



**PHOTOGRAPHY FAST TRACK**

CHEAT SHEETS

# EXPOSURE ELEMENTS



ISO:

HOW SENSITIVE  
YOUR CAMERA'S  
SENSOR IS TO  
THE LIGHT.



APERTURE:

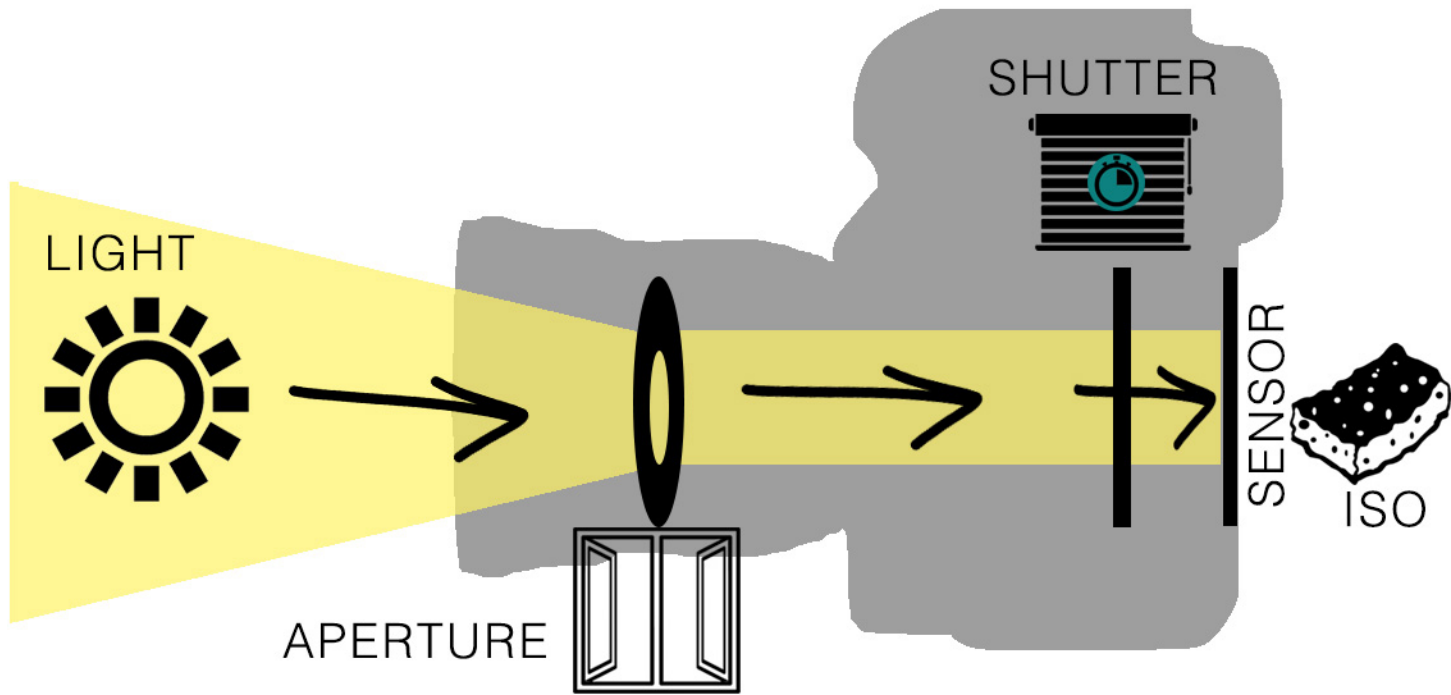
HOW WIDE YOUR  
LENS OPENS TO  
LET IN LIGHT.



SHUTTER SPEED:

HOW FAST YOUR  
SHUTTER OPENS &  
CLOSES TO LET  
LIGHT REACH YOUR  
SENSOR.

