BEFORE RECORDING

Choose video settings before the moment starts.

Decide your simple video defaults before the day begins. Then the moment can be seen instead of configured.

01	**Resolution**	Pick the file quality you can manage.
02	**Frame rate**	Match motion to the feeling.
03	**Motion**	Keep movement intentional.
04	**Stabilize**	Give the viewer a place to rest.
05	**Sound**	Capture texture, or avoid bad audio.

Quick reminder

Settings first. Seeing second.

Final check

Short clips make stronger sequences.