

SCREENFLOW 3.0

User's Guide



Telestream

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Appendix C Troubleshooting ScreenFlow





Preface

Obtaining Support | Information | Assistance

Web Site. <http://www.telestream.net/telestream-support/screen-flow/support.htm>

Support Email. desktopsupport@telestream.net

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Web Site. <http://www.telestream.net/telestream-support/screen-flow/support.htm>

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CHAPTER 1

About ScreenFlow

This guide is designed to help you understand how to use each feature of ScreenFlow, and also to provide hints, tricks, and other information to help you make the best presentations possible.

Record. Edit. Share.

Telestream ScreenFlow is powerful, easy-to-use screencasting software for Mac users. With ScreenFlow, you can record the contents of your entire monitor while also capturing your video camera, microphone, and your computer audio.

After capturing your video and audio, you can use ScreenFlow's video editing tools to edit and publish your presentation. You can publish your presentation as a QuickTime or Windows Media movie as well as publish directly to YouTube or Vimeo.

Using ScreenFlow in Trial Mode

Until you unlock ScreenFlow by purchasing a license and activating it, ScreenFlow operates in trial mode. In trial mode, all of ScreenFlow's features are available, but your presentations are water-marked. To unlock ScreenFlow, go to [Unlocking ScreenFlow](#).

Topics

- [What's New in ScreenFlow 3.0 \(2\)](#)
- [Unlocking ScreenFlow \(4\)](#)



WHAT'S NEW IN SCREENFLOW 3.0

ScreenFlow has added many new features to improve upon the capabilities and user experience of the program. New features include:

- New Document
 - Open an empty ScreenFlow document without starting a recording
- Full-screen preview mode
- Freehand Callouts
 - Draw directly onto your screen recordings to call out specific regions of the screen with a paint brush tool
 - Blur the content you are calling out
 - Add shadow options to your callouts
 - Build callout in and out
 - Callouts can have a default style set (through the Action Gear menu)
- Video Annotations
 - Draw circles, squares, lines and arrows over your video content
 - Adjust the size, color, position, shadow and thickness
 - Save default annotation styles
- Improved Timeline features
 - Added "Timeline" preferences including default timeline height, default duration of still image, and use of SMPTE timecode
 - Reorder tracks
 - Resize height of tracks
 - Easily delete tracks
 - Insert space or gaps in the timeline
 - Select gaps between clips and remove them
 - Set duration of transitions durations through the inspector
 - Preview and customize transitions
 - Group and ungroup clips
 - Jump to marker in timeline from the Markers window
 - Added ability to select all clips on a track by double-clicking track sidebar or clip context menu
- Media Library improvements
 - Preview video and audio in your media library
 - Resize library items in the media library
- Audio improvements
 - View audio waveforms and clipped audio peaks directly in the timeline and see effects & volume changes directly.
 - Smooth volume levels (combines limiting, compression and more) throughout your clips
 - Convert your text to synthesized speech



- Export improvements
 - Create and save your own export presets
 - See estimated time remaining in export
 - Export to iPad with iPad preset
 - Export high performance lossless audio only with preset
 - Save your files to Recent Places from the Export Window
 - Publish directly to Vimeo
 - Choose letterbox option in the YouTube publishing window
 - 720p and 1080p support for YouTube publishing
 - Full integration with the Elgato Turbo H.264 device
- Video canvas improvements
 - Use cursor keys to move video clips around the canvas
 - Set exact position for an object by entering the coordinates in the inspector
 - Change background color of your canvas



UNLOCKING SCREENFLOW

Purchasing through the application

Note: This does not apply to users who purchased from the Mac App Store. The App Store has its own installation and licensing procedure.

To unlock ScreenFlow from trial mode, you must purchase and install a ScreenFlow license.

The easiest way to activate ScreenFlow is to purchase through the application.

1. Launch ScreenFlow
2. Select Purchase > Purchase ScreenFlow Online to display the License panel of the ScreenFlow Preferences window.

Figure 1. Preferences Licenses pane (unlicensed)



Note: If ScreenFlow doesn't display a Purchase menu, then you have already registered ScreenFlow.

3. Click the Lock icon at the bottom of the panel, and enter your password to allow ScreenFlow to make changes to your license.

Note: Your user must be an administrator. If your username is not an administrative account, you'll need to create one in order to continue.

4. Click the Purchase License button. This sends you to the Telestream online store where you may purchase a license.
5. Upon completion of your purchase, the ScreenFlow license installs automatically.

Activating Your License

If you have already purchased a license through the Telestream online store, Telestream sends you an email receipt containing your license key.



Note: If your Macintosh is not connected to the Internet, follow the instructions in the [Manual Activation Guide \(http://www.telestream.net/pdfs/user-guides/Manual_Activation_Guide.pdf\)](http://www.telestream.net/pdfs/user-guides/Manual_Activation_Guide.pdf) to activate your license and unlock ScreenFlow.

The easiest way to register and activate ScreenFlow is to click on the link provided in your email receipt. If this link doesn't work, register ScreenFlow as follows:

1. Launch ScreenFlow.
2. Select Purchase > Unlock ScreenFlow to display the License panel in the ScreenFlow Preferences window.


Note: If ScreenFlow doesn't display a Purchase menu, then you have already registered ScreenFlow.

3. Click the Lock icon at the bottom of the panel, and enter your password to allow ScreenFlow to make changes to your license.

Note: Your user must be an administrator. If your username is not an administrative account, you'll need to create one in order to continue.

4. Click the Enter Serial Number button and enter the license key into the license key field:

Figure 2. Enter your serial number to unlock ScreenFlow



The screenshot shows a dialog box titled "If you have already purchased this product, enter the serial number from your receipt in the field below." Below the text is a text input field labeled "Serial Number:". To the right of the input field are two buttons: "Cancel" and "Activate".

5. Click Activate to activate your serial number and unlock ScreenFlow.

Note: If the Activate button is dimmed, it means that the license is invalid. Double-check your license from the e-mail. Make sure that all letters are capitalized, dashes are included, and all 0's are zeros, not the letter O. It may also help to copy and paste your serial number from your e-mail, but be careful not to copy any additional text such as a "space." If you are still having problems, please contact [technical support](#).

6. Now your serial number is activated and ScreenFlow is unlocked. Close the Preferences window to continue.





CHAPTER 2

Getting Started

These tours are designed to introduce you to the features and capabilities of ScreenFlow.

We encourage you to take these tours before beginning a project. They help you to gain a basic understanding of how ScreenFlow works and help to familiarize yourself with the program.

Every ScreenFlow project is a three step process: first you record your presentation, then you edit your screencast, and finally you export your screencast to a usable video format.

For video tutorials, please visit our [ScreenFlow demos page](#).

Tours

- [Tour 1 – Recording With ScreenFlow \(8\)](#)
- [Tour 2– Editing Your Screencast \(10\)](#)
- [Tour 3– Exporting Your Screencast \(16\)](#)



TOUR 1 – RECORDING WITH SCREENFLOW

When launching the program, ScreenFlow displays a Configure Recording window.

Figure 3. ScreenFlow recording window



Before you create your first screencast, take a moment to consider ways of approaching the process.

This first tour focuses on creating a high quality recording for editing and publishing. When creating a screencast, it is important to prepare your recording properly while considering how you intend to use this screencast later in your workflow.

We recommend that you create at least one sample recording to familiarize yourself with the program before creating your intended screencast.

Configure Your Recording

Use the Configure Recording window to enable your recording sources. This automatically opens when you launch the application, but it can also be accessed from the ScreenFlow Helper > [Configure Recording...](#) (22) or File > New Recording.

Record Desktop from. This option records your computer display. This source records by default and cannot be deselected. If you have multiple displays connected, you can choose between them. ScreenFlow cannot record multiple displays simultaneously.

Record Video from. This option records video from any camera connected to your computer. Use the dropdown menu to choose from multiple cameras. Upon selecting a source, a preview image displays below.

Record Audio from. This option records from any microphone connected to your computer. Use the dropdown menu to choose from multiple microphones. Upon selecting the source, the volume level is displayed below.

Record Computer Audio. Choose this option to record all sounds played through your computer. The ScreenFlow audio driver must be installed to use this setting. If the driver is not installed, you are prompted to install it.



Beginning Your Recording

When you are ready, click the Record button. ScreenFlow enters a countdown mode before recording. The length of this countdown is set in [Countdown for \[x\] secs before recording \(68\)](#). Default is five seconds.

Create a short presentation then stop your recording: press Shift-Command-2 or select Stop Record from the [ScreenFlow Helper \(22\)](#) menu in the upper-right corner of your display.

After you have stopped your recording, ScreenFlow opens your recording in the ScreenFlow editing window with all of your recorded sources placed in the timeline.

Display video and computer audio are combined into one clip while camera video and microphone audio are combined in another clip. This is done to maintain video/audio sync. Video and audio can be separated by selecting the clip and choosing Detach Audio from the Edit dropdown menu.



TOUR 2– EDITING YOUR SCREENCAST

The purpose of this tour is to familiarize you with the basic editing features of ScreenFlow. This tour describes some of the most common and basic editing techniques.

For a more comprehensive description of editing features, see [Editing Presentations \(27\)](#).

When you finish your recording, ScreenFlow creates a new document and recorded material is placed at the beginning of the timeline. All media in the timeline is referenced to your project's stored media. Changes made in the timeline or on the canvas do not alter your original recording.

The Editing Window

The space used for editing is the editing window, which consists of three main panels.

Figure 4. Editing window



Canvas. The large, central area of the editing window is called the canvas. This offers a preview of all content displayed in your screencast. The gray space around the preview is for content that will not be present in your exported video. This is used to display off-screen content present in scaling or pan effects. The content displayed on the canvas reflects the position of the scrubber on the timeline.

Canvas size and background color can be set using the [Canvas Controls \(30\)](#).



Timeline. The wide area at the bottom of the screen is the timeline. This is a visual representation of the temporal length of your screencast. The scale at the top of the timeline represents measurements of time.

The red vertical line on the timeline is called the scrubber. This represents the current temporal position of the preview on the canvas.

The timeline is divided into tracks to manage different clips overlapping at the same time. If the clip is visual (i.e. video, image, or text), the upper most track is displayed over the lower tracks.

Between the canvas and the timeline are playback controls to play your screencast as well as jump to the beginning or end of your screencast.

Properties. On the upper-right side of the editing window are the Properties. These are the main editing controls of ScreenFlow and include numerous changes to image and audio display. It also includes the media library which stores all recorded and imported media in an unaltered state.

For more information, see [Editing Window \(28\)](#).

Cropping

ScreenFlow provides two different types of cropping.

Figure 5. Canvas controls



Canvas cropping. Canvas cropping is used to change the resolution or aspect ratio of the workspace you have to edit in. This can be useful if you want to constrain your screencast to only a portion of the total recording (i.e. a foreground window).

Canvas cropping is accessible through the canvas control button. This is set by numerically entering the width and height values or dragging the edge of the canvas with your mouse cursor.

The canvas cannot be set to a value larger than the original recording. Remember, the canvas size represents your total usable display space.



Image cropping. Image cropping is useful for removing content from the edge of a visual element. Unlike canvas cropping, image cropping does not limit your workspace but simply alters the content of video or image material.

To crop an image, select the video or still image presented on your canvas. This highlights the image and place handles on the sides. Hold the CTRL key and drag the edge of the image to crop it.

Actions

Actions are property changes used to transition the media from one state to another. Actions are placed by highlighting the clip in question, opening the property that you wish to alter, then clicking the Add Action button at the bottom of the properties pane. The action is placed in relation to the position of the scrubber, but can be moved on the clip. The duration of the action is changed by dragging the edge of the action to lengthen or shorten the action.

Figure 6. Video Properties action



Place the scrubber before or after the action to make changes to the property relative to the action. When the scrubber is placed before the action, this sets the properties of the clip before the action. When the scrubber is placed after the action, this sets the properties of the clip after the action.

