Image

| PLANNER for Visual NCD Diaries (Fill for each entry) | | |
| --- | --- | --- |
| **NCD Diary series** | **Theme** | **Entry #** |
| 3 | My healthcare providers’ impact on my NCD journey |  |
| **Visual Diary Entry title** |  | |
|  |  |  |
| **Main messages** | **Calls to action (between 1 and 3)** | |
|  |  |  |

| **Photograph creation checklist** |
| --- |
| * *Decide on the message of each photograph (based on the theme and the story of self, us and now framework)* |
| * *Choose the range of your photographs (close vs. wide)* * *Decide whether they will be in colour / black & white* |
| * *Plan the date and time of your photography session – do you need a flash/additional lighting?* * *Consider taking at least 2-3 versions of the photograph so that you can choose the best photograph as your entry.* |
| * *Create descriptions (max. 90 words) and captions (1-2 sentences) for each photograph* |

| **Story of Self** | **Photograph 1** |
| --- | --- |
| ***What photograph do you plan to use?*** |  |
| ***What do you want to say? (description – max 90 words)*** |  |
| ***Who is in it and where is it? (caption – 1-2 sentences)*** |  |

| **Story of Self** | **Photograph 2** |
| --- | --- |
| ***What photograph do you plan to use?*** |  |
| ***What do you want to say? (description – max 90 words)*** |  |
| ***Who is in it and where is it? (caption – 1-2 sentences)*** |  |

| **Story of Us** | **Photograph 3** |
| --- | --- |
| ***What photograph do you plan to use?*** |  |
| ***What do you want to say? (description – max 90 words)*** |  |
| ***Who is in it and where is it? (caption – 1-2 sentences)*** |  |

| **Story of Us** | **Photograph 4** |
| --- | --- |
| ***What photograph do you plan to use?*** |  |
| ***What do you want to say? (description – max 90 words)*** |  |
| ***Who is in it and where is it? (caption – 1-2 sentences)*** |  |

| **Story of Now** | **Photograph 5** |
| --- | --- |
| ***What photograph do you plan to use?*** |  |
| ***What do you want to say? What is your call to action? (description – max 90 words)*** |  |
| ***Who is in it and where is it? (caption – 1-2 sentences)*** |  |