



THE BEFORE YOU FILM CHECKLIST

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THE BEFORE *YOU FILM CHECKLIST*

My quick pre-filming routine for crisp, clean, high-quality videos.

1 SET UP YOUR SPACE

- ☐ Face a window for soft natural light — avoid direct sunlight
- ☐ Turn on a lamp or candle behind you for warm ambient light
- ☐ Leave space between you and the background for more depth

2 PREP YOUR PHONE

- ☐ Wipe your camera lens
- ☐ Make sure your phone is charged
- ☐ Make sure you have enough storage
- ☐ Use the back camera
- ☐ Set video to 4K / 30 FPS
- ☐ Turn HDR Video OFF
- ☐ Cinematic Mode — optional

3 FRAME THE SHOT

- ☐ Mirror your phone to your laptop
- ☐ Make sure you are centered in the frame
- ☐ Leave enough space above your head for hooks or on-screen text
- ☐ Turn on Level and make sure your phone is straight

4 BEFORE YOU HIT RECORD

- ☐ Mic connected and turned ON
- ☐ Script or talking points reviewed
- ☐ One final look at your framing
- ☐ Hit record

Save this checklist and run through it before every filming session.

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