

## BALANCING EXPOSURE CHEAT SHEET

Thinking in stops...

**Aperture**

Opening the aperture decreases depth of field, closing the aperture increases it.

Whole stop numbers:

**1.0 1.4 2.0 2.8 4.0 5.6 8.0 11 16 22 32**

**ISO**

Raising ISO increases noise in the picture.

Double current ISO: +1 stop

Halve current ISO: -1 stop

**Frame rate**

Raise frame rate for slow motion effects.

Double current rate: -1 stop

Halve current rate: +1 stop

**Shutter speed**

Raising speed decreases motion blur.

Double current speed: -1 stop

Halve current speed: +1 stop

**Shutter angle**

Lowering angle decreases motion blur.

Double current angle: +1 stop

Halve current angle: -1 stop

**Built-in ND filters**

ND1 1/4: -2 stops

ND2 1/16: -4 stops

ND3 1/64: -8 stops

**External ND filters**

0.15: -0.5 stops | 1.2: -4 stops

0.3: -1 stop | 1.8: -6 stops

0.6: -2 stops | 2.4: -8 stops

**Light Distance**

Current distance x0.75: +1 stop

Current distance x0.5: +2 stops

Current distance x1.5: -1 stops

Current distance x2: -2 stops

**Nets / diffusion**

Defined by edge colour...

Single net (green): -0.5 stop

Double net (red): -1 stop

Silk (gold): -1 to 2 stops