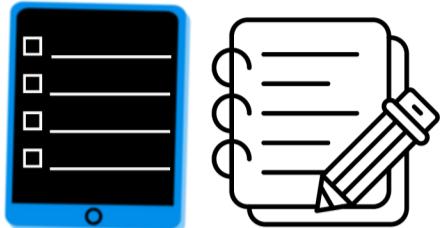


# DR. JUDITH FITZGERALD

## CELEBRATION OF LIFE - VIDEO TESTIMONIAL

### Self-Recording Video Guide

#### 1. Prepare your message & Focus



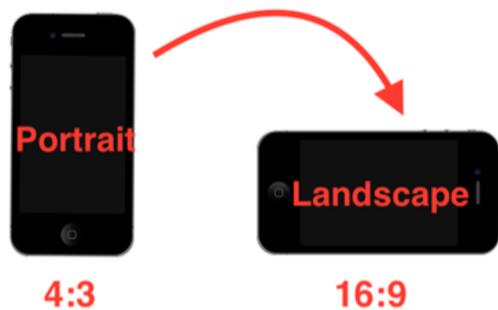
- Please try to focus on highlights or anecdotes that are most important for you to share, in order to help *keep your video's duration to 2-3 minutes max*
- Determine Prepare your main highlights/stories/anecdotes before you begin recording to help convey your message

#### 2. Choose a quite, well-lit location to record

- Quiet space: Avoid background noise like traffic, TV, or loud conversations.
- Well-lit area: Use natural light or a lamp in front of you to brighten your face for the video recording
- Simple background: A clean, uncluttered background keeps the focus on you while recording.



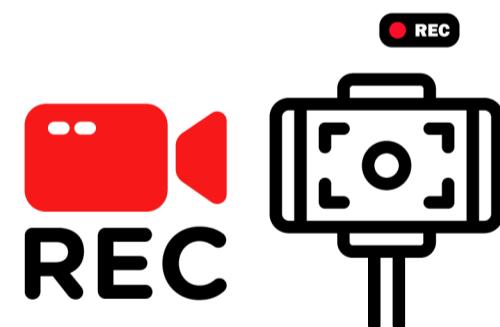
#### 3. Setting up your phone for recording



- Use a smartphone, tablet, or camera: Ensure it records in HD (at least 1080p).
- Stabilize your phone camera: Use a tripod, stand, or a steady surface- **LANDSCAPE (Horizontal- 16:9) recording is recommended for continuity of compilation video**
- Position the camera at eye level: Avoid unflattering angles by keeping the lens straight ahead and look directly into the camera lens while speaking

#### 4. Recording your video

- Look at the camera: This helps connect with viewers.
- Speak naturally and clearly: Don't rush; take your time.
- Avoid reading a script word-for-word: Speak from the heart
- Check your video- Review the recording and make sure audio is clear and lighting is appropriate
- Re-record if necessary: If there are distractions or unclear parts, try again and feel free to submit multiple versions



#### 5. Submit Video to HBMC Foundation



Please email your video to [jdomizio1@gmail.com](mailto:jdomizio1@gmail.com) or [hbmcfoundation@hhsc.org](mailto:hbmcfoundation@hhsc.org). If you have issues sending or uploading your video and/or photos, please contact JD (808 397-7552, or the HBMC Foundation office at (808) 932-3636 for assistance

Google Drive Folder Submission Link: Scan QR code for access to the Google Drive Folder to upload your video

**Photo Submission:** Please upload any photos or previous videos of/with Dr. Fitzgerald to the same Google Drive