

Shoot Details

- Film after 3pm
- Lillian as talent

Shoot Schedule Estimates


Townhome

Kitchen - 5:00pm
Room - 7:00pm
Car - 8:00pm

Truck

SA - SE 4:45-5:00am
SG - SE 5:30am
SE - SG 6:00am

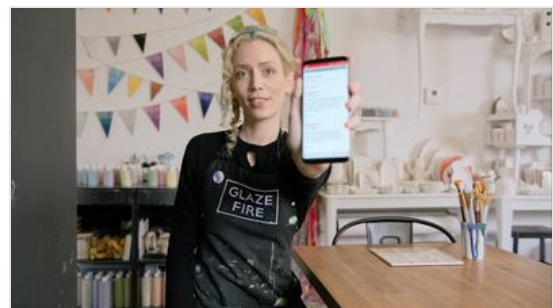
Callie's Board


 <https://docs.google.com/spreadsheets/d/1N75r9wBzCnQDdehcvyTK3bnQJeqpDc4e8Tusp-sha1ngk0uId-10643123664292762822/s?gdf-travel&doc=true>

[Sheet List Template \(MAKE A COPY\) .xlsx](#)

To Be Bought

- Comforter/Blanket
- Posters
 - 2025
 - Olympics
 - Guest Speakers



 <https://app.soundstripe.com/songs/14731>


[Hitstreak by Michael Briguglio | Soundstripe](https://app.soundstripe.com/songs/14731)


<https://app.soundstripe.com/songs/15182>

<https://app.soundstripe.com/songs/8893>
High Tech Rhythms by Rhythm Scott | Soundstripe

TRACK CONCEPT

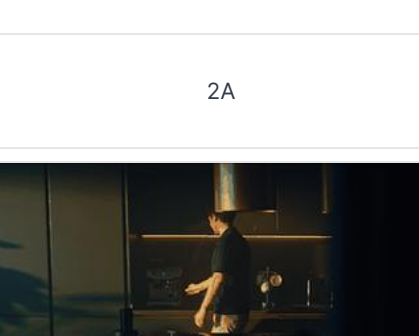
<https://app.soundstripe.com/songs/9159>
Action Drums by Rhythm Scott | Soundstripe

 <https://app.soundstripe.com/songs/14508>
Big Game by In This World | Soundstripe

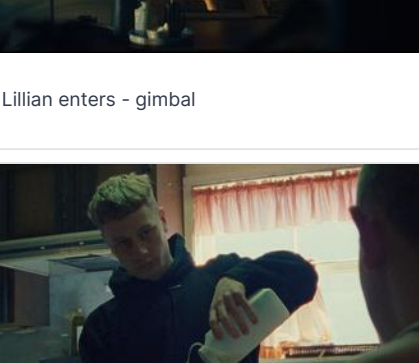
 <https://app.soundstripe.com/songs/15180>
Spring Street by Wayfair | Soundstripe

Kitchen 1

2A



Lillian enters - gimbal

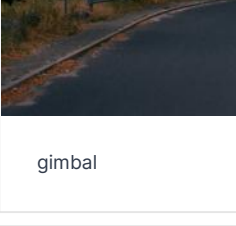
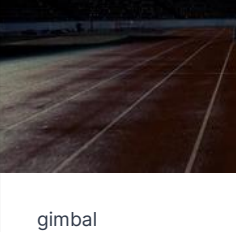


A person is sitting in the passenger seat of a car, wearing white sneakers and holding a white bag. The person is looking out the window. The car's interior is visible, including the dashboard and the front seat. The person is wearing a white shirt and white pants. The car is parked on a street. The background is a blurred city street with buildings and trees. The text "Car 1" is at the top, "3A" is in the middle, and "handheld" is at the bottom.

The image is a composite of two photographs. The top photograph shows a person standing in a parking lot, looking at a car. The text '4A' is centered above the photo, and 'sticks' is written in the bottom left corner. The bottom photograph shows a person standing on a golf course, looking at a green. The text 'handheld' is written in the bottom left corner.

