

GOPRO CHEAT SHEET

by PROJECT GOPRO

GENERIC SETTINGS

	RESOLUTION	5.6K 5.28K 4K 3.84K 3.2K (4:3) 4K (4:3) 5K (4:3) Full HD, Sharp and clean image. Good compromise between quality and size. Sharp and clean image. Can be used for light cropping in editing. Full HD. Sharpest for cropping. But big file size and shorter battery life. Highest resolution option available. Ideal for heavy cropping in post. Big file size. Same as above but 4:3 aspect ratio. Best for filming people or tall objects. Same as above but 4:3 aspect ratio. Best for filming people or tall objects. Same as above but 4:3 aspect ratio. Best for filming people or tall objects.		FPS	24 30 60 120 240 Consistent frame rate. No slow motion. Standard TV style film slow motion. For action shots. Slow motion 2x. For faster action shots. Slow motion 4x. Best good in low light. For super-fast action shots. Slow motion 8x. Best good in low light.
	FOV	SuperView Wide Linear Linear + HL Narrow 180°. Fish-eye look. Good for sports, landscapes, action, aerial, FPV. 94-96mm. Light fish-eye look. Good for sports, landscapes, vlog, underwater. 94-96mm. 105.8° look. Good for portraits, vlogs or close up shots. 94-96mm. Same as above but with horizon always straight. 270mm. Narrow FOV without fish-eye effect. Ideal for close up shots.		HYPER SMOOTH	Smooth High Standard OFF Max. stabilization with light cropping (20%). Ideal for very shaky conditions. High video stabilization with light cropping (20%). Good for shaky conditions. Slightly reduced video stabilization for increased battery life. Records without video stabilization or cropping. Ideal for low light conditions.
	SC	ON OFF Select a time within the next 24 hours for your camera to start recording automatically. This lets you record while you sleep or leave the camera auto-recording disabled.		TIME LAPSE	15s / 30s OFF Choose whether TimeLapse saves 15 or 30 seconds of video before you press the Shutter button. This feature ensures you won't miss a moment of action, but it could have significant impact to the battery life. Feature disabled.
	VIDEO	5.6K + 2x OFF Choose how long your camera records before automatically stopping. Useful to conserve SD card space and not leave the camera running for too long. No Limit.		Zoom	On / 10x OFF Set your GoPro to capture up to 10 seconds after the shutter button is pressed. Good for group shots or parties. Feature disabled.
				Touch Zoom	On / 2x Touch Zoom helps you capture a closer view of the action. Use the slider on the right to look in the zoom view.

TIME-LAPSE

	SPEED	Auto 2x to 30x 15x 15s 30s Put into your video time-lapse speed. Let your GoPro automatically adjust the speed based on motion, scene, location, and lighting. Good for short activities (5 min. recording time). Good for longer activities (5 min. recording time).		FORMAT	Photo 5s Video 5s Taking a continuous series of photos at set intervals. They'll merge to video when imported in post to create a time-lapse video. It's ideal if you want freedom of editing. Captures a continuous series of photos at set intervals and creates a video out of them. Best for quick results.
	SPEED LAPSE	Full Speed Real Speed Choose to slow your TimeLapse video down to real speed (30fps) or full speed (60fps slow-motion) while recording a time-lapse. This option is only available on the rear screen while recording a time-lapse.		INTERVAL	0.5s + 5s 15s + 5s Choose how often your camera captures a frame of video or takes a photo. Ideal for quick activities (eg. surfing, hiking, running, etc). Perfect for extended activities (eg. moving clouds, sunsets, painting, construction work, etc).

PHOTO

	OUTPUT	SuperPhoto HDR Standard RAW Let GoPro to automatically select the best image processing for your shot. Good for high contrast images (eg. sun flares or subjects). Saves your photos as standard .jpg files. Small in size. Saves your photos as both .jpg and .dng files. Preserves more details in the image. Ideal for editing.		BURST RATE	Auto 5% + 30% 10% + 30% Let GoPro capture up to 25 photos in 1 second based on lighting conditions. Choose how many photos your camera will take in a 5, 10, 20, or 30 second burst. Ideal for fast action scenes.
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ADVANCED SETTINGS: PROTUNE

	SHUTTER SPEED	High Standard Higher shutter rate up to 1/2500th for higher video quality (2.7K) and up-resolutions. Slower file size, with lower quality video.		COLOR	Flat Natural Vibrant or GoPro For color grading in post production. Captures photos and videos with a flat-to-the-color profile. For no color grading. Applies what GoPro color style in-camera.
	WB	Auto Manual Automatically adjusts exposure. Good for change of light. Full control over exposure. Good with consistent lighting.		RAW AUDIO	OFF Line Best High Audio is sent with video. Applies audio processing and outputs separate .wav audio file. For advanced audio editing.
	ISO	Auto MAN 400 1600 ISO - Offers best image quality. 100 - For daylight. Best quality. 400 - For medium light. Low noise possible in shadows. 1600 - For low light. May introduce noise.		EVF	ON OFF -1 0 1 Exposure View - Compensation affects the brightness of your photos and videos. Adjusting this setting can improve image quality when shooting scenes with extremely contrasting lighting conditions.
	WB	Auto Manual For most occasions. Auto selects image temperature. Full control over image temperature (2500K - 6500K, Auto and Manual).		WIND	Auto ON OFF Automatically filters out excessive wind (and water) noise. Use to filter out excessive wind noise or when your GoPro is mounted on a moving vehicle. Use when wind will not affect sound quality and you want to ensure that your GoPro is recording in stereo.
	IMAGE SIZE	Large Medium High Very soft image. Good for editing. Default image. For light editing. Very sharp image. For no editing.		MEDIA MOD	Camera Mod This option is only available when you connect the GoPro Media Mod. It lets you select different microphone outputs. Ideal for advanced audio design.

PRO TIPS

#1: Enable the Grid

The grid helps you frame the shot using the rule of thirds.

Generally, for a good composition, you should try to place the subject on one of the four intersection points.



#2: Disable Hypersmooth in Low-Light

In Low-Light conditions, the GoPro built-in Electronic Image Stabilization creates video artifacts, resulting in a poor image quality.

Disable Hypersmooth for a cleaner image in low-light.



Gopro Hd Hero Cheat Sheet

ML Morrison

A red circular graphic with a gradient, appearing as a stylized arrow or a lens flare, positioned to the right of the author's name.

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Gopro Hd Hero Cheat Sheet Introduction

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