# TAKING A PHOTO



# ISO



**DARKER**

[LESS SENSITIVE; NOT  
SOAKING UP AS MUCH LIGHT]

**SMOOTH IMAGES**

**LIGHTER**

[MORE SENSITIVE; SOAKING UP  
MORE LIGHT FROM THE SCENE]

**GRAINY IMAGES**

# CHOOSE THE LOWEST POSSIBLE ISO.



ON A BRIGHT, SUNNY DAY:  
100

PARTLY CLOUDY OR BRIGHT SHADE:  
200

INSIDE ON A SUNNY DAY, BRIGHT WINDOW LIGHT:  
320-400

CLOUDY DAY OR DARKER SHADE:  
400

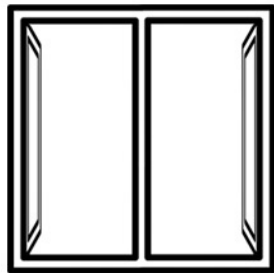
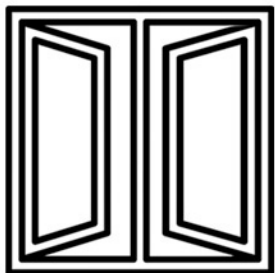
INSIDE ON A CLOUDY DAY, NOT MUCH NATURAL LIGHT:  
640-800

INSIDE WITH VERY DIM LIGHTING:  
800-1000

EVENING OR VERY OVERCAST & DARK SKIES:  
1000-1600

NIGHTTIME, VERY LOW LIGHT:  
3200+

# APERTURE



16

8.0

5.6

2.8

1.2



**SMALLER**

[SMALLER OPENING; NOT LETTING IN AS MUCH LIGHT]

MORE OF YOUR SCENE IN FOCUS

**WIDER**

[WIDER OPENING; LETTING IN MORE LIGHT]

LESS WILL BE IN FOCUS

# WHAT APERTURE?



APERTURE: F1.2



APERTURE: F11

# WHAT APERTURE?

PORTRAITS 



BLURRY BACKGROUND



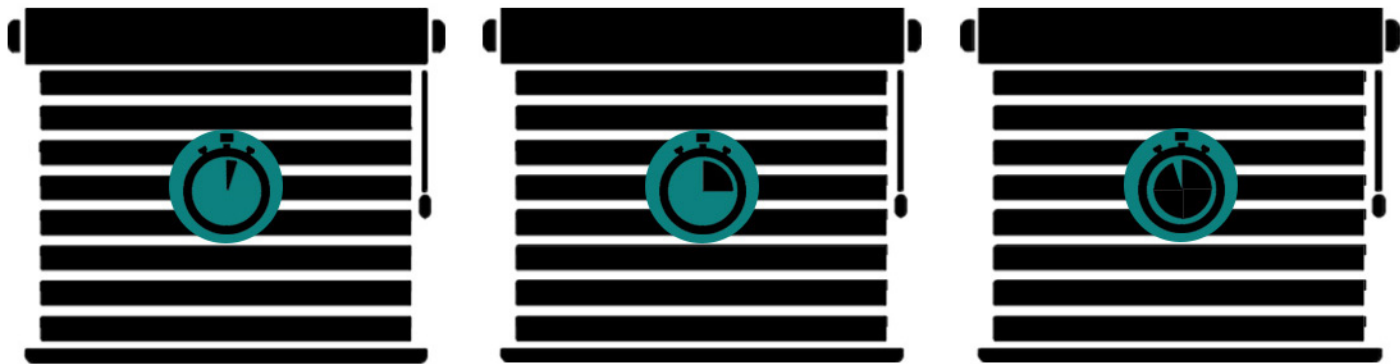
# WHAT APERTURE?

LANDSCAPES  
& 'STORYTELLING'



BACKGROUND IN FOCUS

# SHUTTER SPEED



**FASTER SPEED** ←  
[WON'T LET MUCH LIGHT THROUGH]

**MOTION IS STOPPED**

→ **SLOWER SPEED**  
[OPEN LONGER, LETTING MORE LIGHT IN]

**MORE MOTION BLUR**

# SHUTTER SPEED FORMULA



**FOCAL LENGTH:**

50MM  
LENS:

24-70MM  
LENS:

100MM  
LENS:

70-200MM  
LENS:

**SHUTTER SPEED:**

1/50

1/70

1/100

1/200

# KIMBERLEE'S SHUTTER SPEED RULES



1/125

STILL  
OBJECTS

1/160

PORTRAIT  
SUBJECTS

1/200

PORTRAIT  
SUBJECTS (KIDS)

1/250

PORTRAIT SUBJECTS  
(FAST-MOVING  
KIDS)

