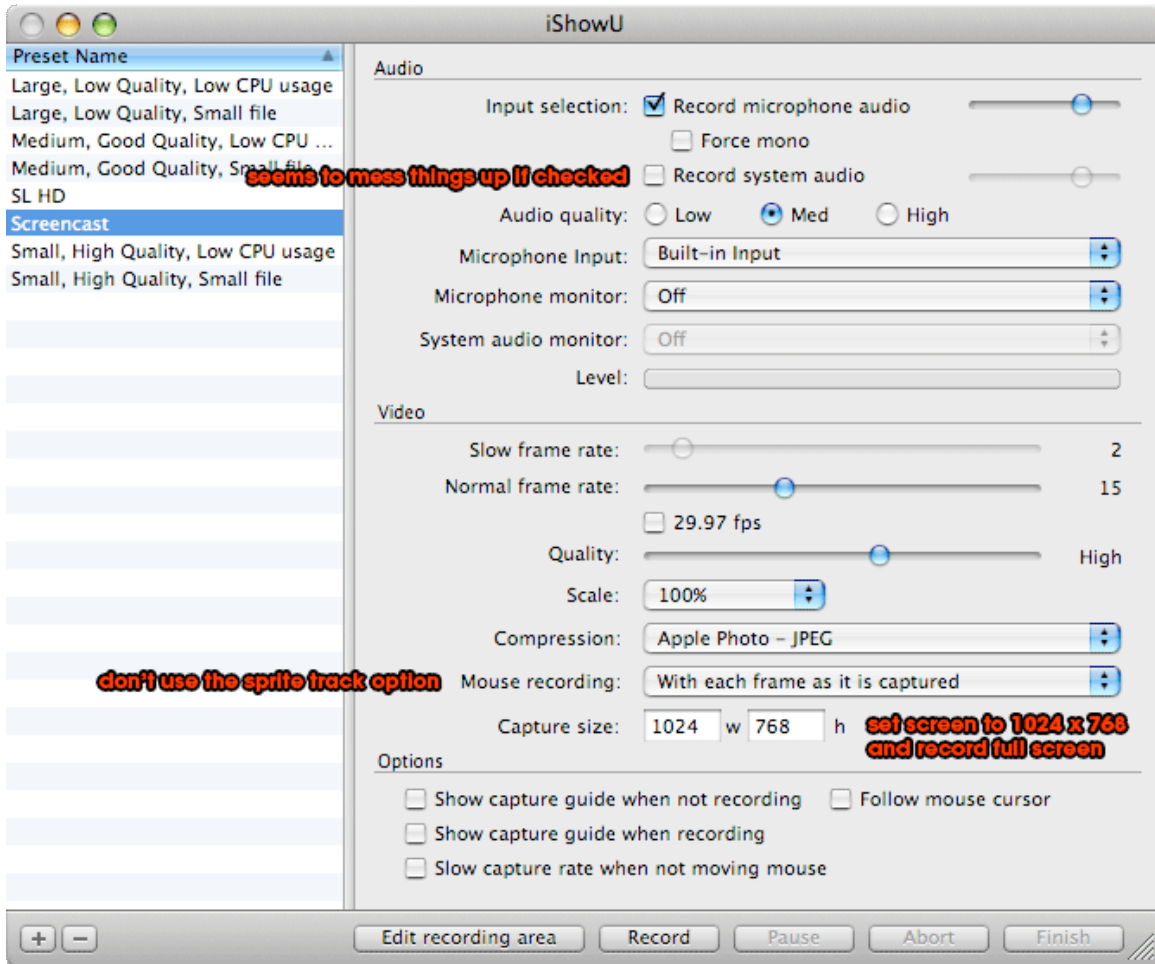


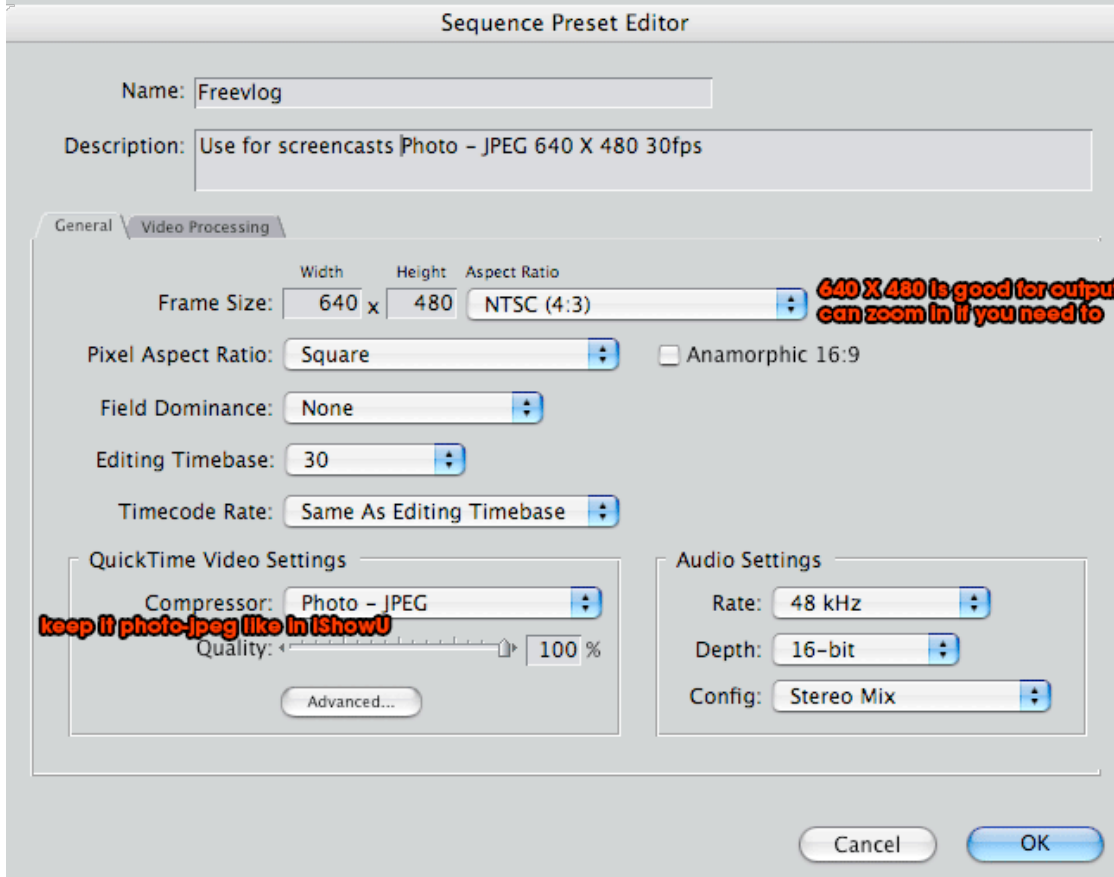