OR

The long shot could be continuous into the close up, with a little speed ramp in editing to make it feel not a million years long

<h1>Track 1</h1>
<p>5Aa</p>
<p>est of track detail shots of various things at track sticks</p>

<p>gimbal</p>

<p>gimbal</p>
<p>EXT. TRACK - SUNRISE</p> <p>LONG SHOT -> FULL SHOT - DOLLY IN</p> <p>The camera is framed up at the starting mark of the 100m race. They stand still, head down, in position, ready to go.</p> <p>The camera slowly dollies in from a wide shot to a full shot.</p> <p>AUDIO: Birds chirping and general nature sounds fade off with the dolly push</p> <p>CUT TO:</p>

TEXT

BLACK


TEXT APPEARS ON SCREEN:

DESPERATION CONFERENCE 2025


AUDIO: Music starts

CUT TO:

SAB



covered by gimbal and sticks



CLOSE-UP

The little race gun goes off. The person looks up.

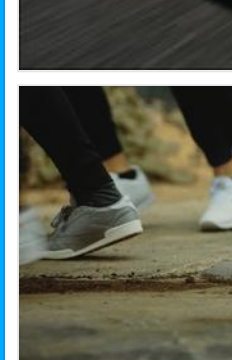

Detail shots of feet and hands

AUDIO: Whoosh when they look up

CUT TO BLACK

Track 2

58



EXT. TRACK - SUNRISE

CLOSE UP LOW SHOT

The person is now running down the track.

Camera trucks alongside the runner to their right.

AUDIO: Footsteps on the track, slightly distant heavy breathing

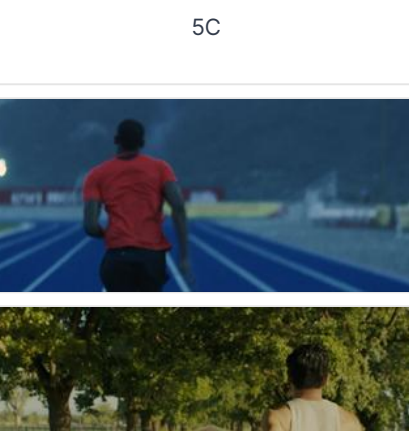
CUT TO BLACK

TEXT

BLACK
TEXT APPEARS ON SCREEN:
RUN THE RACE
CUT TO:

Track 3

5C



EXT. TRACK - SUNRISE
REVERSE MEDIUM SHOT

The person is now nearing the bend of the track. Another runner joins from their right side, running at the same pace.

Camera is behind the person, shooting waist up and moving forward with them.

AUDIO: Continued footsteps

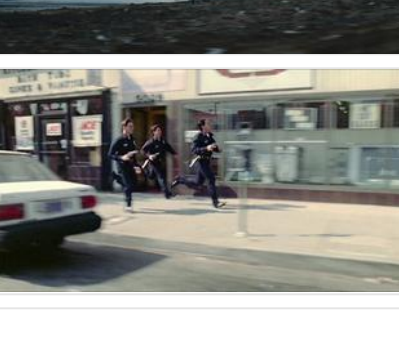
CUT TO:

GUEST FEATURE

BROLL
FIRST GUEST
CUT TO:

Track 4

50



EXT. TRACK • SUNRISE

EXTREME / LONG SHOT

The duo is running the bend. Another runner joins them at the apex of the bend.

Camera is on field and static, covering the entirety of the bend.

AUDIO: Continued footsteps

CUT TO:

GUEST FEATURE


BROLL
SECOND GUEST (IN-HOUSE)
CUT TO:

GUEST FEATURE

BROLL
THIRD GUEST (IN-HOUSE)
CUT TO:

Track 5

5E



EXT. TRACK - SUNRISE

MEDIUM CLOSE-UP

The trio is running down the straight.
Another runner appears on the far side of the frame.

Camera tracks alongside them, stacking the runners in the frame, allowing space for the fourth runner to join.

AUDIO: Confused footsteps

CUT TO:

GUEST FEATURE

BROLL
FORTH GUEST
CUT TO:

GUEST FEATURE

BROLL
FIFTH GUEST (IN-HOUSE)
CUT TO:

Track 6

5F

EXT. TRACK - SUNRISE

FRONT FULL SHOT

The quartet is running down the straight.
More people join in behind them.

Camera dollies backwards, tracking with
their pace.