1/320

1/400

RUNNING  
KIDS/SLOWER  
SPORTS SHOTS

1/500

1/1000

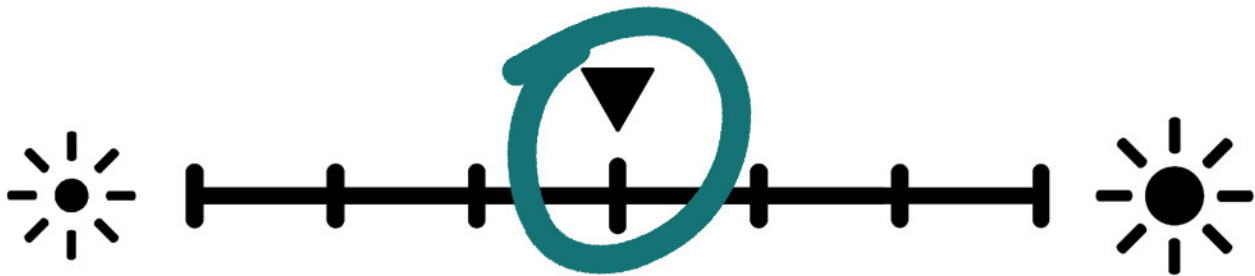
CAPTURING  
FAST MOVEMENT  
& FASTER SPORTS

# SIMPLE SHOOTING STEPS

## [APERTURE PRIORITY MODE]

- 1 - LOOK FOR THE LIGHT.
- 2 - CHOOSE YOUR ISO.
- 3 - CHOOSE YOUR APERTURE  
[\*& SET EXPOSURE COMPENSATION TO -0-]
- 4 - TAKE A TEST SHOT.  
[\*& CHECK THE SHUTTER SPEED]
- 5 - MAKE ADJUSTMENTS AS NEEDED TO YOUR SETTINGS.

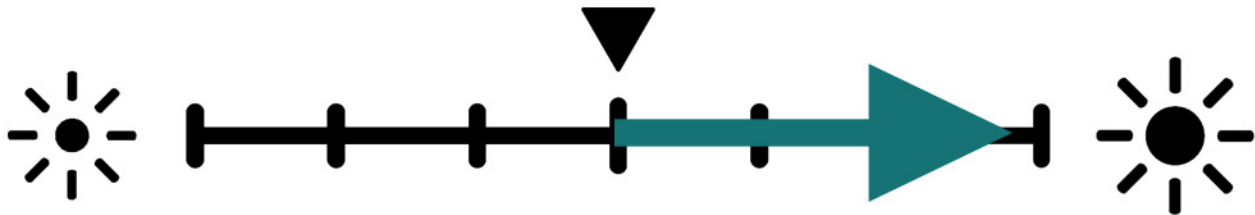
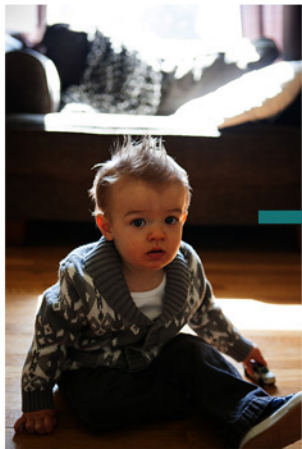
# EXPOSURE COMPENSATION



WHEN IN APERTURE PRIORITY MODE, BE SURE YOUR EXPOSURE COMPENSATION IS SET TO ZERO TO START. THEN IF YOU WANT TO HAVE YOUR CAMERA CAPTURE A BRIGHTER OR DARKER EXPOSURE WHILE IN THIS SHOOTING MODE, USE EXPOSURE COMPENSATION TO HELP.

