

Video Submissions TEMPLATE

Brief Testimonials

1. **Participant options:** Individual / buddy / group / family
 - a. You can record by yourself, with your buddy/accountability partner, with your family, or with your Life Group, for example.
 - b. If recording with others, consider having each person state one line or just stand in support.
2. **Length:** 15-20 secs
3. **Objective:** How are you meeting your goals in your relationship with God, God's body (other believers), and your body?
4. **End with this line:** "That's how I'm running. How are you running?"
5. **Sample Script:** "I'm walking 1 mile 3x per week; cutting out processed foods; I'm praying & reading my Bible every morning at 6am; and, I'm meeting weekly with my Life Group where we pursue God together and take care of one another. That's how I'm running. How are you running?"