Your camera. Set up correctly.

A technical checklist before recording

01

Resolution and format

Choose the delivery format first. 4K can provide cropping room if storage and the camera allow it; Full HD is also usable. Keep recording settings consistent across takes.

02

Frame rate

Choose the frame rate for the project before filming. 25 fps is a useful starting point for ordinary talking-head footage in a 50 Hz environment. Use 50 fps only when the project benefits from smoother motion or slow motion.

03

Shutter speed

For natural motion blur, start around 1 / (2 × frame rate): 25 fps at 1/50 s or 50 fps at 1/100 s. This is a starting point, not a fixed rule. Test lights for flicker and adjust where necessary.

04

Aperture and ISO

Choose enough depth of field to keep the subject sharp. Use lighting, aperture and a suitable ND filter to manage exposure. Avoid unnecessarily high ISO; the best usable range depends on the camera.

Your camera. Set up correctly.

A technical checklist before recording

05

White balance

Set a white balance for the actual light and keep it stable during the take. Recheck after changing location or lighting. Avoid mixing strongly different light colours on the face.

06

Focus and stabilisation

Use face or eye autofocus when reliable, and test it while moving. For a stationary shot, manual focus can prevent hunting. Check camera-specific stabilisation settings when using a tripod.

07

Audio and recording profile

Monitor a spoken test with headphones. Leave headroom so louder words do not clip. Use a standard profile if you do not plan colour grading; agree any Log or HDR workflow with the editor first.

08

Final recording check

Confirm battery, free storage, lens cleanliness and recording indicators. Film a short test in the actual scene. On a phone, lock exposure and focus where supported and avoid digital zoom.