# EXPOSURE COMPENSATION

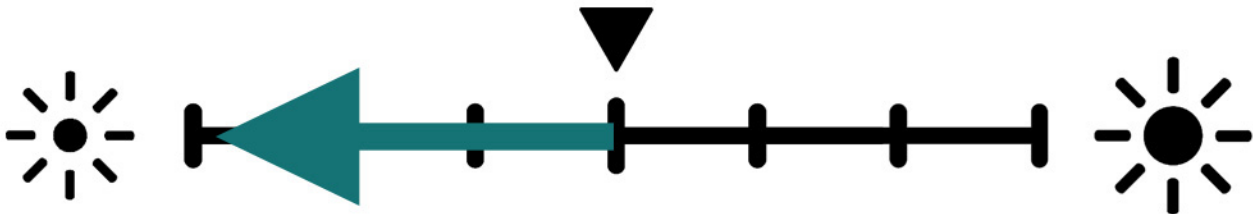
WHEN IN APERTURE PRIORITY MODE, IF YOU WANT YOUR CAMERA TO HELP CAPTURE A BRIGHTER EXPOSURE, TAKE EXPOSURE COMPENSATION UP TO THE RIGHT (+)



# EXPOSURE COMPENSATION



WHEN IN APERTURE PRIORITY MODE, IF YOU WANT YOUR CAMERA TO HELP CAPTURE A DARKER EXPOSURE, TAKE EXPOSURE COMPENSATION DOWN TO THE LEFT (-)





# SHUTTER TOO SLOW?

IN APERTURE PRIORITY MODE...



WHAT CAN  
**YOU**  
ADJUST?



TAKE IT HIGHER!

OR



TAKE IT WIDER!

# COMPOSITION

WHAT YOU CHOOSE TO  
INCLUDE IN YOUR FRAME  
WHEN YOU TAKE A PHOTO.

# COMPOSITION

WHAT DO YOU WANT TO FILL  
YOUR FRAME WITH?

WHAT CAN YOU TAKE OUT?

WHAT CAN YOU ADD?

# 10 COMPOSITION RULES:

- 1) RULE OF THIRDS
- 2) FILL THE FRAME
- 3) WATCH YOUR HORIZONS
- 4) LOOK FOR FRAMING
- 5) USE LEADING LINES
- 6) USE NEGATIVE SPACE
- 7) PORTRAIT CROPS
- 8) WHAT NOT TO CROP
- 9) LOOK FOR LAYERS
- 10) FIND YOUR PERSPECTIVE



# FOCUS MODE

OPTIONS:

WHEN:

**SINGLE-AREA AF**



**STILL SUBJECT**

**CONTINUOUS AF**



**MOVING SUBJECT**

**AUTOMATIC AF**



**CAMERA CHOOSES**

# FOCUS MODE

OPTIONS:

**SINGLE-AREA AF**

**CONTINUOUS AF**

**AUTOMATIC AF**

CANON:

**“ONE SHOT”**

**“AI SERVO”**

**“AI FOCUS”**

NIKON:

**“AF-S”**

**“AF-C”**

**“AF-A”**

WHEN:

**STILL SUBJECT**

**MOVING SUBJECT**

**CAMERA CHOOSES**

# AUTOFOCUS POINTS

A diagram showing a central square with a dot inside, surrounded by a circle. This central square is surrounded by several smaller squares, some of which are highlighted with a larger circle. A hand icon is shown pointing towards the central square. To the right of the diagram is a silhouette of a person.

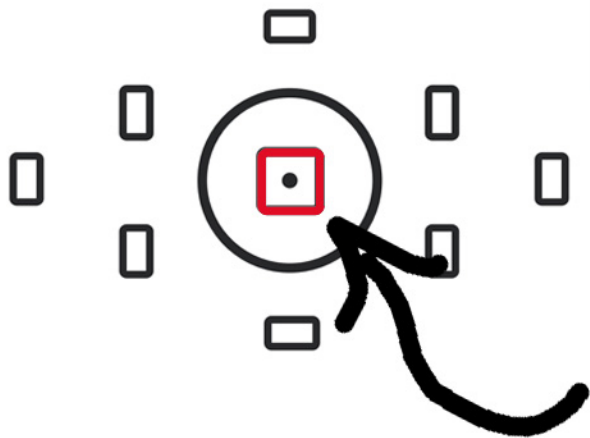
YOU SELECT WHICH ONE

OR

A silhouette of a camera with a large 'X' drawn over it, indicating it is not the correct method for selecting autofocus points.

