**Your Engagement Photo**

Photographer ___________________________ Contact _____________________________  
Address _______________________________ Phone _____________________________  
Photo cost ___________________________ Sales tax ___________________________ Total ___________________________  
Deposit ____________ Date due ___________ Balance ____________ Date due ___________  
Sitting date ___________________________ Photo included with wedding photo package □ yes □ no  
Photo selection date ______________________ Photo completion date ______________________  
Notes __________________________________  

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**Expressing Your Thanks**

Engagement parties often occur soon after making the official announcement. Presents are not generally given; if, however, someone does bring a gift, be sure to promptly send a thank you card. It’s an easy gesture to forget, since about now your mind is focused on wedding plans, and you probably do not yet have official thank you cards printed.

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**Stress-Busters**

While you’re flying high and simply giddy, integrate a few stress-busters into your daily life. Then they’ll already be part of your routine once the really tough stuff starts.

- Pick your favorite exercise, and stick with it. Whether it’s yoga, kickboxing, or spinning, give this activity a few hours each week.
- If you have something that calms your nerves—be it reading, painting, or collecting rocks along the shore—don’t always put wedding plans ahead of this activity. You’ll stay calmer, make sounder decisions, and enjoy the entire planning process more if you stay relaxed.
- Learn to ask for help. Delegating makes everyone feel better: It makes Mom feel as if she has a vital role; it keeps your fiancé in the loop; and it puts less on your own to-do list.
- Don’t forget one of the most important reasons you’re marrying this man—because you love spending time with him. Once a week go on a date, and ban any talk about the Big Day.