**Name :**

Pamela Parker

**PROPOSED TOPIC: What is your book about? What story can only you tell? (In 5 words or less)**

Faith and Fitness 101

**BOOK GENRE: What is your category?**

Non-fiction (Religion & Spirituality)

**PROPOSED AUDIENCE:** Who are your intended readers?

**Children; Ages:**

16+

**A specific population of adult :**

18+

**A certain interest group:**

Christians/Believers

**Students or an academic group:**

N/A

**Other**

Health and Wellness (Exercise) Enthusiasts

Anyone Desiring to Live Healthy in the Mind, Body, and Spirit

**WHAT IS THE PURPOSE OF YOUR BOOK? Finish this statement:** The purpose of this book is to provide fundamental tips for faith-based, mind, body, and Spirit health and wellness to help us live healthier lives while focusing more on what pleases the Father.

**HOW IS THIS PROJECT DIFFERENT FROM OTHER BOOKS LIKE IT ON THE MARKET?:**

**If you have never researched other books like yours on the market, don’t make something up here; do the research!** My book is different because most books focus on what we can do individually to be more healthy and fit, but this book will focus more on what we can do to be fit from a corporate perspective.

**Give 5 THEMES THE READERS MIGHT ENCOUNTER WHILE READING YOUR BOOK:**

1. WHY Faith and Fitness?

**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Directly

2. Faith and Fitness Basics for the Body and Mind

**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Indirectly

3. Faith and Fitness Basics for the Spirit

**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Directly

4. What’s Your WHY?

**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Directly

5. Your Faith and Fitness Action Plan

**THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?**

Directly

**EXPANDED TOPIC: Write a 20-word or less summary of what your book is about below. STICK to 20 words or less. If you cannot summarize your book in the words allowed, your focus is likely not narrow enough:**

This book is designed to provide fundamentals tips for mind, body, Spirit health and wellness from a heavenly perspective.