For more information, see [Actions \(37\)](#).

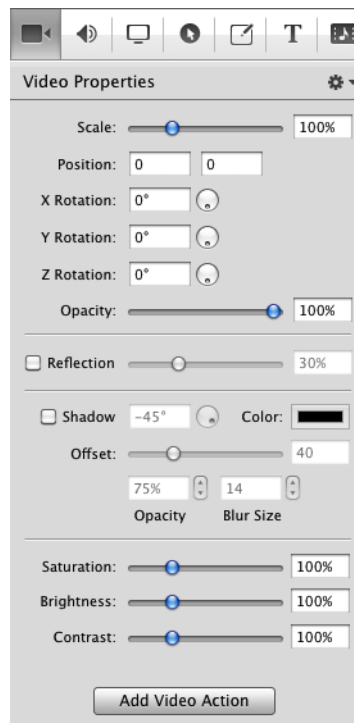


Video Properties

Video properties can be used to make changes to any recorded or imported video or image file. This includes the display and camera recordings.

This tour focuses on the most common features. For more details, see [Video Properties \(38\)](#).

Figure 7. Video Properties



Scale. Use this option to change the size of a video or image relative to the size of the canvas. This can be used for highlighting a particular portion of the screen or with a video action to create a zoom effect.

Use the slider or enter a percentage value to change the image scale.

Position. Position represents the location of your video or image on the canvas. The position is based on the exact placement of the upper left corner of your image. If the image is in the upper left corner of the canvas, the location is zero on both the X and Y axis. Values in the position field are represented in pixels.

You can reposition the image by dragging the image on the canvas, nudging the image with the arrow keys, or entering a numerical value in the position fields.

Opacity. This is the degree to which the image is translucent. The greater the value, the more opaque the image. If the value is set to zero, the image is invisible.

This is used with a video action to fade an image in or out. It is particularly useful if you would like to periodically display your camera recording.

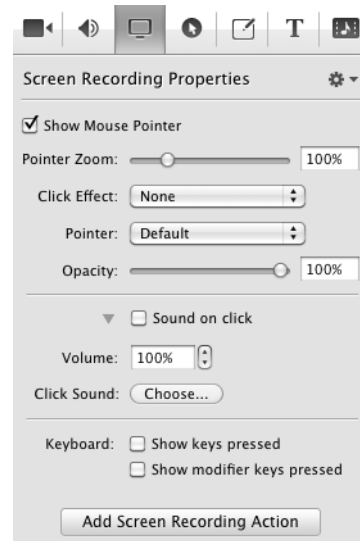


Screen Recording Properties

Screen recording properties are effects specific to demonstrations using the mouse and keyboard. They can only be applied to screen recordings.

This tour focuses on the most common features. For more details, see [Screen Recording Properties \(42\)](#).

Figure 8. Screen Recording Properties



Pointer Zoom. Often it can be difficult to see the mouse in a screencast, particularly if the video has been significantly resized. Increasing the pointer zoom value makes the mouse cursor larger and easier for the viewer to follow.

Click Effect. This feature can be used to make a visual effect when you click your mouse. Select Radar to project a red circle with each click or Invert to change the cursor from black to white with each click.

Sound on click. Select this option to generate a click sound when the mouse button is pressed.

Show keys pressed. Select this option to display the text as you were typing it while recording.

Show modifier keys pressed. Select this option to display modifiers used in hotkey commands, F1 through F12, and the arrow keys.

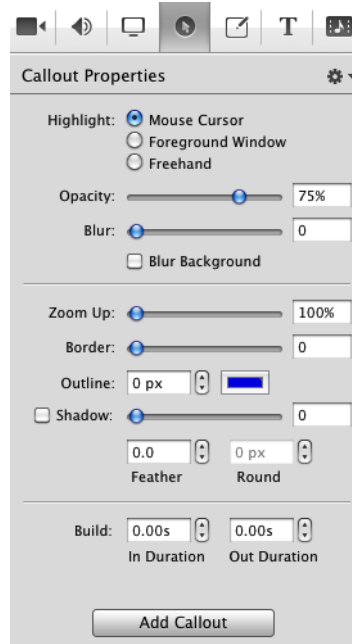
Callout Properties

Callout Properties are used to highlight a specific portion of the screen. They can only be applied to screen recordings. Unlike the other properties, Callout Properties must be used with an action.



This tour focuses on the most common features. For more details, see [Callout Properties \(44\)](#).

Figure 9. Callout Properties



Highlight. Callouts are capable of highlighting an area in three different ways. Mouse Cursor highlights a circular space around the mouse cursor. Foreground Window highlights any window which is currently active. Freehand allows you to draw the area you wish to highlight.

Opacity. The opacity slider controls the opacity of the space outside the callout. A low value makes the surrounding area opaque while a high value makes the surrounding area invisible.

Zoom Up. This option magnifies the area inside the callout to make it more prominent.

Border. This option increases the range of the callout area to draw attention to a larger space. This feature is not available with freehand callouts.

Media Library

The media library stores all recorded and imported media in an unaltered state. This material may be dragged to your timeline or canvas for editing. You may drag this content into your project multiple times to copy the same material.

For more information, see [Media Library \(49\)](#).



TOUR 3– EXPORTING YOUR SCREENCAST

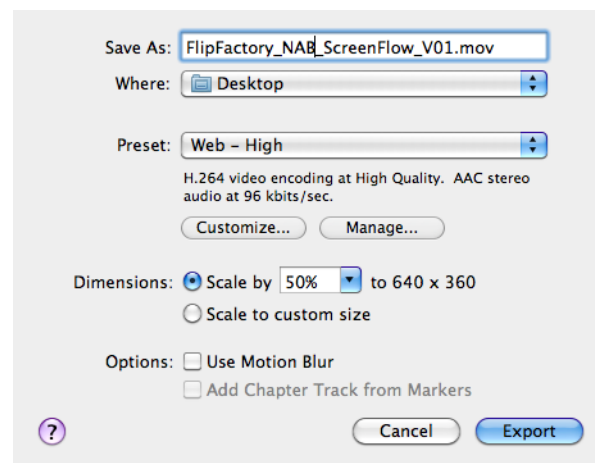
The purpose of this tour is to familiarize yourself with the basic exporting features of ScreenFlow. Until the screencast is exported from ScreenFlow, it is saved in a proprietary.screenflow format which cannot be used by any other program.

Finding the right export settings for your screencast depends on the complexity of your screencast and the intended use of the screencast after it has been produced.

This section offers basic information about export options. For a more comprehensive description, see [Exporting Presentations \(51\)](#).

Press Command-E or select File > Export to export your presentation:

Figure 10. Export settings window



Save As

Choose a name for your exported video. Default is “ScreenFlow.mov.”

Where

Choose a location to export your video.

Preset

ScreenFlow has several export presets for your convenience. This tour focuses on the most commonly used presets.

For more information, see [Preset \(52\)](#).

Web - High. This is the default export option which encodes using the H.264 codec. It was chosen as the default codec based on both image quality and file size.

Web - Low. This is an export option similar to Web - High, but formatted for a low bandwidth. It plays more smoothly on slow internet connections but the image quality is not as good as Web - High.

Lossless. This is an uncompressed export format ideal for additional editing. This format has the highest quality image but also the largest file



size. When exported at 100%, the image quality is identical to the original recording.

iPad / iPhone / Apple TV / iPod. These export options are formatted based on the recommended video specifications for these devices. They cannot be altered.

Windows Media. This option exports a video in the WMV format. This is a popular format for Windows users. This option uses a QuickTime plugin called Flip4Mac which must be licensed separately.

Dimensions

These options are used to set the dimensions of your video export. You should not set a size larger than your canvas size. This does not improve image quality.

Scale by. Use this option to scale your project by a percentage value. This is an easy way to shrink your screencast while maintaining the aspect ratio.

Scale to custom size. Use this option to set the exact width and height of your exported video. Click the Letterbox Content box to add letterboxing to your export.

Publish to YouTube/Vimeo/ Flash

In addition to encoding a video file, ScreenFlow can also publish screencasts directly to YouTube, Vimeo, and Flash. These options are accessible from the File menu.

For more information, see [Publish to YouTube \(60\)](#), [Publish to Vimeo \(62\)](#), and [Publish to Flash \(65\)](#).





CHAPTER 3

Recording Presentations

The first step in creating a screencast is to record your content. This section guides you through the procedure of recording and the options available.

Note: *ScreenFlow automatically stops recording when you have less than 100 megabytes free on your system disk volume.*

Topics

- [Configure Recording \(20\)](#)
- [ScreenFlow Helper \(22\)](#)
- [Adding A Recording \(23\)](#)
- [Preference Options \(24\)](#)
- [Recording Tips \(25\)](#)



CONFIGURE RECORDING

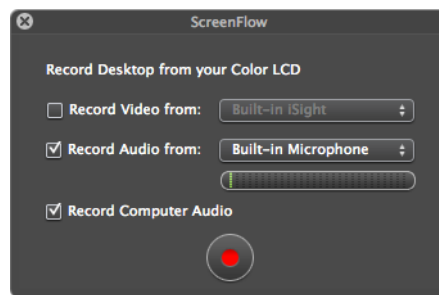
Configure Your Recording

The first step in creating any screencast is to record your sources.

Upon launching ScreenFlow, ScreenFlow automatically displays the Configure Recording window to help you begin your screencast. It can also be accessed from the ScreenFlow Helper > [Configure Recording... \(22\)](#) or File > New Recording.

To add a new recording see, [Adding A Recording \(23\)](#).

Figure 11. ScreenFlow recording window



Record Desktop from. This option records your computer display. This source records by default and cannot be deselected. If you have multiple displays connected, you can choose between them. ScreenFlow cannot record multiple displays simultaneously.

Record Video from. This option records video from any camera connected to your computer. Use the dropdown menu to choose from multiple cameras. Upon selecting a source, a preview image is displayed below.

Record Audio from. This option records from any microphone connected to your computer. Use the dropdown menu to choose from multiple microphones. Upon selecting the source, the volume level is displayed below.

Record Computer Audio. Choose this option to record all sounds played through your computer. The ScreenFlow audio driver must be installed to use this setting. If the driver is not installed, you are prompted to install it.

Record Button. Click the Record button to display the countdown window and begin recording.

When you have finished recording, video and audio sources are combined to maintain video/audio sync. Desktop video is combined with computer audio while camera video is combined with microphone audio. These clips may be separated using the [Detach Audio \(85\)](#) command in the [Edit Menu \(83\)](#).



Countdown

When you start recording, ScreenFlow displays a countdown panel to allow you to prepare yourself for the recording:

Figure 12. ScreenFlow displays the countdown window



By default, the countdown is set to 5 seconds. This option can be changed or disabled in ScreenFlow > Preferences > General. ScreenFlow accepts a delay time between one and ten seconds only.

To skip the countdown, simply click on the countdown window and ScreenFlow records immediately.

To monitor the status of your recording, use the ScreenFlow Helper menu located on the right side of the menu bar.



SCREENFLOW HELPER

ScreenFlow utilizes a background application called ScreenFlow Helper to manage various aspects of your recording. This is located on the right side of the menu bar at the top of the display.

The ScreenFlow Helper menu contains the following items:

Record/Stop Record (shift- Command-2)

Begins recording using the most recently selected sources (display, camera, microphone, and/or computer audio). The menu icon changes from



to



to show that ScreenFlow is recording.

Select Stop Record or press shift-Command-2 to stop the recording. The hotkey for this command may be customized in [Recording Hotkey \(68\)](#).

Pause/Resume

Pauses the recording. Resume recording by selecting Resume. This command may be set using a [Pause Hotkey \(68\)](#).

Configure Recording...

Displays the [Configure Recording \(20\)](#) window for setting recording parameters.

