

Edit:



Description: We open with a close-up on the face of the woman. She looks determined. She stands out against the colourful background.

Dur: 3 seconds

Audio: There is no audio in this part of ~~the~~ the film as we first hear sound when the woman starts running.

Edit:

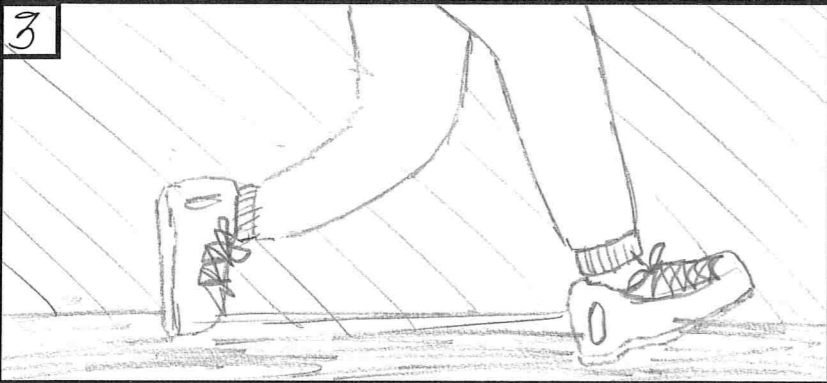


Description: We cut to an establishing shot of a hill, the woman looks tiny. At the top lies paradise.

Dur: 3 seconds

Audio: There is no audio in this part of the film, like before.

Edit:



Description: We have a close-up of her feet, she begins to run. With her first step the song begins to play.

Dur: 3 seconds

Audio: Here the song begins to play, coinciding with the woman's first step as she begins to run. It is non-diegetic but parallel to what we see.

Edit:

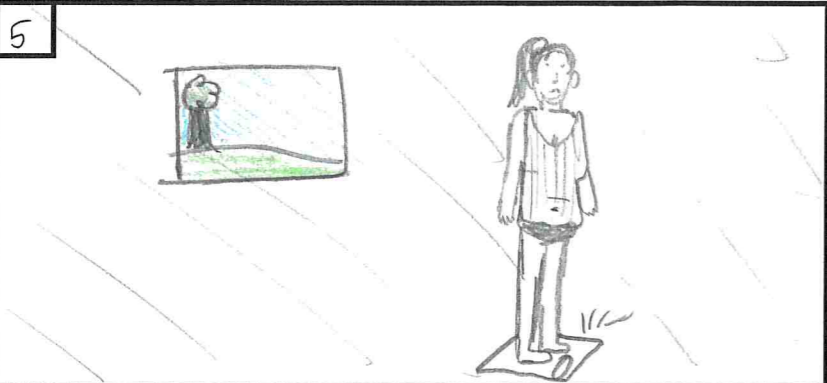


Description: The camera pans up to her upper half and we cut to an extreme close-up of her eye. She is fixed on her goal.

Dur: 5 seconds

Audio: The inspirational song continues to play over the footage.

Edit:



Description: We are now in a new scene, we see the woman standing on some stairs, the camera pans backwards and we see the outside colourful world. All close-ups.

Dur: 5 seconds

Audio: The song continues to play.

Edit:



Description: We cut to behind her. we see her front reflected in a mirror. She looks at her belly disappointedly. This is an over-the-shoulder style of shot.

Audio: The song continues to play.

Dur: 3 seconds

Edit:



Description: we have a close up of her disappointed face. The window comes into focus as she has an idea.

Audio: The song continues to play.

Dur: 2 seconds

Edit:

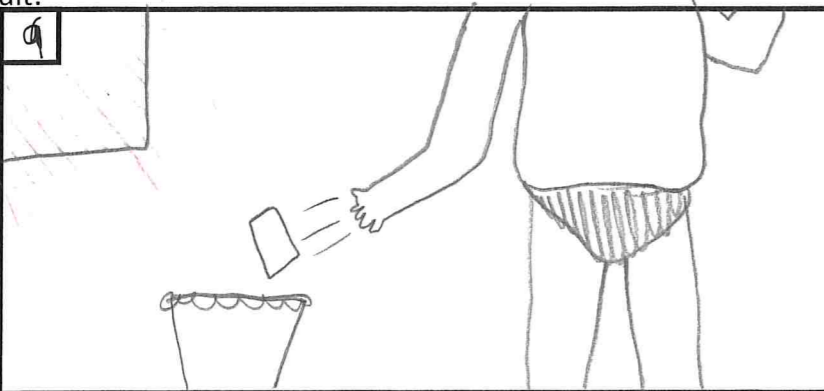


Description: We cut to the kitchen. We are inside a cupboard and see her open the cupboard doors. This is a close-up.

Audio: The song continues to play.

