**INSTRUCTIONS:**

Replace the contents below with your story. You may use less than four headings if you chose. When you are finished, upload a Word or PDF formatted single file to [this form](https://wellnessbychoice.com/submit).

We need a source image (1920x1080) to create (3) banner images + (1) thumbnail.

Source image - 1920x1080

Banner - PC - 1920x420

Banner - tablet - 768x420

Banner - mobile - 480x420

Thumbnail - 200x200

**Provide a URL to the source image or assign us the duty to create the image for you.**

Banner Source URL \_\_\_\_\_\_\_\_\_\_

YOUTUBE URL: provide the YouTube ‘share’ (short) link for the video you want included and syndicated separately.

YouTube URL \_\_\_\_\_\_\_\_\_\_

TITLE - less than 60 characters. Include the CITYNAME token.

**Your Keyword CITYNAME Syndicated Article Title**

SUMMARY - less than 100 words

This is the article **SUMMARY**. This page is a template for a WBC (multi-media) syndicated article. You have up to 100 words to digest the article for CITYNAME in this block of text. So far, this is 40 words long. You may summarize with less words if you like. In this case we are demonstrating what the complete 100-word count looks like. We're at 70 now. Notice that the font size is larger than the body text. If you wish, some of the summary text can be in a **BOLD FONT** or ALL CAPS for ATTENTION. This is 100 words!

ARTICLE - less than 2000 words

**TOPIC HEADING ONE**

**all lower-case subheading**

lead paragraph

provide image file URL \_\_\_\_\_\_\_\_\_\_

paragraph

paragraph

paragraph

*handwritten red text*

**TOPIC HEADING TWO**

**all lower-case subheading**

lead paragraph

provide image file URL \_\_\_\_\_\_\_\_\_\_

paragraph

paragraph

paragraph

*handwritten red text.*

**TOPIC HEADING THREE**

**all lower case**

lead paragraph

provide image file URL \_\_\_\_\_\_\_\_\_\_

paragraph

paragraph

paragraph

*handwritten red text.*

**TOPIC HEADING FOUR**

**all lower case**

lead paragraph

provide image file URL \_\_\_\_\_\_\_\_\_\_

paragraph

paragraph

paragraph

*handwritten red text.*

CALL TO ACTION

**CALL TO ACTION: Do this, this and this!**Are you ready to... ? Take action... Be a part of our...

REFERENCES - up to (5) backlinks

1. [Reference Link One](https://url-one.com)
2. [Reference Link Two](https://url-two.com)
3. [Reference Link Three](https://url-three.com)
4. [Reference Link Four](https://url-four.com)
5. [Reference Link Five](https://url-five.com)

SYNDICATION REPORT - (optional)

**YES or NO**

syndication example for a multi-media page

[PNW](https://wellnessbychoice.com/syn-pnw?na=212) [MTN](https://wellnessbychoice.com/syn-mtn?na=212) [CTR](https://wellnessbychoice.com/syn-ctr?na=212) [GL](https://wellnessbychoice.com/syn-gl?na=212) [NE](https://wellnessbychoice.com/syn-ne?na=212) [SW](https://wellnessbychoice.com/syn-sw?na=212) [TXS](https://wellnessbychoice.com/syn-txs?na=212) [SE](https://wellnessbychoice.com/syn-se?na=212) [AP](https://wellnessbychoice.com/syn-ap?na=212) [EC](https://wellnessbychoice.com/syn-ec?na=212) [U.S.](https://wellnessbychoice.com/syn-us?na=212) [AU](https://wellnessbychoice.com/syn-au?na=212) [CA](https://wellnessbychoice.com/syn-can?na=212) [E.U.](https://wellnessbychoice.com/syn-eu?na=212) [U.K.](https://wellnessbychoice.com/syn-uk?na=212)

**Note from Daniel:**

**If you are using ChatGPT to refine your phrasing, we suggest prompting for a ‘CLARIFYING ADVOCACY’ style of response.** [**The WBC GPT can be used for this as well**](https://chat.openai.com/g/g-tWqtTEkjK-wbc-news)**. Your article will be added to this BWN AI corpus.**

**Example:**

*If you're exploring ways to enhance the clarity and impact of your writing, consider utilizing ChatGPT with a specific request for responses in a 'Clarifying Advocacy' style. Additionally, our specialized WBC Insights GPT is also at your service for this purpose. Contributions to this initiative will enrich the WBC AI corpus, integrating your unique perspectives and expertise.*

**When you are finished, upload a Word or PDF formatted single file to** [**this form**](https://wellnessbychoice.com/submit)**.**