

“LOSING IT WITH JILLIAN MICHAELS”
Video Submission Instructions

VIDEOTAPE SUBMISSION INSTRUCTIONS AND QUESTIONNAIRE

Applications **MUST** be clearly written and must be accompanied by a video; a video is only required if you are not attending an open casting call:

Strong Recommendations for Video:

1. The video you send us **MUST BE NO MORE THAN 10 MINUTES IN DURATION AND MUST BE SUBMITTED IN VHS, MINI DV OR DVD FORMAT.** We will not accept any other formats. If you are using another format, please dub that tape to VHS or DVD. We will NOT accept mini DVD or Hi-8 format.
2. **HAVE A FRIEND OR RELATIVE FILM YOU.** It will make the quality of your video better.
3. **MAKE SURE THERE IS PLENTY OF LIGHT IN THE ROOM,** but do NOT stand in front of windows or other major light sources. This looks terrible on camera. Make sure there's plenty of light in front of you.
4. **STAND IN FRONT OF A COLORFUL BACKGROUND** so you don't appear washed out. White walls don't work.
5. **DO NOT WEAR ALL WHITE OR BLACK OR ANY OUTFITS WITH INTENSE PRINTS** as they may affect image quality.
6. **MAKE SURE YOU ARE FRAMED PROPERLY** so you are in the middle of shot.

• AT THE BEGINNING OF THE VIDEO, HAVE A CLOSE, TIGHT SHOT OF YOU SMILING. • FOLLOW THIS UP WITH A FULL BODY SHOT. • FOR THE REST OF THE VIDEO YOU SHOULD BE STANDING IN SINGLE FRAME FROM WAIST UP.

7. Turn off all televisions, radios, air conditioning, or anything else that might add extra noise. Stay close to the camera microphone because it is the only source of audio. Make sure we can hear you.
8. Be Kind, Rewind. Rewinding your tape to the beginning greatly increases our fondness for you.
9. The video must only include you and any of your family members who want to be considered to appear in the series. You are encouraged to include photographs, videos, and other materials which have been taken/created by you and/or your family members. Do NOT include any music in the video and do not include any photographs, videotapes, or other materials in the video that you do not own the rights to. Do NOT include any paintings or other artwork in the video. Please do NOT wear any clothing or other items that include company logos.

What to talk about on tape:

1. **INTRODUCE YOURSELF.** Please start with your:

- a. Name
- b. Where you live now
- c. Your occupation
- d. Please also use this time to introduce us to your family and have them tell us a little bit about themselves as well.

2. **ANSWER THE FOLLOWING QUESTIONS***

***IMPORTANT:** Do not read these questions on camera. We want you to keep these questions in mind and incorporate the questions and answers conversationally on camera.

- a. Why do you and your family need Jillian's help? **BE SPECIFIC!** Please tell us the **EXACTLY** why you need her to come and be a part of your family's life.
- b. Why do you want to get healthy together? This can be for any reason – be it funny, sad, trivial or serious). Please explain in detail how Jillian's help will change your life and the life of your family. **REMEMBER**, thousands of people are applying and almost everyone wants to lose weight, get healthy or get out of debt. **BE DIFFERENT!**
- c. Why do you or your family **DESERVE** this help? Explain in detail.
- d. How will receiving this help change your life, your family's life, or someone else's life? How important is this to you? How many people will benefit if you succeed?
- e. Are there any reasons we shouldn't cast you on this show?
- f. What inspires you?
- g. What is your greatest achievement?
- h. What is the biggest sacrifice you have made in your life?
- i. What are you most proud of? Who are the most important people in your life?
- j. When did you first think of doing this?
- k. What is your motivation for being on this show?
- l. Describe a major issue that has affected your life? Do you still face this issue?
- m. Tell us anything else we might not know just by looking at you.

PLEASE DO NOT TAKE US ON A ROOM-TO-ROOM TOUR OF YOUR HOUSE.

3. **YOU'VE TOLD US, NOW SHOW US!**

- a. If you are a Magician, Doctor or Boy Scout, for example, wear your costume or uniform! Use props or any visuals to help us understand who you are, what you do and why you want Jillian's help.
- b. **SHOW** us what you do! If you are a magician, show us your magic.

DEADLINE: Completed applications and videotapes must be received **by January 4th, 2010*** at 12:00 PM EST to be considered.

*We reserve the right to extend the application deadline in our sole discretion.

The video, the application, and any other materials you submit will become our property and will not be returned to you, whether or not you are selected as a participant. Please note that due to the overwhelming volume of submissions we are not obligated to respond to you or to acknowledge acceptance of your video submission, application, or any other materials that you submit.

Applications will be considered only if they are complete. Completed applications consist of the following:

- 1) Completed and signed application (including a copy of your driver's license or government issued photo ID).
- 2) A few, recent clear photos of yourself. Please also include a few recent photos of your entire family together. If you're filling this out for someone other than yourself, please include a picture of him/her/them/it as well as a recent photo of you.
- 3) 3) Your videotape (no longer than 10 minutes in duration) clearly labeled with your name, address, and phone number.

Please do not include anything except the 3 items listed above.

Send your completed application and videotape to:

LOSING IT WITH JILLIAN MICHAELS CASTING
10061 Riverside Drive
P.O. Box 749
Toluca Lake, CA 91602

Thank you for your time and effort and GOOD LUCK!