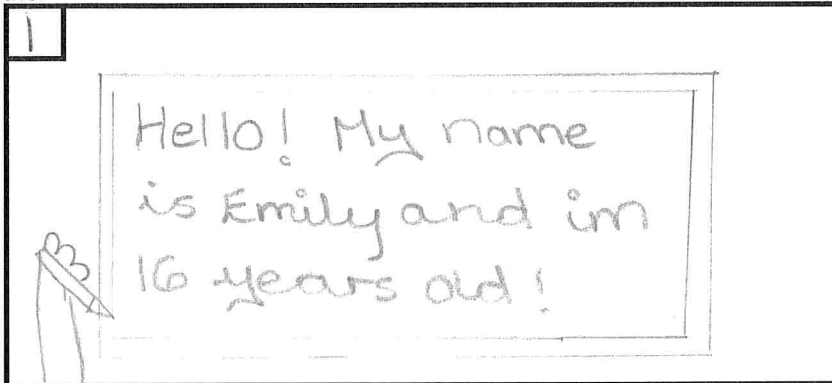


Edit:



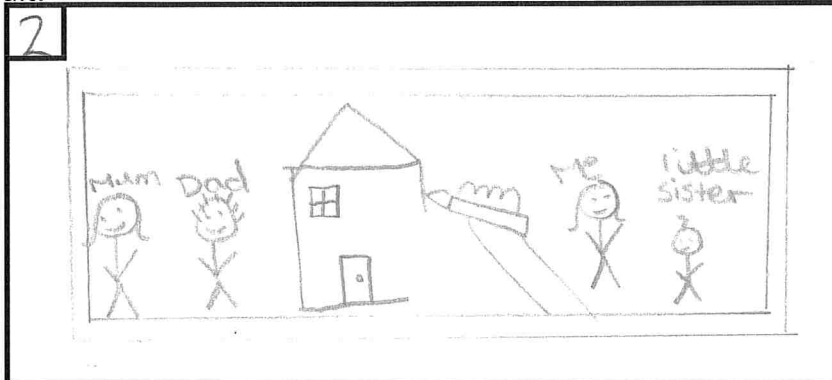
Description: Emily will start off the video introducing herself and telling the audience about her family and friends.

Audio:

Non-diegetic sound of her voiceover running over the top.
No music.

Dur: 30 seconds

Edit:



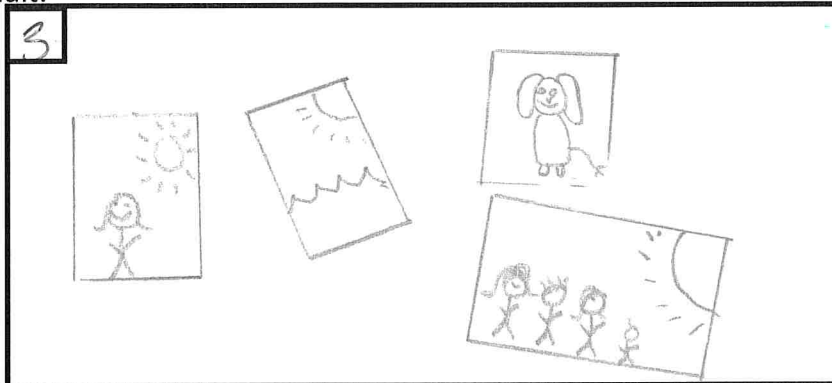
Description: She explains who is in her family and that they were all very close growing up.

Audio:

NON-diegetic voiceover.
No music.

Dur: 30 seconds

Edit:



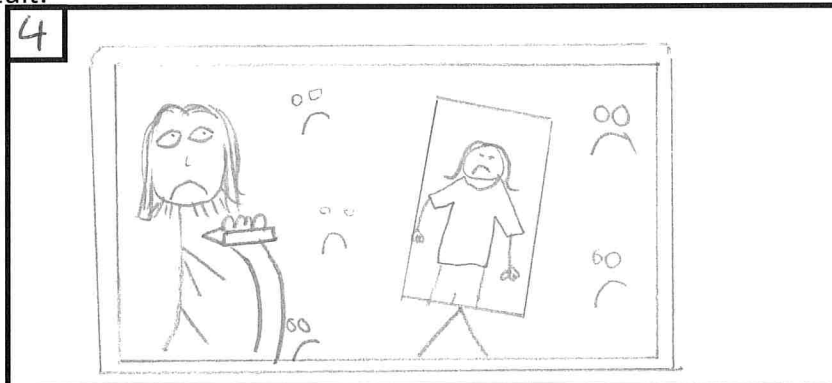
Description: Instead of drawing in this scene, Emily shows the audience photographs instead. Camera zooms into each photo of her holidays growing up.

Audio:

NON-diegetic voiceover.
No music.

Dur: 20 seconds

Edit:



Description: Emily speaks about how self-conscious she began to feel when she turned 14. This scene will be her drawing herself looking in the mirror and seeing herself as much bigger.

