General Checklist for shooting...

Check your camera settings:

[ ] Set your frame rate and resolution. 24fps, 1920x1080 (or, 60fps for slow motion)

[ ] Set your shutter. 1/50 or 1/48 shutter (if you're shooting at a higher FPS then the shutter should be twice the frame rate, or you're shooting at 24fps and high frame rate for the jittery effect).

[ ] Make sure you're shooting in a “flat” or “CINE” profile (turn off sharpness, contrast, and dial down saturation a couple pips).

[ ] Light your scene for establishing shot.

[ ] Set camera for an establishing shot (wide angle focal length usually). Remember that you want to reposition your camera for a closer shot; each time you change prime lenses/”zoom” you are changing the depth of field (DOF) and perspective (the distance from fore/middle/background). The focal length changes the aesthetic: perspective and DOF.

Exposure:

[ ] Set your ISO (for outside daytime 100-200 is roughly where you will be; start at 200 for inside and then increase after you set f#). Try to stay under 1000 or 1250.

[ ] Set your aperture/f# **FOR STYLE/EFFECT.** Try f/4-f/5.6, but try not to open up more than f/2.8. If you have a long lens or long focal length and your aperture is wide open to f2.8 you will have like 1” of DOF. If you’re shooting outside and want a shallow DOF either open up to f/2.8 or more or use a long focal length (note that the long lens will compress distance of fore/middle/background)...if you open up the aperture then your shot will be overexposed. Thus, use the variable ND filter so you can keep the shallow DOF with proper exposure.

[ ] Now go back and readjust your ISO. If still not proper exposure, add more light. Do not crank ISO, esp. if it’s a dark scene.

*You want the exposure meter on the camera to read in the middle (18% grey), or a pip or two below. If using a waveform monitor on the C100 or if you're using Magic Lantern with the 60D/70D make sure you have a good range of contrast and are not blown out.*

[ ] Set white balance to lighting conditions, use the presets for light color temp (shady, tungsten, etc.), dial in K value for creative white balance, or use the custom white balance if you have different color temp light hitting your subject and what it to look the same.

Before pressing record check your:

[ ] Check your framing/composition

[ ] Pay attention to how light falls on subjects. Is there some separation with background?

[ ] Get critical focus on your subject(s) and mark your follow focus wheel properly. Use the controller to move the white focus rectangle on the eyes of your subject, then press the focus assist (it will magnify x5 or up to x10 depending on model). Adjust the focus ring near the end of the lens barrel to bring the eyeball into focus). Press the focus assist button once or twice to go back into normal view

[ ] Press record and roll!!!