

# Self-Tape Checklist

One page. Print it. Tape it to the wall behind your camera.

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## CAMERA & FRAME

- Shoot horizontal (landscape), 1080p minimum.
- Lock focus and exposure on your face before rolling.
- Medium close-up: sliver of headroom, frame ends mid-chest.
- Eyeline just off the lens — reader at lens height.
- Plain neutral background; stand 3–4 ft off the wall.

## LIGHTING

- Key light: soft, slightly above, 30–45° off your nose.
- Fill the shadow side at ~50% of key brightness.
- Match color temp on every light (all 5600K or all 3200K).
- Overhead room lights OFF (kills raccoon eyes).
- Glasses? Angle the key high to kill lens reflections.

## SOUND

- Use a lav mic into your phone — beats built-in.
- Soft room: closet, curtained bedroom, blanket behind cam.
- Kill fridge, AC, fan, phone notifications, pets.
- Reader at ~60% your volume. You are the audio focus.

## SLATE, TAKES & DELIVERY

- Slate exactly as instructed. Neutral, friendly voice.
- Two takes max unless asked. Pick the alive one.
- Label file EXACTLY as the breakdown specifies.
- Upload to the platform they named — not a substitute.
- Watch your own tape with sound before you send it.

## DAY-OF PREP

- Sides printed AND on phone as backup.
- Water nearby, voice warmed up, body warmed up.
- Wardrobe: solid muted colors, no logos, no busy patterns.
- Hair and grooming match your current headshot.
- Test recording: 10-second take, play it back, adjust.

## FINAL GUT CHECK

- Can casting hear every word clearly?
- Is your face evenly lit with no harsh shadows?
- Are your eyes alive — specific thought, not blank?
- Did you make a choice, or are you just reciting?