Audio:

Non-diegetic voiceover.
No music.

Dur: 10 seconds

Edit:



Description: Emily went to the doctors and was diagnosed with depression. At this stage she didn't want to go out at all. Draws herself being told the news.

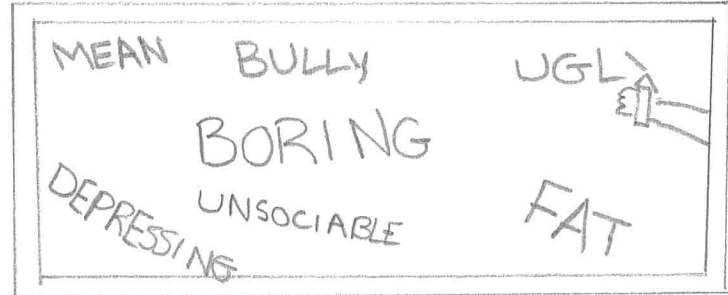
Audio:

NON-diegetic voiceover.
No music.

Dur: 1 minute

Edit:

6



Description: Her friends turned on her and became nasty because she didn't want to go outside. She writes on the whiteboard the names she was called.

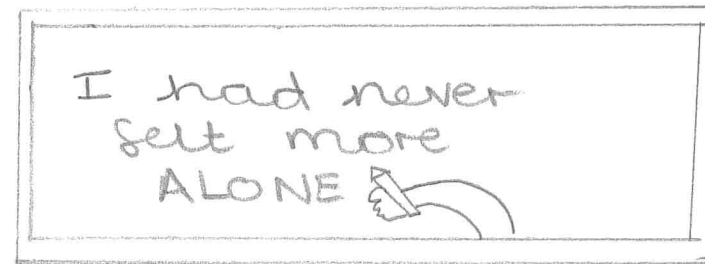
Dur: 30 Seconds

Audio:

Edited in the background it will be her 'friends' saying these words as she would write them.
↑ voiceover.

Edit:

7



Description: Emily says that she had never felt more alone. She writes this down so that it sinks into the audience more.

Dur: 5 seconds

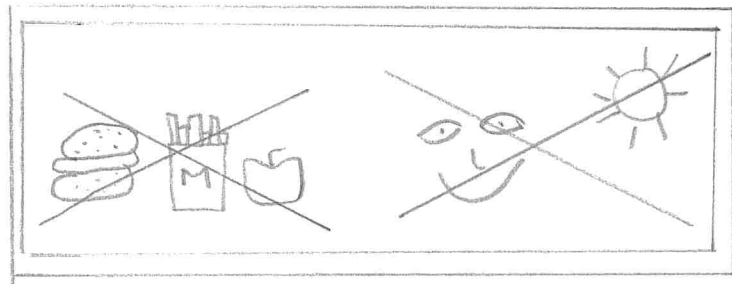
Audio:

Edited her saying this line in a voiceover so that it echos.

No music

Edit:

8



Description: She says that she didn't want to eat or leave the house which she says is not healthy. She says this to raise awareness.

Dur: 30 seconds

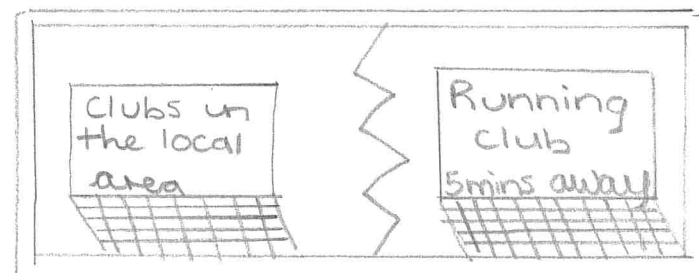
Audio:

Non-diegetic sound of voiceover.

No music

Edit:

9



Description: Her mum began to look on websites to see if there were any clubs for Emily to join. She came across a running club and signed Emily up.

Dur: 20 seconds

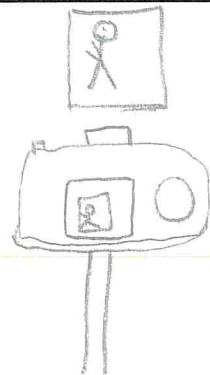
Audio:

Non-diegetic voiceover.

No music

Edit:

10



Description: Emily shows the camera a photo of her running whilst explaining about the half marathon she is training for. She covers up the camera with the photo. This is one year on.

