



Aspect Ratio & Record Settings

- 1920/24fps ALL-I for normal video
- 1280/60fps ALL-I for slow motion video



ISO: adjust the sensor's sensitivity to light

- Try to stick to the Canon 5D native ISO settings: 160, 320, 640, 1250
- Higher ISO means a brighter image
- The image gets pretty grainy over ISO 1250



Shutter Speed: decide how long the shutter will stay open

- Slower shutter (e.g. 1/50) means more motion blur
- Fast shutter (e.g. 1/250) means crisper and choppy image
- Try to double your framerate (shooting at 24fps, shutter speed should be 1/50)



Aperture: choose how much light to let into the camera

- Low number (e.g. f/1.4) will produce a shallow focus and a brighter image
- High number (e.g. f/12) will make for a flat focus and a darker image



White Balance: adjust for varying light colors and temperatures

- Daylight: use when you have daylight balanced bulbs or natural sunlight
- White fluorescent: use inside of most office buildings
- Incandescent: use for table lamps, halogen light, traditional indoor home lighting
- Custom Kelvin: use when you have multiple light sources with different color temperatures



Lens Focal Length

- 14mm: wide angle for wider shots (will distort the edges of the frame)
- 200mm: zoom lens for close up shots
- 35mm: lens of choice when filming in the Wistia studio