I want to make a film about the freshman 15, because it is a common and relatable issue faced by freshmen in colleges everywhere. Although everyone may not gain the dreaded freshman 15, the fear and anxiety of it has crossed everyone’s mind at least once since they’ve arrived on campus. My film tells the story of one main character, Jane, and her worst fears of gaining the freshman 15 becoming a reality.

The first scene in my film will have a close up shot of empty junk food wrappers scattered across the floor. The sound of chip bags rustling and someone eating will be evident as the initial credits roll. Then the camera slowly pans out to include Amy, who is on the floor with their laptop, eating. The roommate comes in asking where the potato chips are. Amy sheepishly apologizes for eating all of it and the rest of the Oreos. The roommate then ominously warns the main character, “Watch out for that freshman 15.Once you’ve got it, it’s hard to go back.” Amy, who appears tired, does not take the warning seriously and eventually drifts to sleep.

The middle of the film begins with the character waking up and rushing to class, going about her day. As the day goes on, the film highlights the character continuing to make unhealthy choices such as taking the elevator all the time, sleeping extremely late, and going out for late night meals with friends. There will also be a specific scene where the main character piles food onto their tray at the DUC and receiving strange looks from people passing by. The most important aspect of the middle of this film is the camera shots being taken. When the camera captures the main character directly, he/she seems normal in appearance. However when the character is walking past a mirror or glass door or window, the camera will show a shot where character gains obvious weight. The weight increases with each passing scene. At the climax of the film, the main character will stand in front of a mirror and finally see the weight they’ve gain, which will be extremely exaggerated.

The film wraps up with the main character jolting awake letting the audience know that the past few scenes were only a dream. However the main character is clearly affected by their dream. He/she hurriedly throws away all the empty junk food containers and rushes out the door. The film ends showing quick shots of the main character taking the stairs, showing more caution at the DUC, sleeping earlier, and exiting the gym.