Hide Desktop Icons/Show Desktop Icons

You can hide all icons on your Desktop if you prefer to have a less cluttered background to your screen recording. You can show them again when you need to interact with your Desktop.

Quit ScreenFlow

Quits the ScreenFlow and ScreenFlow Helper applications.



ADDING A RECORDING

When you have finished your recording, the clips that you have recorded are automatically opened in a new document. If you already have a document open, you are given the option of creating a new document or adding your recording to an existing document.

Figure 13. Use the Recording Complete dialog to save your clip



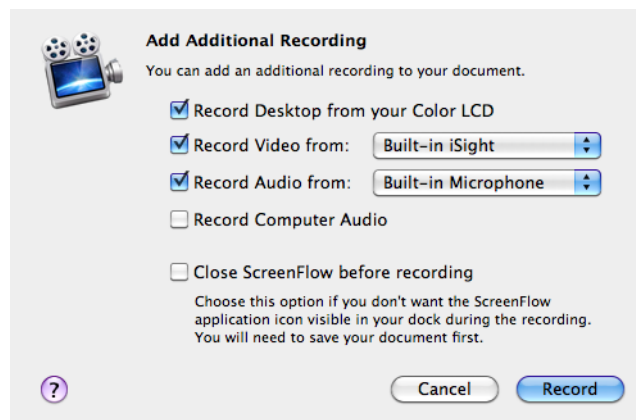
If you have accidentally created a new document when you intended to add the recording to an existing document, simply navigate to the [Media Library \(49\)](#) in the new document and drag your recording into the previous document's canvas, timeline, or media library. This duplicates the recording in the other document.

Add Additional Recording (Shift-Command-R)

To add a recording to your document, you may simply create a new recording, in which case you receive notification (as illustrated above) or you may choose Add Additional Recording. This may be selected from the File menu or the [Media Library \(49\)](#).

In the Add Additional Recording window, you are presented with options similar to the [Configure Recording \(20\)](#) window.

Figure 14. Add Additional Recording window



The only differences between this window and the Configure Recording window are the option to deselect desktop recording and close ScreenFlow before recording.



PREFERENCE OPTIONS

There are several preference options available which relate to ScreenFlow recording.

For a more complete description, see [Preferences \(67\)](#).

General

Show ScreenFlow options in Menu Bar. You can enable or disable ScreenFlow Helper in the Preferences settings dialog. By default, this option is on.

Countdown for [x] secs before recording. This option sets the delay between when you press record and when ScreenFlow begins recording. This is used to prepare yourself for your demonstration.

By default, the countdown is set to 5 seconds. ScreenFlow only accepts a delay time between one and ten seconds.

Launch ScreenFlow Helper at user login. Select this option to have ScreenFlow Helper available when you log on to your user account. By default, this option is off.

Recording Hotkey. This is a shortcut command used for both starting and stopping your recording.

By default, this option is set to Shift-Command-2. When setting a custom hotkey, it is important to choose a command which is not in use by other programs.

Pause Hotkey. This is a shortcut command used for both pausing and resuming your recording.

By default, this option is not set. When setting a custom hotkey, it is important to choose a command which is not in use by other programs.

Advanced

Screen Recording Compression. This option is used to choose between a compressed and uncompressed recording. By default, it is set to Adaptive which is a compressed method. This is used to minimize file size, but the difference in quality is not be noticeable to most users.

Computer Audio. This button is used to install or uninstall the ScreenFlow audio driver. The driver must be installed to record computer audio.

Capture Scratch Disk. This option is used to set the temporary storage location while you recording is being generated. By default, this is set to a private system location. Setting a custom Capture Scratch Disk allows you to more easily locate your recording in the event that your recording is interrupted before completion.



RECORDING TIPS

Before you begin your recording, it can be useful to consider what you intend to do with your screencast, how you would like to organize your media, and how best to present the content on screen.

Set Your Display Resolution

One important thing to consider before beginning your recording is the resolution of your display and the intended resolution of your screencast. Since you usually do not intend to export your screencast at the same resolution that you recorded at, it is important to consider that your final video will be at a lower resolution than it is on your screen. This is especially important when you have text which must be legible. Digital video was not designed to capture text, so it can often be difficult to capture legibly.

We recommend that you check your display resolution before recording. This can be done in System Preferences > Displays. Lower your resolution as much as possible without impairing your ability to demonstrate your screencast. Do not lower the resolution below your intended export resolution or you will lose quality.

Using Text

Digital video was designed for capturing real world images, so it is often difficult to capture the thin lines of text legibly. Here are a few tips if you are using text in your video:

- Use larger point sizes (e.g., at least 25 points or more). Larger characters always render better than small ones.
- Do not use serif fonts (e.g., Times Roman). Always use sans-serif fonts (e.g., Arial or Helvetica).
- Use boldface fonts, since they render better, especially at smaller sizes.
- Do not use odd values for the output movie's frame height or width. Always use even numbers. Also, input sources having odd height or width values can result in illegible titles.
- Always generate non-interlaced video. Interlaced video is much more prone to poor quality text rendering because it may introduce flickering.

Considerations for Narrative Demonstrations

Record Everything at Once. Using this method, you record each recording source in a single session – simultaneously recording the display, camera video, microphone audio, and computer audio. When you are done recording, you can use the editing tools to finalize your screencast.

For example, you might start a presentation recording your display, then cut to a Picture-in-Picture of your camera recording, as you demonstrate the application. Later, you fade out your video, leaving only the audio to narrate the remaining moments of the screencast.



This method is considered a single-pass production. It works well when your subject matter is simple, straightforward, or short. For longer or more complex project, you may find the second approach more comfortable.

First Record Your Monitor, Then Add Narration. Using this method, you first record the display (with or without computer audio), demonstrating your application or subject matter without any video or voice-over.

When you have finished your demonstration, you can record your camera and microphone sources while playing the video preview of your demonstration in ScreenFlow. This can be done in a single long recording or several short recordings.

You can then edit your recordings to align your narration with your demonstration or fade your camera recording in and out when appropriate.

This workflow is effective when the screencast involves a series of complex mouse or keyboard operations, or you have several comprehensive steps or tasks to achieve, each of which take some effort to produce.



CHAPTER 4

Editing Presentations

Topics

When you have completed your recording, your recorded media is placed in a ScreenFlow document for editing. Here you can edit your screencast and add effects for clarity, emphasis, and presentation.

- [Editing Window \(28\)](#)
- [Canvas \(30\)](#)
- [Timeline \(32\)](#)
- [Transitions \(36\)](#)
- [Actions \(37\)](#)
- [Video Properties \(38\)](#)
- [Audio Properties \(40\)](#)
- [Screen Recording Properties \(42\)](#)
- [Callout Properties \(44\)](#)
- [Annotations Properties \(46\)](#)
- [Text Properties \(47\)](#)
- [Media Library \(49\)](#)



EDITING WINDOW

When you finish your recording, ScreenFlow creates a new document and recorded material is placed at the beginning of the timeline. All media in the timeline is referenced to your project's media library. Changes made in the timeline or on the canvas do not alter your original recording. The space used for editing your project is called the editing window. This consists of three main areas.

Figure 15. Editing window



Canvas. The large, central area of the editing window is called the canvas. This offers a preview of all content displayed in your screencast. The gray space around the preview is for content that will not be present in your exported video. This is used to display off-screen content present in scaling or pan effects.

The content displayed on the canvas reflects the position of the scrubber on the timeline.

Canvas size and background color can be set using the [Canvas Controls \(30\)](#) button.

Timeline. The wide area at the bottom of the screen is the timeline. This is a visual representation of the temporal length of your screencast. The scale at the top of the timeline represents measurements of time.



The red vertical line on the timeline is called the scrubber. This represents the current temporal position of the preview on the canvas.

The timeline is divided into tracks to manage different clips overlapping at the same time. If the clip is visual (i.e. video, image, or text), the upper most track is displayed over the lower tracks.

Properties. On the upper-right side of the editing window are the Properties. These are the main editing controls of ScreenFlow and include numerous changes to image and audio display. It also includes the media library which stores all recorded and imported media in an unaltered state.

Playback Controls. Between the canvas and the timeline are playback controls to play your screencast as well as jump to the beginning or end of your screencast.

To the right of the playback controls are the audio meters. The top meter represents the left speaker channel while the bottom meter represents the right speaker channel.



CANVAS

The canvas is the preview section of the editing window which allows you to organize the visual elements of your project in a two dimensional space.



Video editing may take place on the canvas itself or by accessing the canvas controls using the canvas button.

Figure 16. Canvas controls



Canvas Controls

Canvas cropping. Canvas cropping is accessible through the canvas control button. This is set by numerically entering the width and height values or dragging the edge of the canvas with your mouse cursor.

The canvas size cannot be set to a value larger than the original recording.

Remember, the canvas size represents your total usable display space.

Background color. Select this option to choose the background color of the canvas. The default setting is black.

Snap to Front Window. Select this option if you intend to highlight a foreground window in your recording and wish to crop the area outside of that window. This helps you to crop the canvas around the foreground window.



Image manipulation on the canvas

The canvas is used for quickly and easily altering any image in the project.

Click on an image in the canvas to select it. This highlights the image both in the canvas and the timeline. The image on the canvas is placed in brackets.

Image Scaling. Select a bracket and drag your mouse to scale and distort the image. Hold the Shift key while scaling to preserve the aspect ratio of the image.

Image cropping. Hold the CTRL key and drag the edge of the image inward to crop it.



TIMELINE

The timeline is a visual representation of the length of time in your ScreenFlow project. The timeline displays all clips and actions in your timeline and represents the start and end time for these elements.

Figure 17. Timeline



Scale

On the top of the timeline is the scale. This offers a precise indication of the amount of time represented in the timeline. When you begin your project, the scale automatically adapts to the length of your recorded media.

You can change the scale magnification using the slider in the lower left corner of the window. At maximum magnification, each line on the scale represents a single frame of video.

Use the left and right arrow keys to move the scrubber by a single frame.

Figure 18. Timeline magnification slider



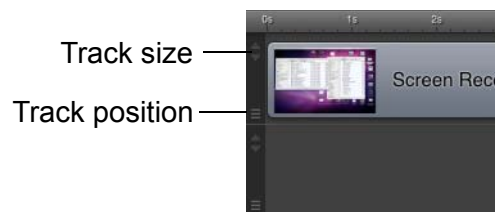
Tracks

Media in the timeline is placed sequentially or on overlapping tracks. Visual media placed on a track should be placed in relation to media above or below it.

For example, a text box placed on a track above a screen recording overlays the text on top of the screen recording. If the text box is placed on the track below the screen recording, it is behind the recording and not visible.

Track Controls. The height of the track is adjustable using the arrow buttons on the left side of the track. Click the down arrow to decrease the track height or click the up arrow to increase the track height. This can make it easier to manage content in your timeline. Select the track position handle to drag your track up or down in relation to the other tracks.

Figure 19. Track controls



Splitting & Trimming

ScreenFlow uses a few simple commands for quick editing of content in your timeline.

Splitting. If you would like to split your clip into multiple smaller clips, position the scrubber over the moment where you would like this split to occur, then hit the T key. This splits the clip at the scrubber into two clips.

Trimming. If you would like to trim content off the front of the clip, position the scrubber over the moment where you would like the clip to begin, then hit the W key. This trims all content from the front of the clip to the scrubber.

If you would like to trim content off the end of the clip, position the scrubber over the moment where you would like the clip to end, then hit the E key. This trims all content from the end of the clip to the scrubber.

You can also grab the edge of the clip and pull it inward to trim the content. If the edge of the clip has already been trimmed, you can pull the edge out from the clip to restore trimmed content.

Create or close a gap in the timeline

To quickly create a gap in the timeline to place new content, position the scrubber where you wish the gap to occur, then grab the handle at the bottom of the scrubber and move it to the right. If the scrubber intersects a clip, it splits the clip in two.