Dur: 3 seconds

Edit:

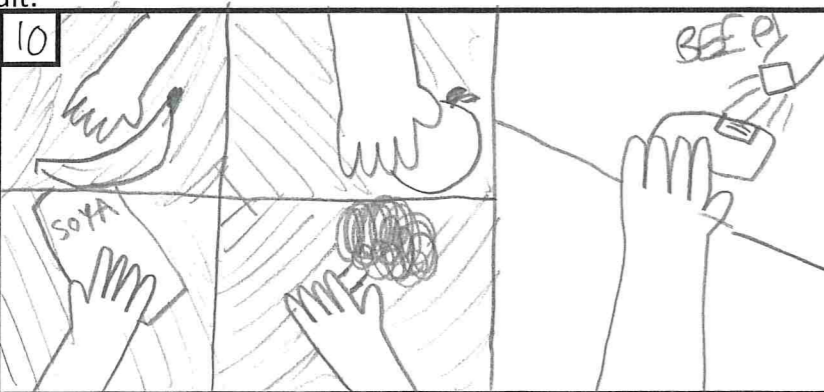


Description: In a medium shot from below, we watch as we see the woman through away any sort of junk food. In the background the light seeps through the window.

Audio: The song continues to play.

Dur: 6 seconds

Edit:

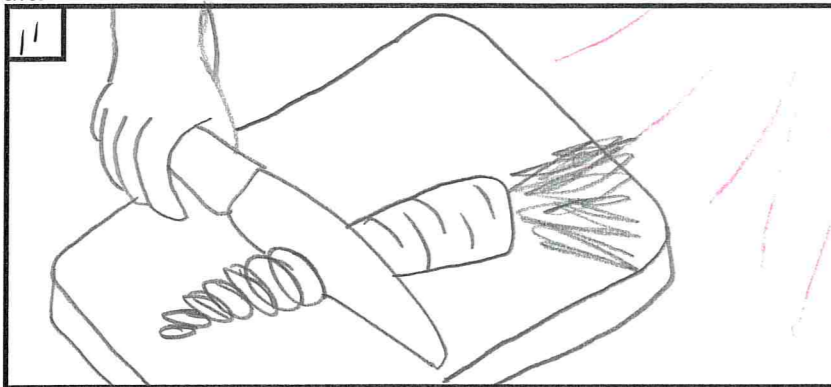


Description: Quick cut montage of her picking up different healthy foods in the supermarket. 1 second to each frame.

Audio: The song continues to play.

Dur: 5 seconds

Edit:

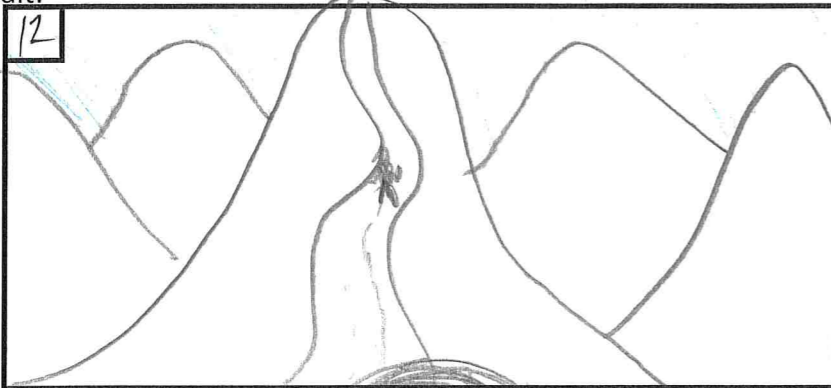


Description: Back in the kitchen, we have a close-up of the woman cutting up some vegetables, light continues to seep through.

Dur: 5 seconds

Audio: The song continues to play

Edit:



Description: Cut back to the hill in an establishing shot. The woman looks tired as she goes up.

Dur: 3 seconds

Audio: The song continues to play.

Edit:



Description: A close-up on the woman's ~~happy~~ face. She looks determined.

Dur: 2 seconds

Audio: The song continues to play.

Edit:

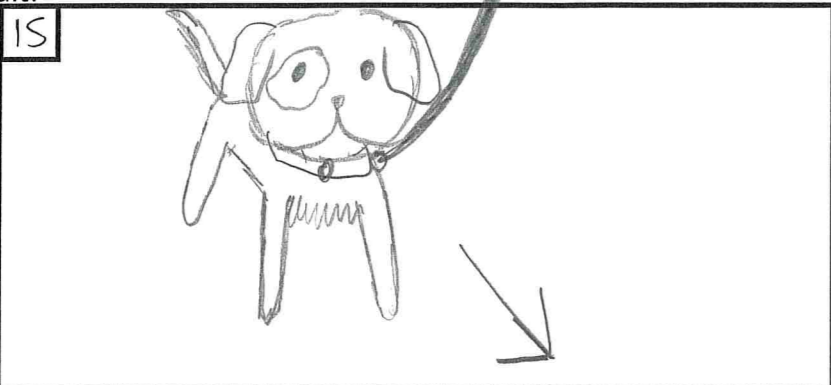


Description: ~~Woman~~ A long shot on the woman running down the street with a dog, she passes other people.

Dur: 3 seconds

Audio: The song continues to play.

Edit:



Description: A close up of the dog as it runs towards the camera.

Dur: 2 seconds

Audio: The song continues to play.