoughts:

#teamibride

day 30

- I drank my **Teami Skinny** this morning!
- I drank my **Teami Colon** at night before bed!
- I did a **Wedding Workout** today!

WEDDING WELLNESS TIP #30

Love yourself even harder. You completed our Teami 30 Day Bridal Detox! We are so proud of you! To end this amazing journey, we wanted to give you our biggest wedding wellness tip of all - to Love Yourself. You are extraordinary. There is no one like you on this planet. Never forget that. :)

 My Bridal Thoughts:

#teamibride

congratz!

YOU COMPLETED OUR TEAMI BRIDAL DETOX PROGRAM!

How'd you do?

- 🕒 The Wedding Wellness Tips helped me _____
- 🕒 I completed _____ number of Wedding Workouts!
- 🕒 I feel a major difference in _____
- 🕒 I lost _____ lbs!

Fun exercise

Re-read your daily Bridal thoughts to see how far you've come!

Reminder: Take your after picture!

DM or tag us in your before & after Bridal Detox photos!

We can't wait to see all of our #teamibrides



A little note from Teami Founder & CEO



I am so proud of you for taking the time to focus on yourself and complete our 30 Day Bridal Detox Program! I got married in July 2017 and I was definitely feeling stressed and overwhelmed by how much there was to get done...all the time. Doing this program helped me clear my head, invest time in myself and truly feel better! I hope you enjoyed your Teami Detox experience and am so excited for your big day! You are going to look beautiful. <3