To quickly close a gap, drag the handle to the left. This does not join clips which have been split. If clips overlap while closing the gap, this forms a transition.

You can also right-click (or CTRL-click) in the empty space and choose Close Gap.

In and Out Points

You can select a range across tracks to take action specific to this part of the timeline. This range is set by applying an in point and an out point.

Figure 20. Mark In and out points on your timeline



Position the scrubber and press the I-key to set an in point or the O-key to set an out point. Shift-click on the timeline scale to set in and out points relative to the position of the scrubber.

When you create an in point without an out point, ScreenFlow automatically sets the out point to the end of the last clip in the timeline. When you create an out point without an in point, ScreenFlow automatically sets the in point to the beginning of the timeline.

In and out points can be used to delete entire sections of your timeline, using [Ripple Delete \(Command-Backspace\) \(87\)](#). You can also export the in/out range using [Export \(Command-E\) \(82\)](#) if you do not want to export your entire project.



Changing Speed

Hold the OPT key and move your cursor to the edge of the clip. The cursor then displays a clock icon indicating that you are about to change the speed variable on the clip. Move the edge of the clip inward to speed the clip and outward to slow the clip. This clip is marked with a turtle or rabbit icon to indicate whether the clip speed was decreased or increased.

Figure 21. Speed change icons



This option is useful for quickly moving past a process that does not need to be shown in detail or slowing a quick processes which should be viewed in greater detail.

Grouping

Select multiple clips and go to Edit > Group to link them to one another. This allows you to move the clips together as a single element. This can be useful if you have a sequence of clips arranged that you do not wish to alter. Go to Edit > Ungroup to remove the grouping.

Locking

Select a clip and go to Edit > Lock Clip to lock the clip on the timeline. This clip is dimmed and cannot be selected or moved. This can be useful if you have a clip or clips placed exactly where you want and do not wish to alter it. Go to Edit > Unlock Clip to remove the lock.

Figure 22. Locked and unlocked clips



Freeze Frame

If you want to pause on a single frame of video while editing, select the clip and move the scrubber to the frame that you would like to pause. Go to Edit > Add Freeze Frame to create a still image of the current frame of video. This splits the video and adds a two second freeze frame within the split. The duration of the freeze frame can be set by expanding or contracting the clip.

Figure 23. Freeze frame



Markers

Markers are placed on your timeline to identify a particular time mark on your screencast. Move the scrubber to the desired location then go to Edit > Markers > Add to generate a marker. This creates a dialog allowing you to name the marker. Go to Window > Markers to view a list of markers and quickly move to their location. You may export marker locations as chapters in supported formats.

For more information, see [Add Chapter Track from Markers \(54\)](#).

Clip Contact Menu

Right-click (or Control-click) on a clip in the timeline to show the clip contact menu.

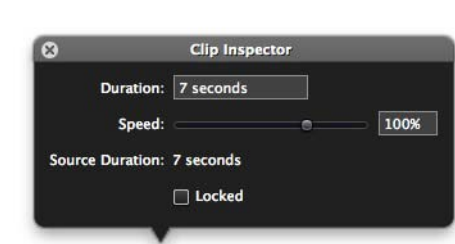
Figure 24. Clip contact menu



This menu represents numerous menu options detailed in the [Edit Menu \(83\)](#). Detailed below are options only available through this menu.

Show Clip Inspector. Select to open the Clip Inspector window.

Figure 25. Clip Inspector



Here you can change the duration or speed of a clip as well as lock it from further editing.

Rename Clip. Select to rename the clip in the timeline. The new name only effects this specific clip and does not change the name of the source in the media library. You can also change the name by double-clicking the name of the clip on the clip itself.

Track Selection. Use the All Clips option to select all clips on this track. Use the All Clips after current Clip option to select all clips following the selected clip on this track.



TRANSITIONS

Transitions are applied to clips to create a smooth progression into, out of, and between clips.

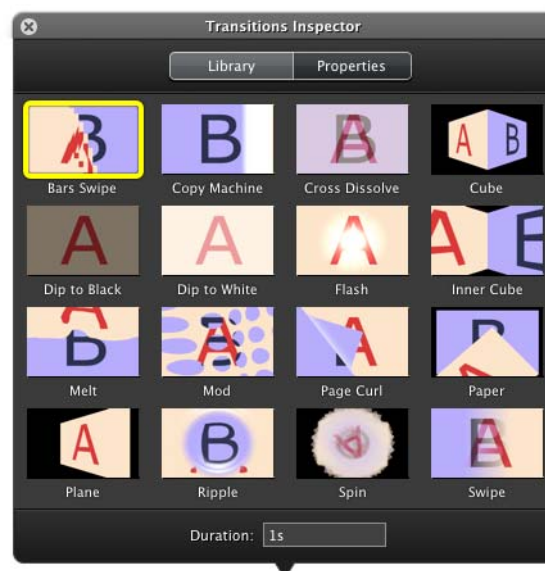
Adding transitions

Select a clip and go to Edit > Add Starting Transition to add a transition to the front of the clip or Edit > Add Ending Transition to add a transition to the end of the clip. The default duration of a transition is one second. You can expand or contract the duration of the transition by moving the thin line on the inside portion of the transition.

Transitions Inspector

Double-click the transition icon to bring up the Transitions Inspector. Here you may choose from between sixteen different transition types and set the duration of the transition in seconds.

Figure 26. Transitions Inspector window



Select a transition effect then click the Properties button to alter properties specific to that transition effect.

Overlapping

Transitions between clips are easily created by dragging the one clip over another in the timeline. The section where these two clips overlap automatically creates the transition.

Audio Transitions

Transitions are applied to audio clips in the same manner as image clips, however, since there is no visual content in an audio clip, the transition only effects volume. Starting and ending transitions create a fade in/fade out effect while overlapping transitions fade from one clip to the other simultaneously.



ACTIONS

Actions are property changes used to progress the media from one state to another. Actions are placed by highlighting the clip in question, opening the property that you wish to alter, then clicking the Add Action button at the bottom of the property pane. The action is placed in relation to the position of the scrubber, but can be moved to any location on the clip. The duration of the action is changed by dragging the edge of the action to lengthen or shorten the action

Figure 27. Video Properties action



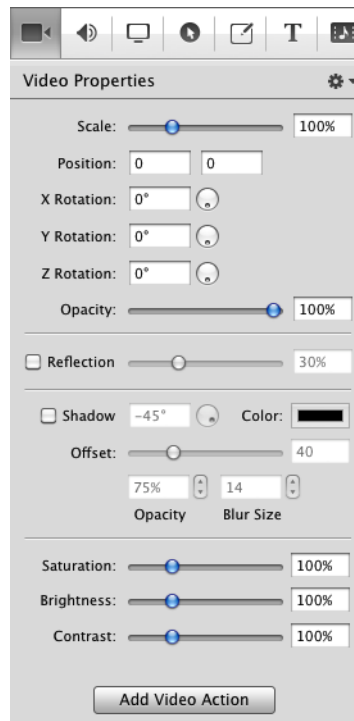
Place the scrubber before or after the action to make changes to the property relative to the action. If the scrubber is placed before the action, this sets the properties of the clip before the action. If the scrubber is placed after the action, this sets the properties of the clip after the action.



VIDEO PROPERTIES

Video properties can be used to make changes to any recorded or imported video or image file. This includes the display and camera recordings.

Figure 28. Video Properties



Scale

Scale is used to change the size of a video or image. This is useful for highlighting a particular portion of the screen or with a video action to create a zoom effect.

Use the slider or enter a percentage value to change the scale of your image.

Position

Position represents the location of your video or image on the canvas. The exact location is based on the position of the upper left corner of your image. If the image is in the upper left corner of the canvas, the location is zero on both the X and Y axis. Values in the position field are represented in pixels.

You can reposition the image by dragging the image on the canvas, nudging the image with the arrow keys, or entering a numerical value in the position fields.



X/Y/Z Rotation

The rotation options enable the user to rotate a two dimensional image in a virtual three dimensional space. Values in the rotation field represent degrees.

X Rotation rotates the image along a fixed horizontal axis. Y Rotation rotates the image along a fixed vertical axis. Z Rotation spins the image along a fixed depth axis.

Opacity

Opacity is the degree to which the image is translucent. The greater the value, the more opaque the image. If the value is set to zero, the image is invisible.

This may be used with a video action to fade an image in or out. It is particularly useful if you would like to periodically display your camera recording.

Reflection

Reflection creates a mirror image of the selected object below the object itself. The slider represents the opacity of the reflection with 0% being invisible and 100% being entirely opaque.

Shadow

This option is used to create a shadow effect behind a still image. If you image uses a transparency, the shadow only reflects the non-transparent part of your image.

Angle. The value immediately to the right of Shadow represents the angle of the shadow relative to the image and is represented in degrees. The default is -45 degrees.

Color. The color field allows you to select the color of the shadow. The default option is black.

Offset. Offset determines the distance between the shadow and the object. This value is represented in pixels. The default is 40.

Opacity. This represents the opacity of the shadow with 0% being invisible and 100% being entirely opaque. The default is 75%.

Blur size. This represents a gradual loss in opacity as the shadow spreads from the center. The default value is 4.

Saturation

Saturation is the intensity of a color relative to its brightness. This value is represented as a percentage and may be set between 0 and 400. The default is 100%.

Brightness

Brightness is the degree of luminosity present in the image. This value is represented as a percentage and may be set between 0 and 400. The default is 100%.

Contrast

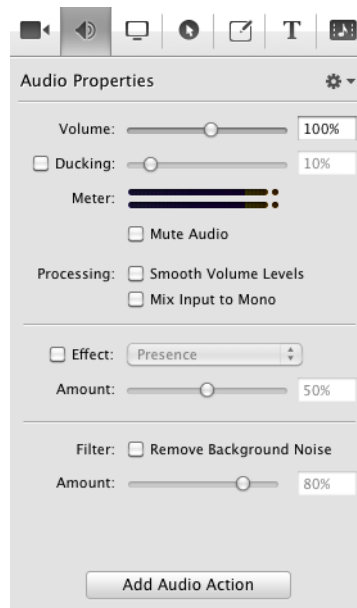
Contrast is the relative intensity of the black and white values in an image. A high contrast has a greater intensity of black and white values. This value is represented as a percentage and may be set between 0 and 400. The default is 100%.



AUDIO PROPERTIES

Audio properties are used to change audio clips in your timeline. It may be applied on any clip which contains audio, including clips with both video and audio content.

Figure 29. Audio Properties



Any clip which uses audio content displays with a waveform. This waveform adjusts to reflect any volume changes.

Figure 30. Audio clip in timeline



This image shows an audio clip with an audio action set to increase volume. Notice how the waveform changes due to the action.

Volume

Use the slider or enter a percentage value to change the audio on a clip. This can be used with an action to gradually change the audio level as shown in the image above.

Ducking

Audio ducking is used to automatically adjust volume levels on overlapping audio clips. When applied to a clip, all overlapping audio is muted to draw attention to the audio in this clip. The amount of audio reduction is determined by a percentage value which can be adjusted using the slider. This is useful when using background music with narration.



Mute Audio

This is used to mute an audio clip.

Mix Input to Mono

This feature mixes multichannel audio into a single mono channel.

Processing: Smooth Volume Levels

Select this option to normalize and smooth out volume peaks while increasing quieter elements so that the audio has a more consistent volume.

Effect

This option applies different audio effects to the audio clip. The Amount slider determines the degree by which this effect alters the original audio.

