



VIDEO RECORDING **CHECKLIST**

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IMAGE COMPOSITION

The composition of the image is really important because it sets up the mood or atmosphere of your video. Think about your position in the video, often it is more aesthetically pleasing if you position yourself at the golden ratio, so not directly in the middle but towards one side.

Think about the background as well. I recommend to have the video focused on you with a background that's not too distracting.



VIDEO LIGHTING

Lighting is essential, I mostly shoot videos in the evening when sunlight won't have the potential to mix with my artificial lights since it usually doesn't look as nice.

Basically you should decide either on sunlight or artificial light as your light source. Keep in mind when using sunlight, you should be aware that the amount of light changes throughout the day which can result problems with the white balance.



CAMERA SETTINGS

Once you've decided on your light source, if possible, check the histogram of your camera to make sure you are not shooting too bright or too dark to avoid the loss of image quality.

Always make sure to be above 0 and below 100. If the histogram shows that you are over 100, it means that you are losing image information and the spot is plain white or burnt. Otherwise, if you are too far below 0 you will lose information as well and the image will be mostly black or dark.



WHITE BALANCE

Make sure to also check the white balance. How this works varies from camera to camera, so make sure that the white in your video is genuinely white and not orange or yellow. This was a mistake that I made in my previous videos before I learned about white balance.



DRESS CODE

Your clothing's pattern can also cause problems for the video. Close, high-contrast pin stripes as well as corduroy and herringbone creates a wavy rainbow-colored pattern called the 'moiré' effect.

High contrast clothing is another major problem as video cameras cannot handle differences between bright and dark objects. This includes the differences between skin tone and clothing.



AUDIO TRACK

Before shooting your video, make sure to prepare the final backing track and put some bars to count yourself in. Use speakers so you can play along with your back track.

When I add bars to count in, I usually include them in Logic Pro X before the song starts. It's as simple as using an audio file with clicks that are the about same tempo as the song you're playing. Alternatively, you can just record your voice counting in for two measures.



PRACTICE TO PLAY ALONG

Once you've created your backing track, you need to play along to it a couple of times to be able to play it as well as you possibly can.