



FILMNATION COVERAGE

TITLE: HEALTH AND WELLNESS **GENRE:** Thriller

WRITTEN BY: JOE EPSTEIN **LOCATION:** Los Angeles, California

BASED ON: _____ **CIRCA:** Present

FORM/PAGES: Screenplay/108 **DATE:** 3/3/21

DRAFT DATE: 7/1/17 **COVERED BY:** Veronica Carr

SUBMITTED TO: _____ **PAGES READ:** ALL

SUBMITTED BY: Ken Gross Management

SUBMITTED FOR: (Production/Sales)

ATTACHMENTS: (Director, Producer, Cast)

DIRECTOR:

	EXCELLENT	GOOD	FAIR	POOR
PREMISE:	X			
WRITING:			X	
STRUCTURE:				
DIALOGUE:				X
CHARACTERS:				X
DIVERSITY/ INCLUSION			X	

PROJECT for Sales: (RECOMMEND/CONSIDER/PASS)

**PROJECT for
Production/Development:** (RECOMMEND/CONSIDER/PASS)

WRITING SAMPLE: (RECOMMEND/CONSIDER/PASS)

LOGLINE:

A 30-something psychopathic fitness instructor climbs her way to the top by working her clients to death.

SYNOPSIS:

JACQUELINE HEATH (30s, intense, cold) is a sociopath whose latest scam is drugging and selling feral cats to pet stores. After watching a Soul Cycle class through a window, she finds a passion for being a fitness instructor. She revels in the power, and soon becomes a trainer at a low budget gym. At a fitness conference, she meets SHAWN KELLY (40s, extrovert) who tells the trainers in attendance that Reebok is looking for the face of its new gym. At the conference, she kills a man and asks for Shawn's advice on how to get the Reebok spot. He tells her that she needs to build her brand, specifically on social media.

Determined to win the top spot, Jacqueline begins training PETER (40s, overweight, insecure) in order to show her client's transformation on her social media. She visits Shawn to go over her progress, and he tells her that she needs to sell a certain lifestyle: boyfriend, dogs, kids, etc. She invites ALEX (30s, timid), a man she met on a dating site, over to her apartment where they later have sex. She meets LAURIE (50s), a foster mother, who introduces her to OLIVIA (12). Jacqueline begins to mentor Olivia, buying her new clothes and showing her how to work social media.

Jacqueline's client list begins to get bigger as she excels on social media, and she is reveling in the power it gives her. Peter is making significant progress in his weight loss journey, and Jacqueline steals a dog as another way to boost her follower count. Laurie tells Jacqueline that she thinks Jacqueline is a bad influence on Olivia, and that they shouldn't see each other anymore.

Jacqueline's classes are full and she has reached 30,000 followers on social media. At their next meeting, Shawn sexually assaults Jacqueline. Alex comes over that night, and Olivia is at the apartment due to the fact that Laurie is in the hospital. At Jacqueline's fitness class, she insults Alex by making fun of his last relationship. He gets upset, and ultimately breaks up with her. Peter didn't show up for class, and Jacqueline calls him angry. She drives to his house and finds him with piles of junk food. As punishment she takes him on a run that ultimately ends up taking his life. She pushed him too far.

At her next meeting with Shawn, she tells him that Peter is no longer available for the meeting with Reebok. He gets upset, and cancels the meeting. Later, Jacqueline breaks into Shawn's office and sets up the Reebok meeting. At the Reebok headquarters, Jacqueline meets KAREN COLE (50, chic, bossy), the VP of marketing. She starts the meeting trying to sell her on her "personal brand" but Karen sees right through it. It's not until Jacqueline reveals that she broke into Shawn's office to set up the meeting that Karen decides that she's the perfect fit for the company. At Shawn's office, Jacqueline confronts him and officially tells him that he's out of the Reebok deal. He chokes her in anger, until she tells him that if he tries to ruin her deal then she will tell everyone that he is a sexual predator. Before she leaves, Jacqueline kills him. Annoyed with Olivia, Jacqueline tells her that their relationship is finished as she now has her Reebok deal.