Filter: Remove Background Noise

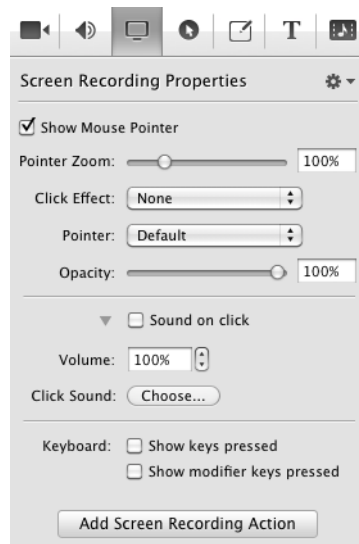
Use to reduce the audio volume of incidental background noise, which typically results in a clearer audio track. The Amount slider determines the sensitivity of the filter.



SCREEN RECORDING PROPERTIES

Screen recording properties are effects that are specific to demonstrations using the mouse and keyboard. They can only be applied to screen recordings.

Figure 31. Screen Recording Properties



Pointer Zoom

Often it can be difficult to see the mouse in a screencast, particularly if the video has been significantly resized. Increasing the pointer zoom value makes the mouse cursor larger and easier for the viewer to follow.

Click Effect

This feature is used to make a visual effect when you click your mouse. Select Radar to project a red circle with each click or Invert to change the cursor from black to white with each click.

Pointer

This option allows you to change the pointer image. Click Choose Image to replace the pointer image with any custom image.

Opacity

This represents the opacity of the pointer with 0% being invisible and 100% being entirely opaque. This may be used with an action to fade the pointer in or out.

Sound on click

Select this option to generate a click sound when the mouse button is pressed.

Volume. This option changes the volume level of the mouse click sound. This field accepts values from zero to 5,000%.

Click Sound. Use this option to play a unique sound file every time the mouse is clicked.



**Show keys
pressed**

Select this option to display the text you were typing while recording.

**Show modifier
keys pressed.**

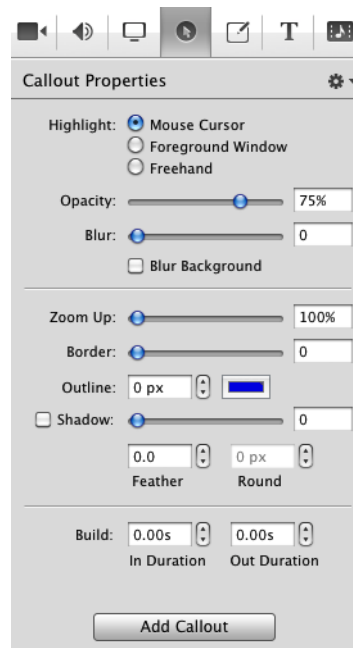
Select this option to display modifiers used in hotkey commands, F1 through F12, and the arrow keys.



CALLOUT PROPERTIES

Callout properties are used to highlight a specific portion of the screen. They can only be applied to screen recordings. Unlike the previous properties, Callout properties must be used with an action.

Figure 32. Callout Properties



Highlight

Callouts highlight an area of the recording in three different ways. Mouse Cursor highlights a circular space around the mouse cursor. Foreground Window highlights any window which is currently active. Freehand allows you to draw the area you wish to highlight.

Opacity

The opacity slider controls the opacity of the space outside the callout. A low value makes the surrounding area opaque while a high value makes the surrounding area invisible.

Blur

This option blurs the content within the callout area. Use the slider to change the degree of the blur effect.

Blur Background

Click to blur the area outside of the callout.

Zoom Up

This option magnifies the area inside the callout.

Border

This option increases the size of the callout to draw attention to a larger area. This feature is not available with Freehand callouts.



Outline

Adds an outline to the callout area. Use the field to enter the width of the outline in pixels. This field accepts values ranging from 0 to 200.

Click the color box to change the color of the outline.

Shadow

Select this option to add a shadow behind the callout.

The slider represents a gradual loss in opacity as the shadow spreads from the center. The value range for this option is 0-60.

Feather

This option blends the border of the callout to create a smooth transition between the callout area and the surrounding space. The value range for this option is 0-20.

Round

This option applies to Foreground callouts only. This rounds off the edges of the callout to create a more gentle appearance. The value range for this option is 0-200.

Build

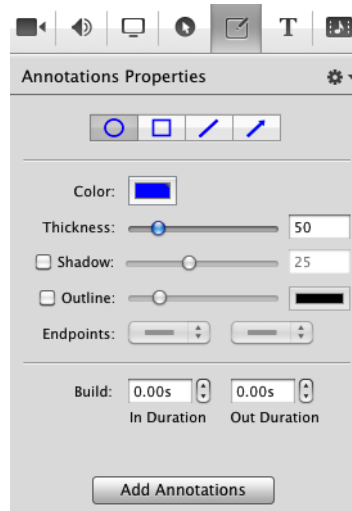
This option sets the transition time of the callout. Duration In determines the amount of build-in time to reach the full effect of the callout while Duration Out determines the amount of build-out time to return to normal. The value of these fields is in seconds.



ANNOTATIONS PROPERTIES

Annotations are used for drawing simple shapes in your screencast. Annotations operate as their own separate clip element in the timeline and behave like an image element on the canvas. This allows you to apply video properties and transitions to an annotations clip.

Figure 33. Annotations Properties



When you first create an annotation clip, you are given the option to draw on the canvas. You can draw multiple shapes under the same annotation clip and format these shapes individually, however any action applied to this clip will apply to all shapes within the clip.

Shapes

Annotations are available in four shapes: circle, square, line, and arrow.

Color

This field changes the color, brightness, and opacity of the annotation.

Thickness

Determines the annotation line thickness. The value for this field is represented in pixels and may be set from 2 to 300. The default is 50.

Shadow

Applies a shadow to your annotation. The slider represents a gradual loss in opacity as the shadow spreads from the center. The value for this field is represented in pixels and may be set from 1 to 60. The default is 25.

Outline

Applies an outline to the lines of the annotation. The slider represents the thickness of the outline. The color is set by clicking the color field.

Endpoints

Applies a particular shape to the end of a line segment. The first and second field represent the starting and finishing point of the line segment respectively. Available shapes include none, arrow, circle, diamond, and tapered. This option cannot be applied to circles or squares.



TEXT PROPERTIES

This feature is for applying blocks of text to your screencast. Text boxes operate as their own separate clip element in the timeline and behave like an image element on the canvas. This allows you to apply video properties and transitions to a text box.

Figure 34. Text Box on canvas



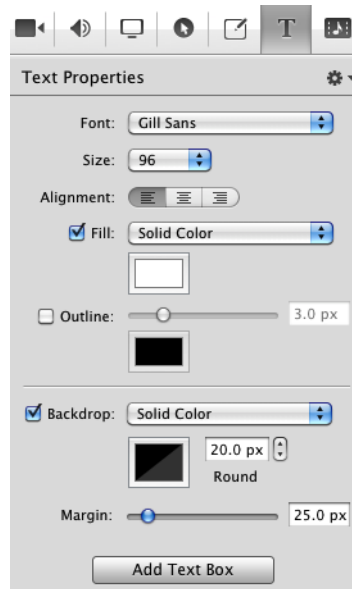
Click the Add Text Box button to add a text box to your timeline. This appears on the top track of your timeline in the center with a duration of five seconds and the word “Text” on display. If there is no room to place this box, another track is added to the top of your timeline.

Figure 35. Text Clip on timeline



When you enter text in the text box, the name of the clip is changed in the timeline to reflect this content.

Figure 36. Text Properties



Font

Select this menu to choose from the list of fonts supported by your system. Font changes may be applied to the entire text box or a range of characters inside the box.

Size

Select this menu to choose the size of your text. Sizes are represented in pixels and range from 9 to 288. Sizes may be applied to the entire text box or a range of characters inside the box.

Use the Font Panel option to enter a custom size.

Alignment

This determines the alignment of the text within the text box. Available options are align left, align right, and center.

Fill

This determines the color of the text within the text box. Color changes may be applied to the entire text box or a range of characters inside the box.

Deselect the checkbox to remove the fill. This can be used with Outline to create characters which are transparent.

The menu allows you to choose between a solid color, image, or gradient. Applying an image uses the color patterns represented in the image to fill the text.

The color field below allows you to choose the color used in your text.

Outline

This applies an outline to the text in the text block.

Use the slider to set the width of the outline. The value is represented in pixels and may be set from 0 to 15.

The color field sets the color of the outline.

Backdrop

This sets the text box background. Click the check box to remove the backdrop.

Select the menu to choose between solid color or image.

Solid Color. Select the color field to set color and opacity.

Use the round field to smooth the edge of the text box. The value is represented in pixels and the range for this field is 0 to 100. The default value is 20.

Image. Choose this option to insert an image into the background.

Select the menu below to choose how the image fills the background space. These options include Scale To Fit, Scale To Fill, Tile, Original Size, and Stretch.

Margin. Use the slider to change the size of the margin in the backdrop. The value is in pixels and ranged from 0 to 300. The default value is 25.



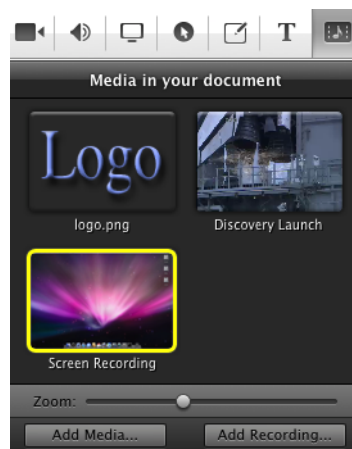
MEDIA LIBRARY

The media library stores all recorded and imported media in an unaltered state. This material may be dragged to your timeline or canvas for editing. Dragging the content to the canvas or timeline more than once duplicates the content.

You can also import media by dragging the media from Finder to your media library or export media by dragging the media from your media library to your desktop.

Media created by ScreenFlow is contained in the .scc format. This is a proprietary format which can only be accessed by ScreenFlow.

Figure 37. Media Library



Rename

You can rename your media by highlighting the media, then clicking on the name below. This renames all associated clips on the timeline unless they have already been given a custom name.

Zoom

Use the Zoom slider at the bottom of this frame to change the display size of the media. This is useful for organizing your media.

Add Media

Click to browse your hard drive for media to import into your ScreenFlow project. This may include video files, audio files, or still images.

Add Recording

Click to create a new ScreenFlow recording. For more information, see [Adding A Recording \(23\)](#).

Media Contact Menu

Right-click (or Control-click) your media to open the contact menu.

Preview Source. Select to preview video, audio, or still image elements stored in the media library.

Add to Timeline at Playhead. Select to add your media to the timeline beginning at the scrubber.

Delete Media. Removes the media from your project. If the media is present on the timeline, it is removed following a confirmation prompt.





CHAPTER 5

Exporting Presentations

When you are done editing your screencast, the third and final task is to convert it to a standard video format for distribution or use in other programs. If you intend to use your screencast in another application, check the application documents to see which formats it supports.

ScreenFlow has two primary means of converting projects to video. You may use the Export options to create standard video files or use the Publish options for publishing your videos online.

Topics

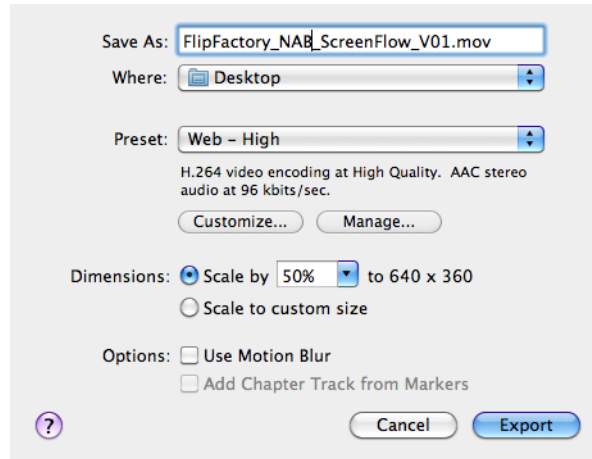
- [Export \(52\)](#)
- [Customize Settings \(56\)](#)
- [Publish to YouTube \(60\)](#)
- [Publish to Vimeo \(62\)](#)
- [Publish to Flash \(65\)](#)



EXPORT

The export feature produces standard video files for distribution or use in other applications. This menu is accessible from File > Export. If you have [In and Out Points \(33\)](#) set on your timeline, this option is rewritten as Export Selected Range.