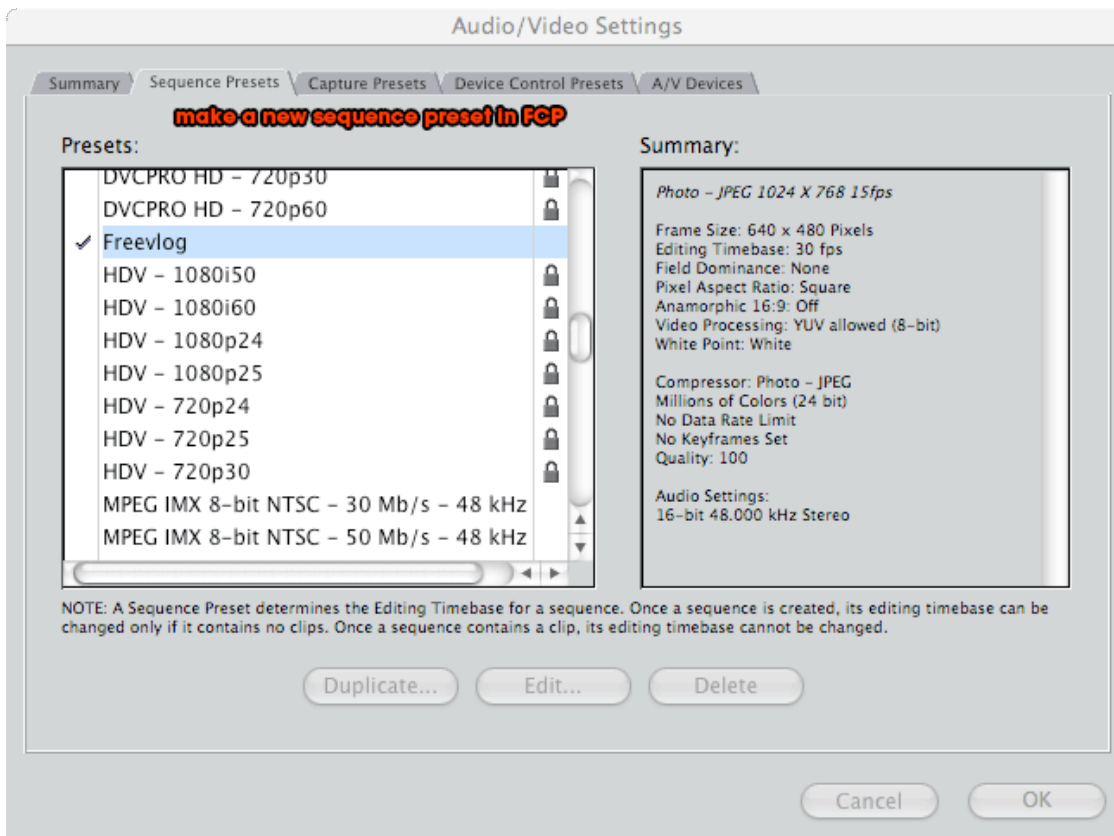
Freevlog | ScreencastSettings

