

1. To what size group will the speech be delivered?

Group of 20

2. The speech will be delivered to a group made up of mostly?

20 people ages vary.

3. Where will the event be held?

Small room

4. What kind of speech do you want?

(Funny if possible if not it's ok, Professional presentation, informative, Combination of one or more styles)

5. Is there a key person(s) to whom the speech will be given? Tell us their name(s) and a little about his/her personality.

No key person.

6. Please share information about events or memories you have together that you would like mentioned in the speech.

There was an event called tough mudder that I was a part of it was about 15mi at the time and you needed both endurance cardio training and strength weight lifting training. I saw people in the event that would quit because they either didn't have enough stamina (Endurance training) to finish or they would have enough stamina and not enough strength training to get past some of the obstacles like lifting certain things obstacles the event was designed to test all around fitness. You also required mental endurance to complete the course but I'm not sure if we can fit that into the speech when all I want to talk about is cardio and strength training.

7. What do you want your audience to think or feel as a result of experiencing your presentation?

Have the need to research it themselves to have the need to become healthier.

8. Is there an action that you would like your audience to take as a result of experiencing your presentation?

Maybe a few of them telling me later that it wouldn't be a bad idea to consume more tea.

9. What is your deadline for delivering the speech?

Jan 27, 2019

10. Finally, please provide your speechwriter with any additional information you would like to have included in your speech. Include all information you feel is essential to your speech.

The speech is going to be a group presentation... and I'm going to take the responsibility of delivering the importance, the benefits of not only just doing endurance training, which includes any cardio, stamina training, doing sports. But also doing strength training like lifting weights

Can also talk about how you can work on endurance and strength training list doing daily life things not just the gym.

I'm going to be presenting this speech with 3 other people... I will be the second person to speak so maybe my intro can somehow connect with the last thing the first speaker will say... he is will just do an introduction the attention getter just and overall intro about benefits of fitness and nutrition.

My part can also end with presenting the third speaker in the group speech she will talk about common injuries when doing the training and how to treat them.

I can really only speak for 3-4mins so my part doesn't have to be so long