Figure 38. Export settings window



Save As

Enter the name of your screencast here. The default name is the same as your project name. The file extension is applied automatically based on your choice of preset.

Where

Select to determine the location of your video upon completion of export.

Preset

Export presets are settings designed for both general and specific use. These settings are designed based on the most common needs of the user.

Web - High | Web - High (Multi-pass). This is the default export option which encodes using the H.264 codec. It was chosen as the default codec based on balancing the demands of image quality and file size.

Web - Low | Web - Low (Multi-pass). This is an export option similar to Web - High, but formatted for a low bandwidth. It plays more smoothly on slow internet connections but the image quality is not as good as Web - High.

Note: *Multi-pass is a compression method that determines how best to format the video based on predictive scanning of the source content. This increases encoding time, but may improve image quality and decrease file size.*

Lossless. This is an uncompressed export format ideal for additional editing. This format has the highest quality image but also the largest file



size. When exported at 100%, the image quality is identical to the original recording.

iPad / iPhone / Apple TV / iPod. These export options are formatted based on the recommended video specifications for these devices. They cannot be altered.

Windows Media. This option exports a video in the WMV format. This is a popular format for Windows users. This option uses a QuickTime plugin called Flip4Mac which must be licensed separately.

Make Settings Default. Select this option to enable your current setting as the default export setting.

Customize

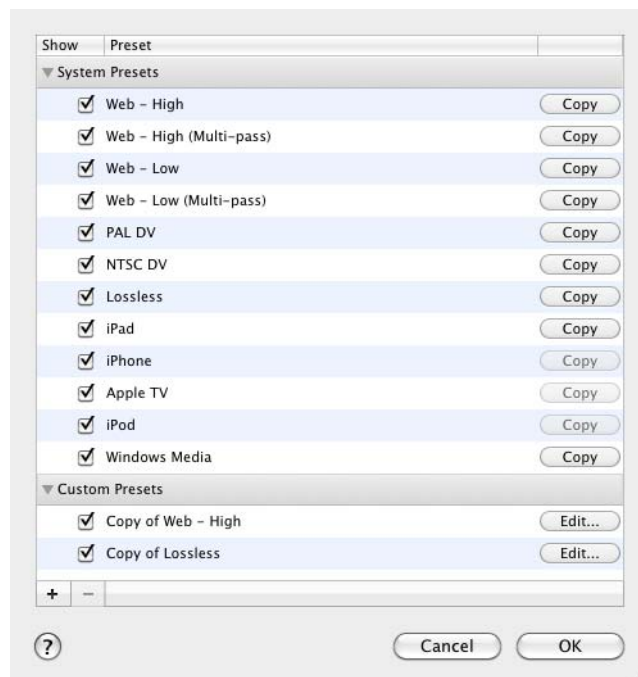
Click this button to make changes to your video and audio encoding options. This option uses the standard QuickTime video compression settings to customize your video with the exception of Windows Media which uses the Flip4Mac video compression settings.

For more information, see [Customize Settings \(56\)](#).

Manage

Click this button to manage your available export presets.

Figure 39. Manage Presets window



Click the check box to the left of the preset to hide it. Click the Copy button to the right of the preset to generate a custom preset copy.

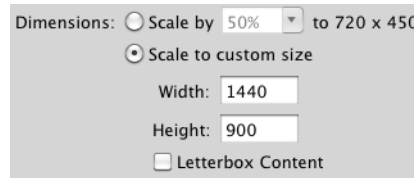
Custom presets are displayed below. The custom preset name may be changed by double-clicking the name field. Click the Edit button to customize your preset.



Dimensions

These options are used to set the dimensions of your video export. You should not set a size larger than your canvas size. This does not improve image quality.

Figure 40. Dimensions: Scale to custom size settings



Scale by. Use this option to scale your project by a percentage value. This is an easy way to shrink your screencast while maintaining the aspect ratio.

Scale to custom size. Use this option to set the exact width and height of your exported video. Click the Letterbox Content box to add letterboxing to your export.

Use Motion Blur

This option uses a blurring algorithm to blend object movement smoothly into the video. This is useful if you are using video properties effects to move objects on the canvas.

This option increases encoding time so it should only be used if objects are not moving smoothly in your exported video.

Add Chapter Track from Markers

Use this option to add chapter markers to your exported video based on the location and names of the markers in your screencast.

Presets which do not support chapter markers include iPad, iPhone, Apple TV, iPod, and Windows Media.

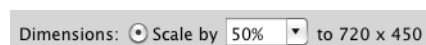
Note: *QuickTime X and VLC require a chapter marker on the first frame of your project or it will move the chapter markers from their intended locations. Be sure to set a chapter marker at the very beginning of your project to prevent this.*

Resulting Video File Size

Screencast are very large . Your screencast is usually much larger than the video you wish to produce. For example, if your original screen size was 1280 x 800 pixels, you probably do not want to create a video of that size. This would result in a large file size, and if you were to post it on a website, many users would not be able to view it.

Reducing the size of the resulting video . To preserve the aspect ratio of your screencast, use the Dimensions options. For general purposes, you may wish to reduce the dimensions by 50%.

Figure 41. Dimensions: Scale by setting



Reduce the Frame Rate - Frames Per Second (FPS) . The National Television System Committee video standard (NTSC) is defined with a frame rate of 30 FPS. This is the standard for videos produced in North America. However, this standard is based on creating a smooth representation of motion in the real world and may not be necessary for your screencast.

If you ask the codec to generate 30 frames per second, the output will be smooth, but take up twice as much space as a 15 FPS recording. You may find that a 10 FPS or 15 FPS recording is very acceptable for your needs. Changing the frame rate can drastically reduce the size of the resulting video file.

You should play with the output settings to get a feel for what frame rate works best for you.

You can reduce the frame rate by pressing the Customize button in the Export dialog, then press Settings in the Video area. Most codecs offer an FPS or Frame Rate setting.



CUSTOMIZE SETTINGS

After selecting a preset, click the Customize button to modify it. This presents the QuickTime compression settings window. This is the standard window for all programs which use QuickTime to compress video.

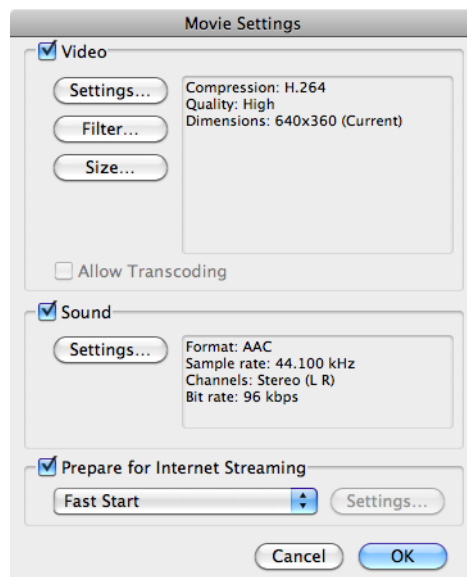
If you are customizing the Windows Media preset, you are presented with the Flip4Mac compression settings window.

You can also access this window by creating a custom preset using Manage > Edit.

QuickTime Customization

Unless you are using the Windows Media preset, ScreenFlow displays the standard QuickTime compression settings window. This window is used by most programs which access QuickTime to compress video.

Figure 42. QuickTime compression window



Video. Uncheck only if you want your export not to contain video content.

Settings. Click Settings to change the video codec and its settings. Each codec has its own set of options controlling frame rate, bit rate, quality, etc.

Filter. Check to add effects such as Sharpen, Sepia, Gamma (Adjust) and others. Using filters increases the time it takes for ScreenFlow to render the video file.

Size. Check to specify the frame size directly in the codec.

Although you can configure the size directly in the codec, Telestream recommends that you retain the default setting (Current). Instead, specify the frame size in [Dimensions \(54\)](#) to modify the resulting size of the movie.



Resizing increases the time it takes for ScreenFlow to render the video file.

Sound. Uncheck only if want your export not to contain audio content.

Settings. Pressing this button allows you to change the audio codec and its various settings. Each codec has its own set of options, controlling frame rate, bit rate, quality, etc.

Prepare for Internet Streaming. There are several ways you can export your movie for use on the internet:

Fast Start Allows your movie to begin playing before the movie has finished downloading. This is the default option.

Fast Start—Compressed Header Same as the Fast Start option, but compresses the header of the file.

Some older versions of QuickTime do not support this option, and therefore some users may not be able to view this format.

Hinted Streaming Use this option if the video will be hosted on a QuickTime Streaming Server (QTSS). This option adds “hint tracks” which allow QTSS to stream the movie.



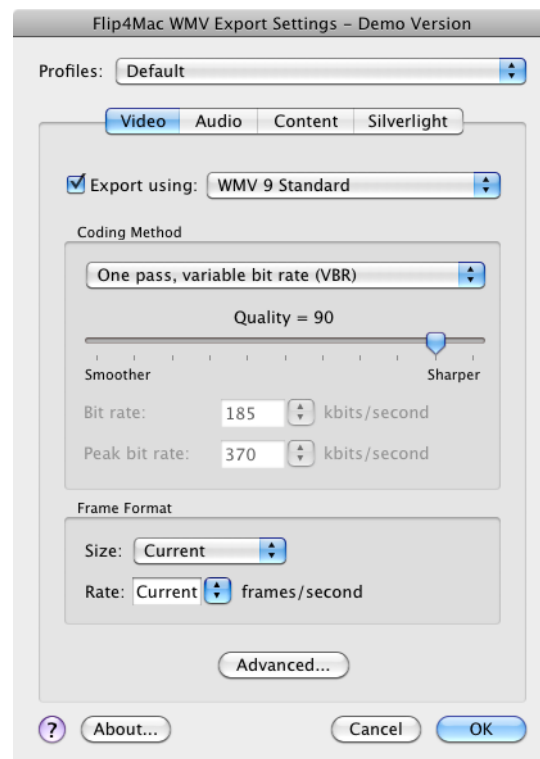
Flip4Mac Customization

For Windows Media exports, ScreenFlow uses the Flip4Mac plugin for QuickTime. This plugin must be licensed separately for full functionality. If Flip4Mac is not licensed, it functions in demo mode to provide a sample of its capabilities.

To export a full length Windows Media file, Flip4Mac requires a minimum upgrade of Flip4Mac WMV Studio. Customization beyond the preset profiles requires a minimum upgrade of Flip4Mac WMV Studio Pro.

For more information, see [Flip4Mac](#) on the [Telestream](#) Web page.

Figure 43. Flip4Mac compression window



Profiles. This menu features a list of preset encoding options for Windows Media.

Video. The video tab customizes the video content in your export.

Export Using Choose between WMV 9 Standard or Advanced (VC-1)

Coding Method Choose between one-pass or two-pass encoding and constant bit rate or variable bit rate. Two-pass encoding requires Flip4Mac WMV Studio Pro HD.

Quality Move the slider to set the quality value of the encoded video as it relates to smoothness versus sharpness.

Bit rate Set to determine the average bit rate of your video. This applies a baseline for the amount of data to be processed per second while playing your video. A high bit rate allows more complex information which may



increase quality while a low bit rate limits the amount of data, which reduces file size and plays more smoothly on a low bandwidth selection.

Peak bit rate Set to determine the maximum bit rate when using the VBR Constrained option.

Size Set to determine the resolution of your encoding. Available frame sizes are dependent on your Flip4Mac license.

Although you can configure the size directly in the codec, Telestream recommends that you retain the default setting (Current). Instead, specify the size in [Dimensions \(54\)](#) to modify the resulting size of the movie.