At Café Gratitude, Jacqueline meets MORGAN BAILEY (30s, confident), Conde Nast editor. Jacqueline believes that this is a piece about her "rise to fame," but it's actually about Peter's untimely death and the issue of over-exercising. She asks if she can contact Alex, whose left negative reviews about Jacqueline, and she gives Morgan permission. Jacqueline later asks Alex to hang out with Olivia, and he begrudgingly accepts. He later tells Jacqueline that he didn't give the reporter the story, and told her that he did it for Olivia. Jacqueline starts to actually have feelings for Alex. While Jacqueline meets with Karen, Alex asks Olivia if she feels safe with Jacqueline, but doesn't get an answer. Jacqueline tells Alex that she is going to re-evaluate her priorities and they agree to meet at the gym the next day.

At the gym, Alex hears Olivia's screams from outside and decides to save her. He can't call 911 because his phone is dead, but he braces himself before he goes in. Inside the gym, Jacqueline leads Alex to Olivia using the speakers in the gym. He eventually finds Olivia bound to a chair in the showers, and Jacqueline holds a gun to his head. Alex disarms her and unties Olivia, telling her to tell the first adult she sees to call 911. He follows Jacqueline into the personal training room, and stabs her in the stomach. Jacqueline finds her strength and kills Alex. Olivia finds Jacqueline, and calls 911. On the Today Show, Jacqueline is in the guest seat talking about her experience with "crazed fan" Alex. She has officially adopted Olivia, and her gym opens that same day.

COMMENTS:

The premise of HEALTH & WELLNESS is the most intriguing. There aren't many popular female-led thrillers in today's media. Seeing Jacqueline Heath con her way into different environments is entertaining to watch, and the circumstances are unlike anything out right now. The script is very similar to *American Psycho*, but without the misogyny and male-centric storyline.

The biggest issue with the script is the structure and dialogue. Many times throughout, Jacqueline performs cold monologues in front of various people, and yet no one seems to question her. The only person's death that she's linked to is Alex's, which poses the question: How did no one notice the connections of the people murdered? Why wasn't Jacqueline questioned? Why was Alex the only character who was alarmed at her behavior? Things like this would be very difficult for an audience to forget, and could take viewers out of the experience.

HEALTH & WELLNESS doesn't include many complex characters. Even though Jacqueline is the protagonist, the audience never fully sees why she acts the way she does. She mentions it briefly just before killing Peter; she was bullied by other girls as a child, and forced to perform sexual acts on men to survive. Even though this exposition is given, it doesn't make the audience empathize with or root for Jacqueline at all. Other than the fact that she is an obsessive murderer that wants as much power as she can get, the audience doesn't know much else about her. The script may improve if some exposition or flashback scenes were added to humanize Jacqueline.

The supporting characters don't offer much to the plot other than obstacles of Jacqueline's, and come off as very stereotypical. Alex, the naïve and righteous, Shawn, the slimy and opportunistic, and Olivia, the eager and impressionable, are all hard to understand. Even though Alex is the victim of Jacqueline, not enough is given through his dialogue and interactions with other characters to make him interesting enough to root for. By the end of the second act, Shawn has been killed. His character has been portrayed as objectively bad; so much so that the audience is basically begging for his death. This feels like a long time coming, and his death scene is one of the only satisfying aspects of the plot. Even young, sweet Olivia doesn't follow through or serve much purpose until the end of the script. She could do with some more polishing in future drafts. The twist at the end where we realize she is just as evil as Jacqueline falls flat. Had the audience been given more of a chance to question Olivia, or to be interested enough in her character to find out, the ending would've been much more satisfying.

This is a film that you would forget about right after you watched it. The characters fall into stale archetypes, and the protagonist isn't someone that connects with the audience. It's entertaining, and while it offers a new look at what thrillers look like, it wouldn't compete well in today's market. HEALTH & WELLNESS is an overall PASS.

COMPS:

Nightcrawler, American Psycho, Psycho