~~YOUR CAMERA  
SELECTS  
WHICH ONE~~

# HOW TO AUTOFOCUS



1. CHOOSE/CHANGE YOUR  
AF POINT EACH TIME

**OR**

2. SELECT CENTER POINT &  
THEN RECOMPOSE.



# SINGLE SUBJECT



1 PERSON:

**F 1.2-2.8**

# MULTIPLE SUBJECTS



MULTIPLE PEOPLE  
(SAME FOCAL  
PLANE)

**F 2.8-4.0**

# MULTIPLE SUBJECTS



MULTIPLE PEOPLE  
(2 ROWS)  
**F 4.0-5.6**

# MULTIPLE SUBJECTS

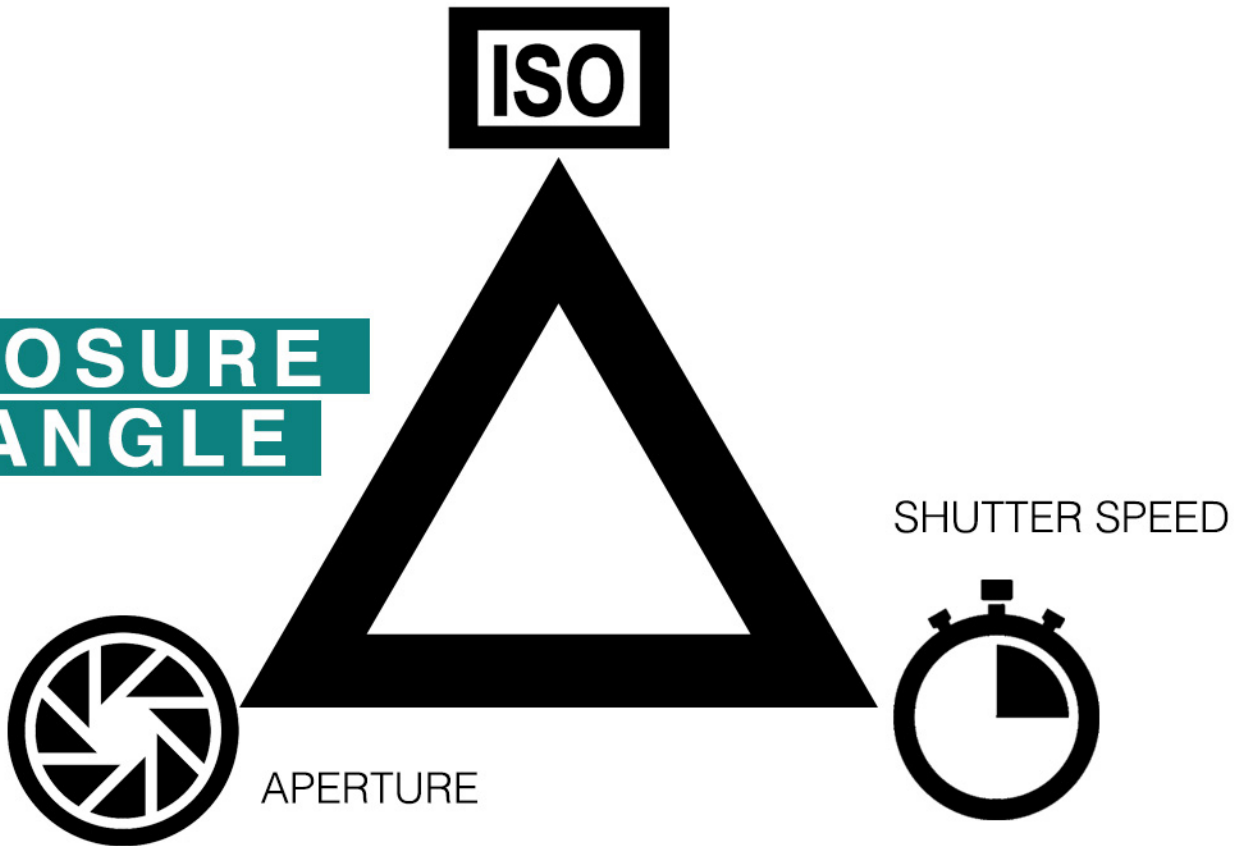


MULTIPLE PEOPLE  
(3-4 ROWS)  
**F 7.1-11**



**MANUAL MODE**

# EXPOSURE TRIANGLE



# SIMPLE SHOOTING STEPS

## [MANUAL MODE]

1 - LOOK FOR THE LIGHT.

2 - CHOOSE YOUR ISO.

3 - CHOOSE YOUR APERTURE.

4 - TAKE A TEST SHOT IN APERTURE PRIORITY MODE.