If you set a frame size which is not supported by your Flip4Mac license, the plugin defaults to the closest available frame size.

For more information, see [Flip4Mac technical specifications](#).

Rate Choose to select the frame rate of your video. Frame rate standards are 30 (NTSC) and 25 (PAL), however for screencasts, you may be able to use an exceptionally low frame rate without noticing a loss of quality.

Advanced This section features advanced encoding techniques including complexity, profile, key frame distance, B-frame distance, buffer delay, and interlacing options.

Audio. The audio tab is used to customize the audio content in your export.

Export Using Choose between WMV 9 Standard, Professional, or Lossless

Coding Method Choose between one-pass or two-pass encoding, constant bit rate or variable bit rate, mono or stereo, and various sample rates.

Advanced Set buffer delay.

Content. This tab is used to set the metadata on your Windows Media file including title, author, description, copyright, and rating.

Silverlight. This tab is for encoding your Windows Media file for use with Microsoft's Silverlight player. Here you may select from various player skins to customize your video presentation.



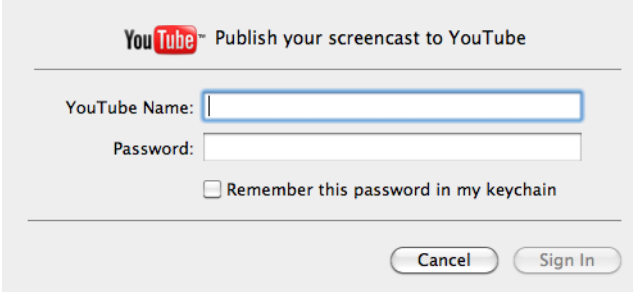
PUBLISH TO YOUTUBE

If you have a YouTube account, ScreenFlow enables you to publish your screencasts directly to YouTube.

Logging In

Select File > Publish to YouTube to access the login window

Figure 44. YouTube Account Login window



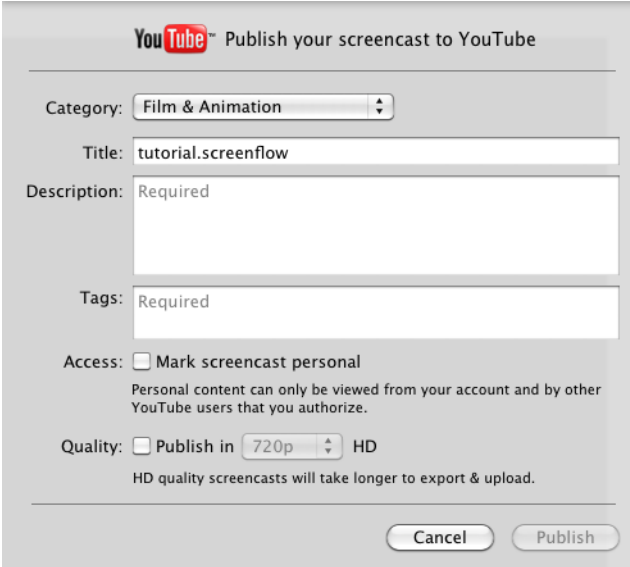
The login window has a title bar with the YouTube logo and the text "Publish your screencast to YouTube". Below the title bar, there are two text input fields: "YouTube Name:" and "Password:". Below the password field is a checkbox labeled "Remember this password in my keychain". At the bottom right, there are two buttons: "Cancel" and "Sign In".

Enter your YouTube Name and Password to access your account. Select the check box to retain your login information for future uploads.

Upon clicking the Sign In button, ScreenFlow displays a dialog for you to details about your screencast:

Settings

Figure 45. YouTube details window



The details window has a title bar with the YouTube logo and the text "Publish your screencast to YouTube". Below the title bar, there are several fields and options: a "Category:" dropdown menu set to "Film & Animation"; a "Title:" text field containing "tutorial.screenflow"; a "Description:" text area with a "Required" label; a "Tags:" text area with a "Required" label; an "Access:" section with a checkbox "Mark screencast personal" and a note "Personal content can only be viewed from your account and by other YouTube users that you authorize."; and a "Quality:" section with a checkbox "Publish in" and a dropdown menu set to "720p" with "HD" next to it, and a note "HD quality screencasts will take longer to export & upload.". At the bottom right, there are two buttons: "Cancel" and "Publish".

Note: All fields must be completed to activate the Publish button.

Category. Select the category of your screencast from the options in the dropdown menu.



Title. Enter the title for your screencast. By default, this field uses your project name.

Description. Enter a description for your screencast.

Tags. Enter keywords to describe your screencast. When YouTube users search for these words, your video is included in the search results.

Access. Check to mark your screencast as personal. Personal content can only be viewed from your account and other YouTube users that you authorize.

Quality. Select this option to publish your screencast in HD. YouTube supports both 720p and 1080p for upload. If this option is not checked, the resolution of the video is set to 360p.

Publish. Click Publish to export and upload your screencast.

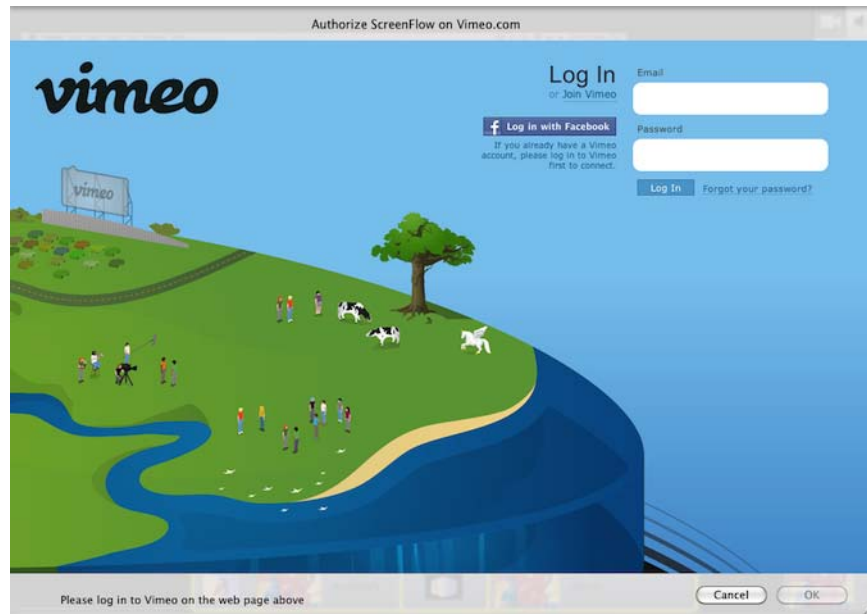
ScreenFlow displays a progress bar to indicate encoding and upload progress. Click Cancel at any time to abort the encode/upload process.



PUBLISH TO VIMEO

ScreenFlow also includes the option to publish directly to the video hosting site Vimeo. If you do not have a Vimeo account, you are prompted to create one.

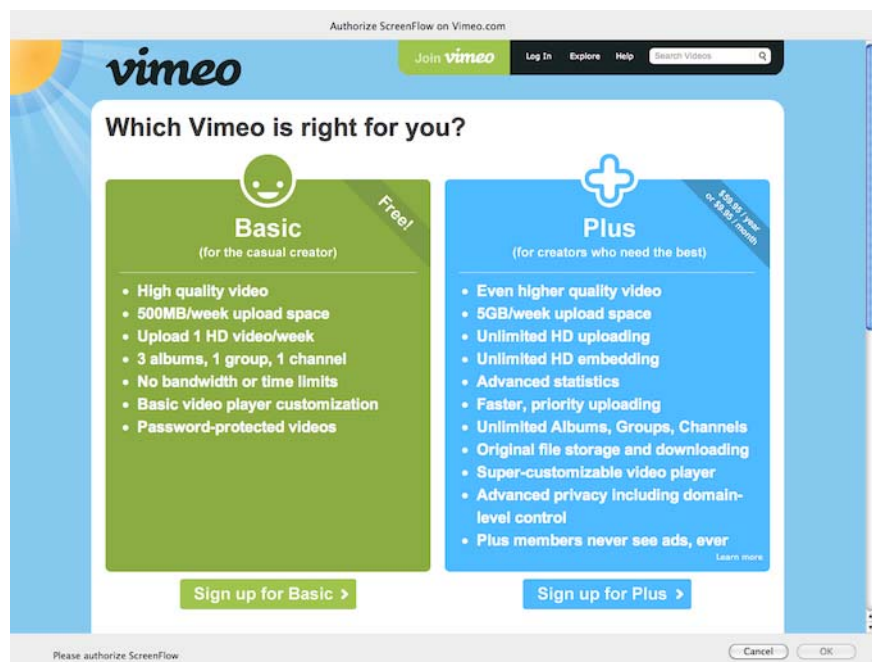
Figure 46. Vimeo Log In window



Setting up your account

Click the Join Vimeo button to create a Vimeo account. Choose Basic or Plus to determine the type of Vimeo account you wish to set up.

Figure 47. Vimeo Account window



After you have chosen your account preference, enter your first and last name, e-mail, and password to create your account.

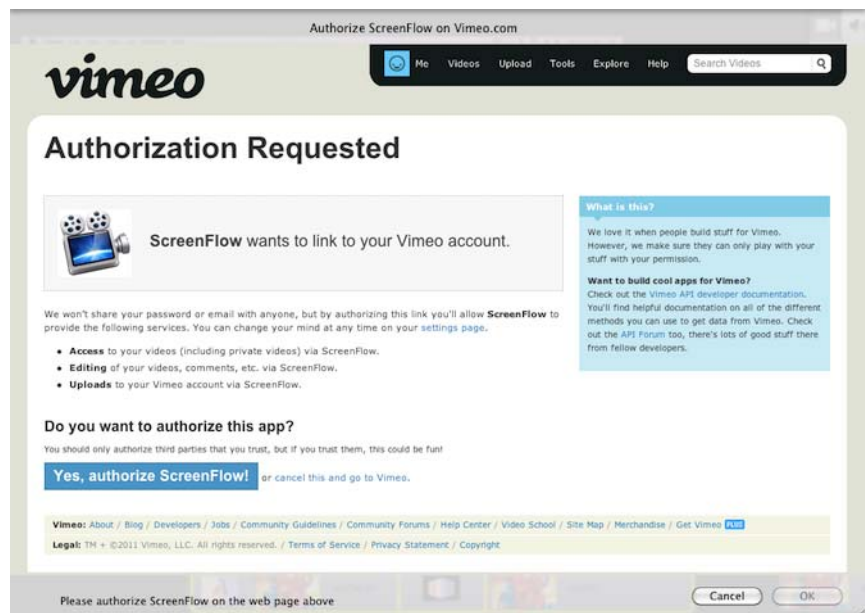
Figure 48. Join Vimeo window



After your account has been created, you must authorize ScreenFlow to publish directly to your account.

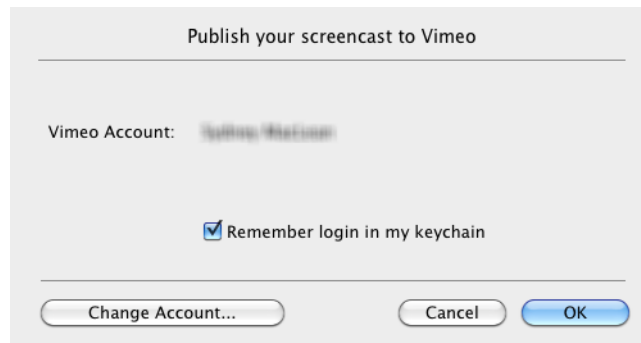
After accessing your account, Vimeo prompts you to authorize the application to upload directly to your Vimeo account. Click “Yes, authorize ScreenFlow!” to enable Vimeo uploads.