Here are the settings:

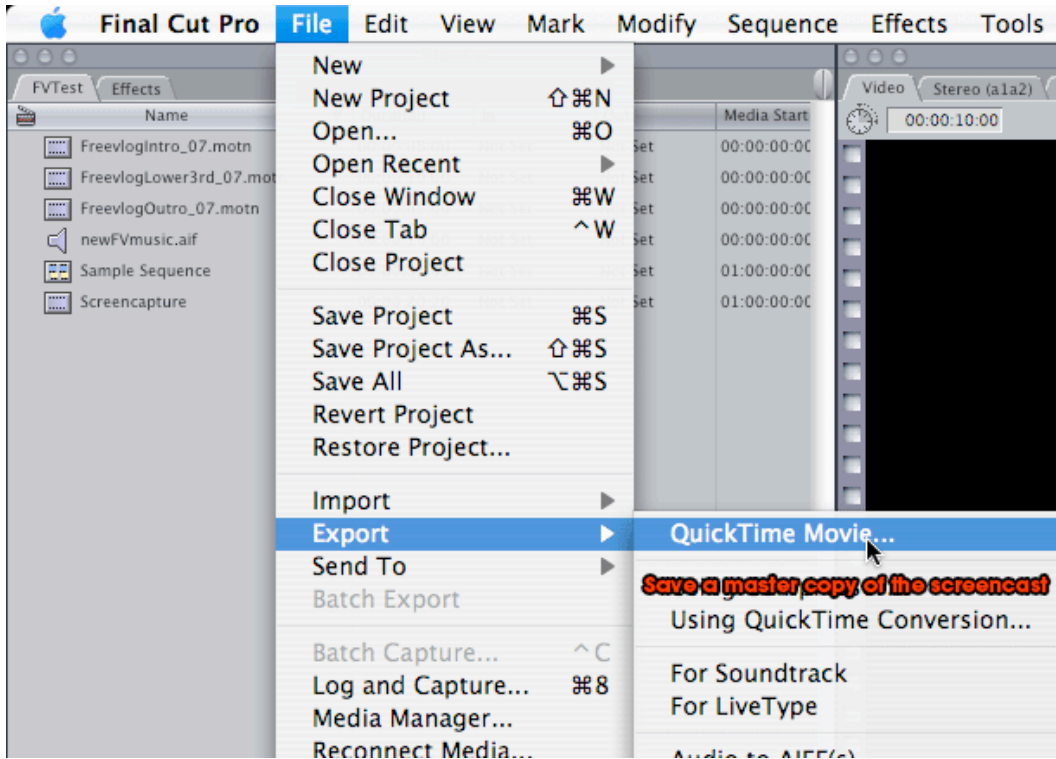
1. iShowU:



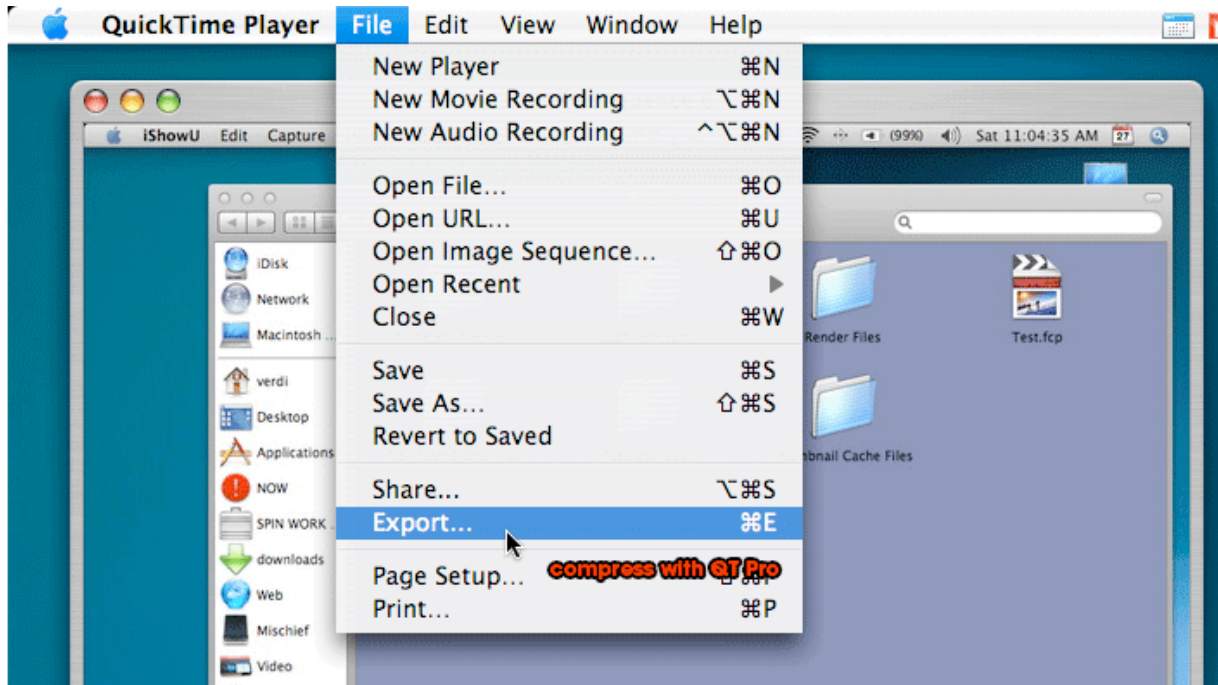
2. FCP Sequence Settings:



3. Export a master copy from FCP:



4. Make the compressed version with QT Pro:



5. Compression settings:


Standard Video Compression Settings

Compression Type: **H.264**

Motion
Frame Rate: **15** fps
Key Frames: Automatic
 Every **24** frames
 All
 Frame Reordering

Data Rate
Data Rate: Automatic
 Restrict to **500** kbits/sec
Optimized for: **Download**

Compressor
Quality: **High**
Least Low Medium High Best
Encoding: Best quality (Multi-pass)
 Faster encode (Single-pass)

Preview


Sound Settings

Format: **AAC**
Channels: **Stereo (L R)**
Rate: **48.000** kHz
 Show Advanced Settings

Render Settings:
Quality: **Normal**

AAC Encoder Settings:
Target Bit Rate: **128** kbps

Movie Settings

Video

Compression: H.264
Quality: High
Frame rate: 15
Key frame rate: 24
Bitrate: 500 kbits/sec
Frame reordering: yes
Encoding mode: multi-pass
Dimensions: 640x480
 Allow Transcoding

Sound

Format: AAC
Sample rate: 48.000 kHz
Channels: Stereo (L R)
Bit rate: 128 kbps

Prepare for Internet Streaming
Fast Start **Normal**

6. To make an avi that you compress with Windows Media Encoder you need to open the quicktime movie in quicktime pro on windows and export to avi. Select "animation" from the settings and then change the codec from bmp to none. You have to do this every time for some reason. You can't just reuse that setting the next time - wme won't be able to open your avi.