[\*WHAT'S THE THE SHUTTER SPEED?]

5 - GO BACK TO MANUAL & CHOOSE YOUR SHUTTER SPEED.

6 - START SHOOTING! (AND MAKE ADJUSTMENTS, IF NEEDED).



**IF YOUR IMAGE IS TOO DARK... WHAT CAN YOU ADJUST?**

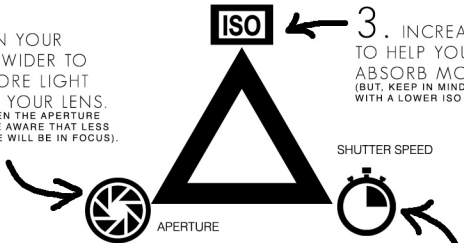


YOU'LL NEED TO LET MORE LIGHT  
COME THROUGH TO YOUR SENSOR.  
SO YOU CAN CHOOSE TO ADJUST  
ANY OF THE EXPOSURE ELEMENTS (OR  
A COMBINATION OF ALL 3).



# IF YOUR IMAGE IS TOO DARK... WHAT CAN YOU ADJUST?

1. OPEN YOUR APERTURE WIDER TO ALLOW MORE LIGHT THROUGH YOUR LENS. (WHEN YOU OPEN THE APERTURE WIDER, JUST BE AWARE THAT LESS OF YOUR SCENE WILL BE IN FOCUS).



2. SLOW DOWN YOUR SHUTTER SPEED TO ALLOW MORE LIGHT TO REACH YOUR SENSOR. (DON'T GO TOO SLOW - ALWAYS STAY IN THE SAFE ZONE BASED ON OUR SHUTTER SPEED RULES).

3. INCREASE YOUR ISO TO HELP YOUR SENSOR ABSORB MORE LIGHT. (BUT, KEEP IN MIND YOU ALWAYS SHOOT WITH A LOWER ISO IF POSSIBLE).

## IF YOUR IMAGE IS TOO BRIGHT... WHAT CAN YOU ADJUST?

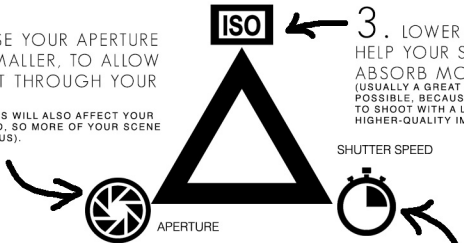


LESS LIGHT

YOU'LL NEED TO LET LESS LIGHT COME THROUGH TO YOUR SENSOR. SO YOU CAN CHOOSE TO ADJUST ANY OF THE EXPOSURE ELEMENTS (OR A COMBINATION OF ALL 3).

# IF YOUR IMAGE IS TOO BRIGHT... WHAT CAN YOU ADJUST?

1. CLOSE YOUR APERTURE DOWN SMALLER, TO ALLOW LESS LIGHT THROUGH YOUR LENS.  
(REMEMBER THIS WILL ALSO AFFECT YOUR DEPTH OF FIELD, SO MORE OF YOUR SCENE WILL BE IN FOCUS).



2. MAKE YOUR SHUTTER SPEED FASTER TO ALLOW LESS LIGHT TO REACH YOUR SENSOR.  
(THERE'S NO NEED TO WORRY ABOUT YOUR SHUTTER BEING 'TOO FAST' - WE ARE ONLY WORRIED ABOUT IT BEING TOO SLOW).

3. LOWER YOUR ISO TO HELP YOUR SENSOR ABSORB MORE LIGHT.  
(USUALLY A GREAT IDEA TO DO THIS IF POSSIBLE, BECAUSE YOU ALWAYS WANT TO SHOOT WITH A LOWER ISO TO GET A HIGHER-QUALITY IMAGE).

A woman in a grey tank top is kneeling on a wooden floor, holding a camera. In the foreground, a baby in floral pajamas is sitting on the floor, playing with a pink stuffed animal. The background shows a living room with a grey sofa, a wall covered in photos, and a dining table with chairs.

# STILL NOT SHARP?!

1. CHECK YOUR SHUTTER SPEED!  
[IS IT TOO SLOW?]

2. CHECK YOUR APERTURE!  
[IS IT TOO WIDE?]