**INSTRUCTIONS:**

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

YouTube Video – paste the short video ‘share’ URL: example (<https://youtu.be/XSSa8paD60U>)

YouTube video URL:

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

**Your Keyword CITYNAME Syndicated Video Title**

Do you wish BWN to generate the text description from the video transcript?

**YES – NO** : (choose Y/N) generate the description from the video transcript

TEXT DESCRIPTION - less than 1000 words

**VIDEO HEADING ONE**

**all lower-case subheading**

lead paragraph

paragraph

paragraph

*handwritten gold text*

**VIDEO HEADING TWO**

**all lower-case subheading**

lead paragraph

paragraph

paragraph

paragraph

*handwritten gold text*

**VIDEO HEADING THREE**

**all lower-case subheading**

lead paragraph

paragraph

paragraph

paragraph

*handwritten gold text*

CALL TO ACTION

**CALL TO ACTION**

**all lower-case subheading**

action statement (click, call, text) and contact information.

REFERENCES - up to (3) 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)

SYNDICATION REPORT - (optional)

YES or NO

syndication example for a video text page

[PNW](https://wellnessbychoice.com/synv-pnw?vid=186) [MTN](https://wellnessbychoice.com/synv-mtn?vid=186) [CTR](https://wellnessbychoice.com/synv-ctr?vid=186) [GL](https://wellnessbychoice.com/synv-gl?vid=186) [NE](https://wellnessbychoice.com/synv-ne?vid=186) [SW](https://wellnessbychoice.com/synv-sw?vid=186) [TXS](https://wellnessbychoice.com/synv-txs?vid=186) [SE](https://wellnessbychoice.com/synv-se?vid=186) [AP](https://wellnessbychoice.com/synv-ap?vid=186) [EC](https://wellnessbychoice.com/synv-ec?vid=186) [U.S.](https://wellnessbychoice.com/synv-us?vid=186) [AU](https://wellnessbychoice.com/synv-au?vid=186) [CA](https://wellnessbychoice.com/synv-can?vid=186) [E.U.](https://wellnessbychoice.com/synv-eu?vid=186) [U.K.](https://wellnessbychoice.com/synv-uk?vid=186)

**Note from Daniel:**

**If you are using ChatGPT to refine your transcript or description 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 video digest will be added to this WBC 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 News 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)**.**