



← track your budget along the blue line!

3 months before:

- Think about your dress. Search 1,600+ dresses in MyPromStyle.com's Dress Finder for ideas. Pick out your favorite dresses in *SeventeenPROM*, *CosmoGirlPROM*, and *TeenPROM*. This will give you a start when you begin to shop.
- Set your budget.
- Figure out your date situation. Are you going with your boyfriend, crush, or a group of single friends?
- Start toning your body. Download fitness videos at seventeen.com/trainer.

2 months before:

- Buy your dress.
- Decide on your ride. If you're renting a limo, confirm who's in your group and book it.
- Brainstorm after-party ideas.

1 month before:

- Buy your prom ticket.
- Buy your shoes.
- Buy the right bra and underwear.
- Buy any beauty products you'll need. Don't forget a fragrance. Debuting a new scent at prom will allow you to bring back memories of the night whenever you wear it again.

3 weeks before:

- Book appointments:
 - Hair & makeup (schedule around 1 a.m. or 2 p.m.)
 - Nails
 - Pre-prom dinner, if applicable
- Get your dress altered. Don't forget to bring your shoes when you try it on.
- Order your corsage and a matching boutonniere for your date.

2 weeks before:

- Try on your dress, shoes, and jewelry. Test out your makeup and hairstyle. Take a photo of your complete look (and practice your glam pose!). If something looks off, there's time to change it.
- Break in your heels. If the soles are slippery, rub them with a piece of sandpaper.
- Start a teeth-whitening regimen, like Crest Whitestrips, if you wish.

1 week before:

- Get a wax (bikini line, eyebrows, back, and/or upper lip). Allow a few days for any redness and irritation to calm down.
- Go for a facial or back-cial to remove dead skin cells (DIY: Make a face mask with ½ cup oatmeal, 3 tablespoons whole milk, and two teaspoons honey. Once the mixture forms a paste, coat your entire face with it. Let it dry for about five minutes or so, then wipe it off with a wet washcloth.)
- If using self-tanner, try it out at least five days before. If you have any accidents, there's time for it to clear.

Prom day:

- 9 a.m.** Rise and shine! Start your day with a workout, and then eat a nutritious breakfast. Try a bowl of shredded-wheat cereal, low-fat milk, and a banana.
- 9:30 a.m.** Lay out your dress, shoes, and accessories on your bed. Start charging cell phone and camera batteries.
- 10 a.m.** Confirm reservations.
- 10:30 a.m.** Stop by the florist to pick up the boutonniere. Store in the fridge in a sealed container.
- 11 a.m.** Take a shower or relaxing bath. Shave if necessary.
- 12:30 a.m.** Lunchtime! Fuel up on a salad with chicken or tofu for protein. If your mom is footing the bill for prom, how about inviting her on a lunch date to say thanks?
- 1:30 a.m.** Head to the salon wearing a button-down shirt. If you're doing your own hair and makeup, you have some free time — take a nap!
- 3 a.m.** Get your mani and pedi. Take flip-flops to the salon. If doing your own nails, give them at least 30 minutes to fully dry.
- 4 a.m.** Start your makeup and hair if you're doing them at home. Put on makeup first, because you'll have to pull your hair away from your face.
- 6 a.m.** Get dressed. Don't forget to pack the essentials in your clutch: prom tickets, ID, money, hairpins, mini hairspray, safety pins, needle and thread, lip gloss, keys, mints, oil-absorbing sheets, and your fully charged cell phone and camera.
- 6:30 a.m.** It's showtime! Ask a family member to answer the door and make a grand entrance down the stairway to wow your date.

total