

CHARACTER PROFILE

1. Name: _____

2. Age: _____

3. Gender: _____

4. Race: _____

5. Height: _____

6. Weight: _____

7. Hair: _____

8. Eyes: _____

9. Skin: _____

10. Build: _____

11. Voice: _____

12. Personality: _____

13. Hobbies: _____

14. Fears: _____

15. Goals: _____

16. Weaknesses: _____

17. Strengths: _____

18. Relationships: _____

19. Background: _____

20. Other: _____

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INCLUDES EVERYTHING YOU NEED TO WRITE YOUR BOOK

QUESTIONS ABOUT THE PLOT

1. What are the main plot points of your story?

2. What are the main characters in your story?

3. What are the main themes of your story?

4. What are the main conflicts of your story?

5. What are the main resolutions of your story?

6. What are the main subplots of your story?

7. What are the main foreshadowing elements of your story?

8. What are the main symbolism elements of your story?

9. What are the main metaphor elements of your story?

10. What are the main simile elements of your story?

STORY IDEAS-WRITING PROMPTS

1. _____

2. _____

3. _____

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9. _____

10. _____

FAMILY

1. Name: _____

2. Age: _____

3. Gender: _____

4. Race: _____

5. Height: _____

6. Weight: _____

7. Hair: _____

8. Eyes: _____

9. Skin: _____

10. Build: _____

11. Voice: _____

12. Personality: _____

13. Hobbies: _____

14. Fears: _____

15. Goals: _____

16. Weaknesses: _____

17. Strengths: _____

18. Relationships: _____

19. Background: _____

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14. Fears: _____

15. Goals: _____

16. Weaknesses: _____

17. Strengths: _____

18. Relationships: _____

19. Background: _____

20. Other: _____

FEARS

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Novel Guide

**Robert H. Connery, Richard H.
Leach, Joseph Zikmund**



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,1895 **A Teacher's Guide to Contemporary Teenage Fiction** Stewart H. Benedict,1973 **Publishers' circular and booksellers' record** ,1880 **The Academy and Literature** ,1887

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web usrpt set per session 9 years four sessions per week emphasizing fun and technique two usrpt sets for two sessions and one for each of the other two sessions 10 years five sessions per week emphasizing skills technique and fun two usrpt sets for two sessions and one for each of the other three sessions

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web two example sets are 112 x 25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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web apr 27 2017 it begins with a warm up and includes preparation to race prior to the main usrpt set the session focuses on the 50 frontcrawl event it begins with a warm up and includes preparation to race prior to the main usrpt set example 50m fc race time 28 5 seconds 15m pace time 28 5 10 2 85 per 5m 15m pace time 2 85 x 3 8 55

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