

SCREENFLOW TIPS

Use Screenflow to [capture a web page in action](#), including video playing on the page.

Look for: ScreenFlow-Tutorial, Shortcuts and manual on the right.

-For capture set your resolution temporarily to 1344×840 (in OSX System Preferences)

This is to make the capture resolution closer to video resolution.

-Find a neutral desktop BG don't have browser all the way on top. (or export will not be title save)

-Use "Browser zoom" to make pages as big as possible CMD + – (examine this)

-Time and rehearse the moves on the web page.

1. Start screenflow. (Set Audio to computer audio if you need it)

2. Record the web page.

3. Save screen flow project as (in a screen flow folder with your other GFX elements for the show)

4. Add video + Call action

5. Crop at 1344×800 (this is to counter distortion during export/import to FCP)

6. Export out as Custom DVCPR0-HD 1080i60 29.97 1280×1080, Audio PCM, 48k 16bit.