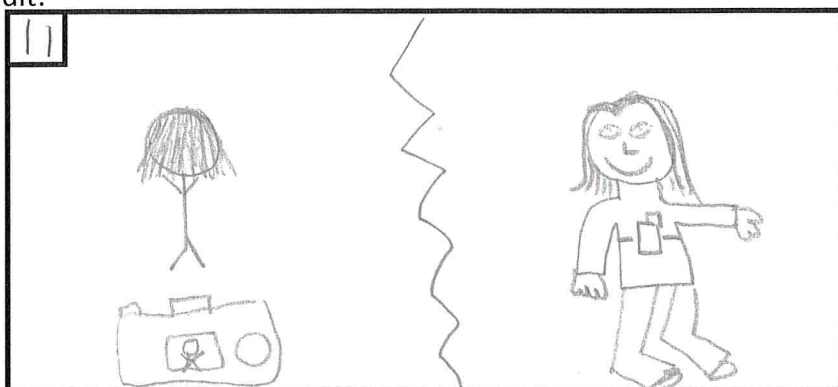
Dur: 10 seconds

Audio:

Non-diegetic voiceover.

No music.

Edit:



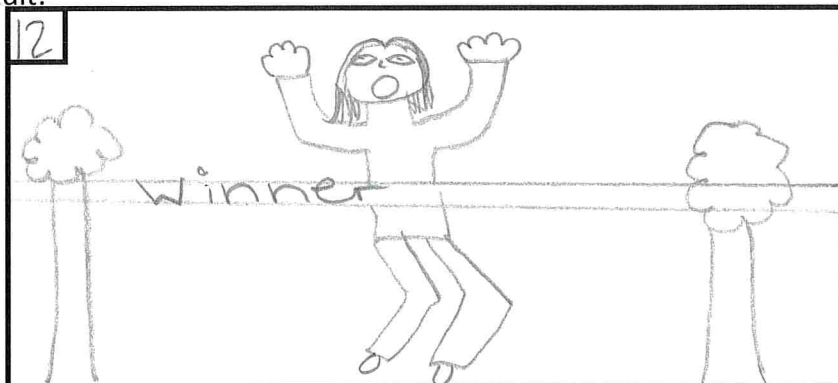
Description: Tracking shot of her running the marathon and Go-Pro used to give the audience a better effect of what it was like for her running it.

Dur: 40 Seconds.

Audio:

Diegetic sound of song; 'Not giving in' by Rudimental plays.

Edit:



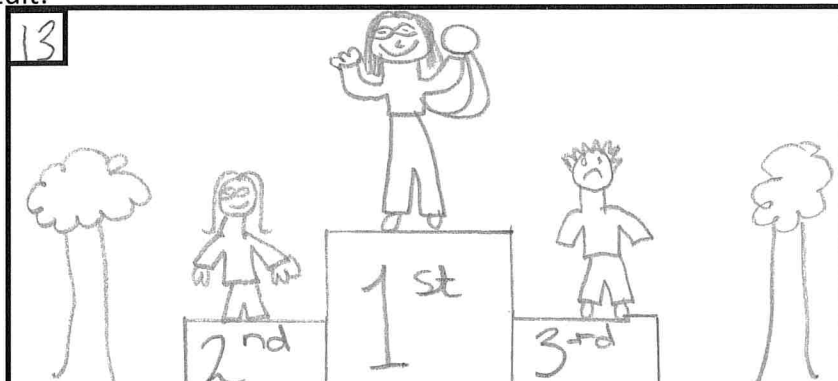
Description: There is a front view shot of her winning the race and running through the paper before giving her friends and family a hug in slow motion.

Dur: 20 seconds

Audio:

Same song still playing.

Edit:



Description: There is another front view shot of her standing on the first place sign of the podium with her medal. She will have a photo taken which will be edited so that the photo comes up in video.

Dur: 25 seconds.

Audio:

Same song will still be playing.

Edit:



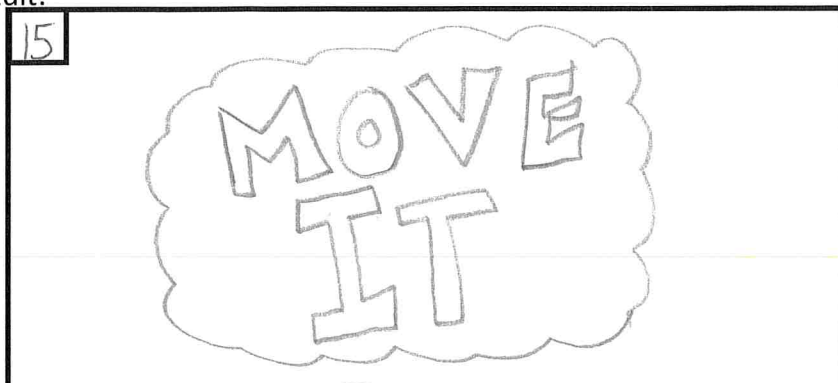
Description: She will be talking to the camera in an interview style speaking about how proud she is of herself. She can't believe that she won.

Dur: 20 seconds

Audio:

Music will fade out and there will be diegetic sound of her talking.

Edit:



Description: The Move It logo will come onto the screen so that the audience are connected with the campaign that we are working for.

Dur: 10 seconds

Audio:

Diegetic sound of light instrumental over the top.