AUDIO: Continued footsteps

CUT TO:

GUEST FEATURE

BROLL
SIXTH GUEST (IN-HOUSE)
CUT TO:

GUEST FEATURE

BROLL
SEVENTH GUEST
CUT TO:

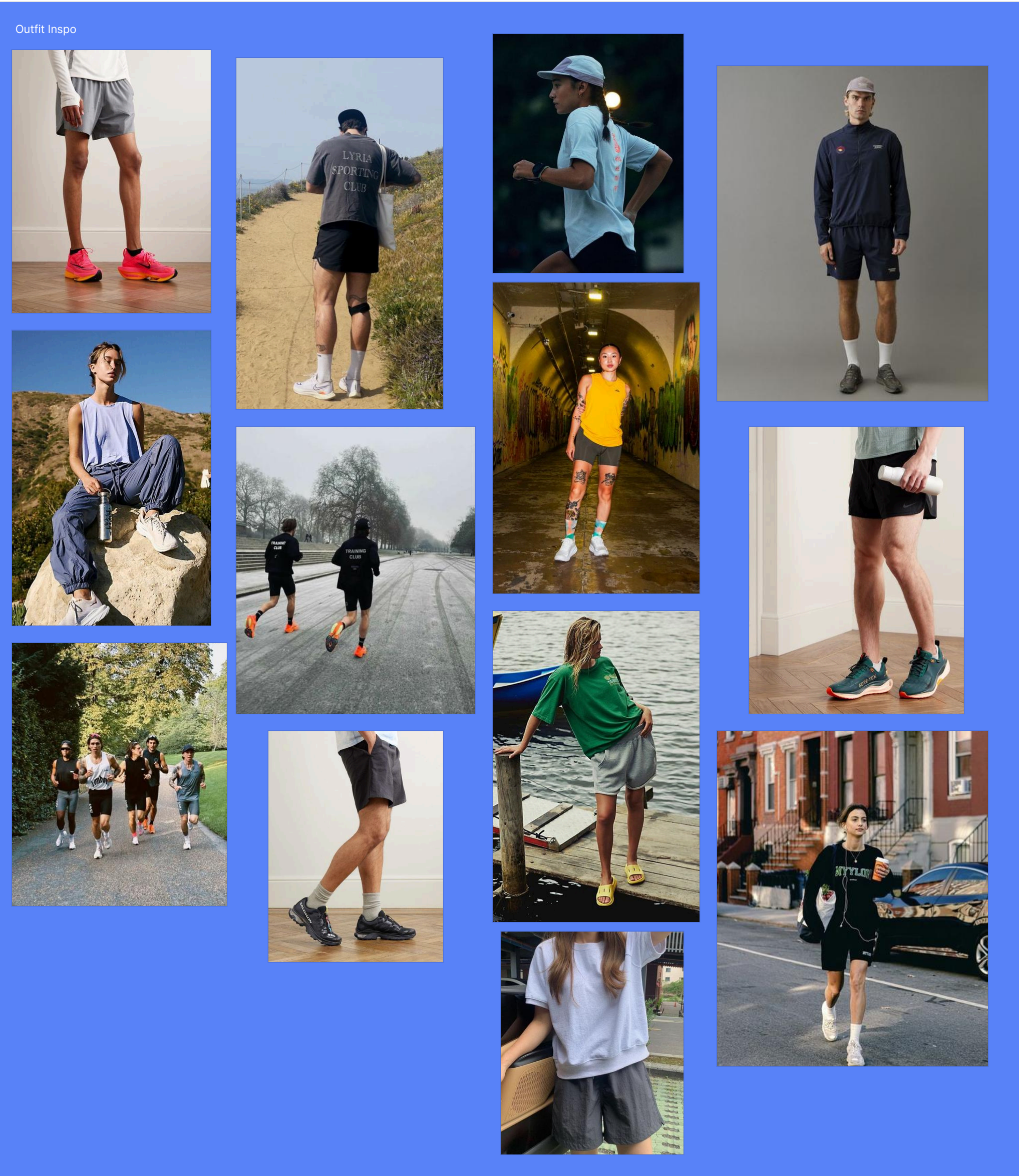
Track 7

50

EXT. TRACK - SUNRISE
LONG -> TIGHT SHOT
The group rounds the final turn and slows to a stop at the mark where we started. The first runner continues forward, up to the camera. Text appears it reads:

RUN THE RACE
RULE # _____
DESPERATIONONLINE.COM

CUT TO BLACK



Lillian Needs:

- Sleep outfit
- Running outfit
- Water bottle
- Trophies/ribbons/metals
- personal photos

Room Dressing:
"Comforter"
retro poster
2025 teaser

Kitchen:
Cereal and milk- potentially shift to toast and fruit lol