Figure 49. Vimeo Authorization window



Verify account

Figure 50. Vimeo Account Verification window



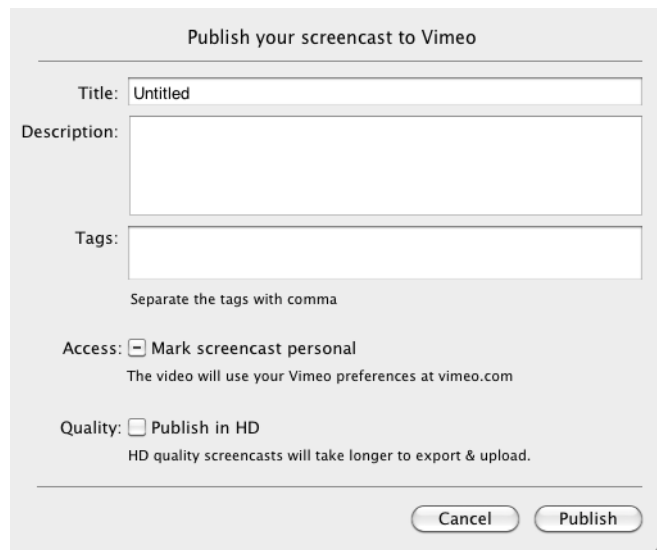
Vimeo Account. This displays your currently accessed Vimeo account.

Remember login in my keychain. Select this option to retain your account information when uploading to Vimeo.

Change Account. Click this button to access a different Vimeo account.

Settings

Figure 51. Vimeo Settings window



Title. Enter the title for your screencast. Default uses your project name.

Description. Enter a description for your screencast.

Tags. Enter keywords to describe your screencast. When Vimeo users search for these words, your video is included in the search results.

Access. Check to mark your screencast as personal for authorized viewing only. The default option uses your Vimeo preferences.

Quality. Select this option to publish your screencast in HD. Maximum resolution is 640x480, if unchecked, and 1280x720, if checked.

Publish. Click Publish to export and upload your screencast.

ScreenFlow displays a progress bar to indicate encoding and upload progress. Click Cancel at any time to abort the encode/upload process.



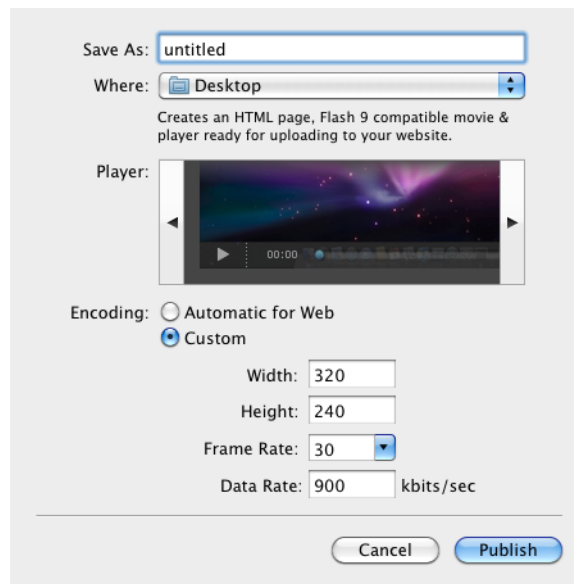
PUBLISH TO FLASH

This feature enables the user to save their screencast in the F4V Flash format. This is a highly compressed format most suitable for internet publication.

This feature produces both a Flash video and the necessary components for hosting the video on your website.

After selecting the Publish to Flash option, you are presented with a settings dialog.

Figure 52. Flash settings window



Save As

Enter the name of your screencast here. The default name is the same as your project name. The file extension is applied automatically based on your choice of preset.

Where

Select to determine the location of your video after encoding.

Player

Choose between three standard Flash player skins to determine how the video controls are presented on your web site.

Encoding: Automatic for Web

Select this option to use the automatic Flash presets. This formats the video as 320 x 240, 30 FPS, and 900 Kbps.

Encoding: Custom

Width. This field determines the width of your video in pixels.

Height. This field determines the height of your video in pixels.



Frame Rate. This field determines the number of frames in your video per second. The North American NTSC standard is 29.97 (often rounded up to 30) while the European PAL standard is 25. The range for this field is 1-100.

Data Rate. Data rate sets the amount of information required to process the video per second. Setting a low data rate is ideal for streaming with slow internet connections, but a low data rate may impair image quality. An acceptable data rate depends on the content of the video and user preference. The range for this field is 10 to 10,000.

Contents of Flash folder

This feature produces a Flash folder consisting of:

- index.html, an HTML page containing a player showing movie.f4v. You may edit this file to suit your design requirements, or use it as a template for incorporating the video in a different Web page.
- movie.f4v, the screencast published in Flash
- player.swf, the player itself
- a /com directory containing the skin for the player
- README.txt.

How to Publish

If you have a web server on the same machine as ScreenFlow, you can place the output directory in (a subdirectory of) /Library/WebServer/Documents/ and have your video immediately accessible to the world.

Example: If you have placed your output in /Library/WebServer/Documents/prettyvideo/ on webserver.comp.com, opening <http://webserver.comp.com/prettyvideo/> in a web browser will show your video.



CHAPTER 6

Preferences

Topics

ScreenFlow Preferences contains many options for customizing the application to suit your specific needs.

- [General \(68\)](#)
- [Timeline \(69\)](#)
- [Advanced \(70\)](#)
- [Licenses \(71\)](#)



GENERAL

The General pane features customizable options for various functions of the program.

Figure 53. Preferences General pane



Settings

Show ScreenFlow options in menu bar. Click this option to toggle the [ScreenFlow Helper \(22\)](#) menu on or off.

Countdown for [x] secs before recording. Use this option to set the countdown time between zero and ten seconds. Deselecting this option results in a countdown time of zero. The default value is 5.

Startup

Launch ScreenFlow Helper at user login. Select this option to have ScreenFlow Helper active and available the moment you open your computer. This allows you to access ScreenFlow's recording features prior to launching the program.

Auto Update

Check for ScreenFlow updates at launch. Select this option to check for periodic software updates when the application is launched. If a new version is available, you are given the option to update.

Note: *This option is not available to users who purchased from the Mac App Store. The App Store has its own updating procedure.*

Recording Hotkey

Use this field to set a recording hotkey command. Default is Shift-Command-2. Be careful to choose a hotkey which is not already in use by any application you are demonstrating.

Pause Hotkey

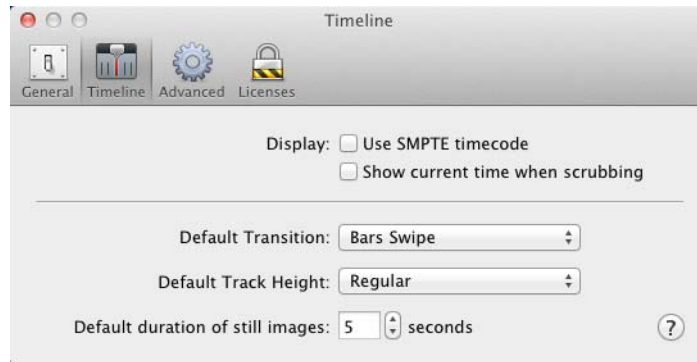
Use this field to set a pause hotkey command. Be careful to choose a hotkey which is not already in use by any application you are demonstrating.



TIMELINE

The Timeline pane is used to set default preferences for common workflows in the timeline.

Figure 54. Preferences Timeline pane



Display

Use SMPTE timecode. Use this option to display the timeline scale as SMPTE timecode (e.g. HH:MM:SS:FF or Hour:Minute:Second:Frame). If this option is not set, the scale uses a more informal method of displaying time markers (i.e. 1h2m30s).

Show current time when scrubbing. Select to display exact time when moving the scrubber across the timeline.

Default Transition

Choose the default effect used when generating a transition. ScreenFlow includes sixteen different transition effects. The default setting is Bars Swipe.

Default Track Height

Choose to set the default track height for tracks on the timeline. This effects how much vertical space is used in the timeline when creating a project. If you are using many tracks, you may want to set this to small. The default setting is Regular.

Default duration of still images

Use this option to set the default temporal length of a still image when placed on the timeline. This may be set anywhere from one-tenth of a second (or 3 frames) to 50 seconds. The default setting is 5 seconds.



ADVANCED

The Advanced pane features customizable options which relate to advanced preferences.

Figure 55. Preferences Advanced pane



Video Magnification

Choose between Smooth and Sharp to set the compression algorithm used when computing a scale effect or zoom callout. Smooth blurs color values to create a smoother transition where as Sharp does not blur color values to create more defined lines in the transition. The default setting is Smooth.

Screen Recording Compression

This setting is used to determine the method of compression used in recording the video. Adaptive uses a compression method which recognizes elements of the display which do not change thereby resulting in a smaller file size. Lossless uses an uncompressed recording method which does not record content based on changes thereby resulting in a larger file size.

The default setting is Adaptive. This setting is recommended because the Lossless setting rarely results in better quality, but always results in a larger file size.

Computer Audio

Use this button to install and uninstall ScreenFlow's computer audio driver. This driver is necessary for recording system audio.

Note: *If you purchase ScreenFlow through the App Store, this setting is not available. The computer audio driver installs automatically.*

Capture Scratch Disk

Click the Change button to set your capture scratch disk location. This determines where ScreenFlow recordings are placed as they are being created. If your recording is interrupted for any reason, you can find it in the capture scratch disk location.



LICENSES

Note: *This does not apply to users who purchased from the Mac App Store. The App Store has its own installation and licensing procedure.*

This pane is used for setting your license. ScreenFlow must be licensed to fully enable the export capabilities. If ScreenFlow is not licensed, all exports are watermarked.

The functions of this pane are locked to administrator access to prevent guests from removing your license. Click the lock at the bottom of the window to make changes.

Unlicensed

If ScreenFlow is not currently licensed, this pane displays the buttons in the manner demonstrated in the following image.

Figure 56. Preferences Licenses pane (unlicensed)



Purchase License. Click this button to purchase a ScreenFlow license from the Telestream web site. This license is automatically installed upon completion of your purchase.

Enter Serial Number. Click this button to enter a serial number which has already been issued. This field is case sensitive. All letters must be capitalized and hyphens must be included.

Deactivate Serial Number. If ScreenFlow is unlicensed, this option is dimmed and inaccessible.



Licensed

If ScreenFlow is licensed, this pane displays the buttons in the manner demonstrated in the following image.

Figure 57. Preferences Licenses pane (licensed)



Upgrade License. Click this button to upgrade your ScreenFlow license from version 1.0 or 2.0 to 3.0, thereby enabling full access to ScreenFlow 3.0. The upgrade fee depends on which license you have installed.

Change Serial Number. Click this button to license a different serial number for use with ScreenFlow.

Deactivate Serial Number. Click this button to deactivate your ScreenFlow license. This allows you to use your license on a different computer. Please allow up to 15 minutes before re-activating this serial number as it may take time to process the deactivation.



APPENDIX A

Installing ScreenFlow

Topics

This section describes how to install, upgrade, or uninstall ScreenFlow, and to install or uninstall Telestream Audio.

- [System Requirements \(74\)](#)
- [Installing ScreenFlow \(75\)](#)
- [Upgrading ScreenFlow \(76\)](#)
- [Installing Telestream Audio \(77\)](#)
- [Removing ScreenFlow from Your Computer \(78\)](#)

Note: *Be sure to review your platform requirements before installing ScreenFlow.*



SYSTEM REQUIREMENTS

- Mac OS X Snow Leopard 10.6.7 or later
- Intel-based CPU required. Core 2 Duo recommended.
- A supported programmable GPU required for certain effects & functionality

Note: *Cameras using the HDV codec are not supported.*



INSTALLING SCREENFLOW

Note: This does not apply to users who purchased from the Mac App Store. The App Store has its own installation and licensing procedure.

ScreenFlow is available from www.telestream.net as a disk image file (dmg).

When you download or open the dmg file with Safari, Mac OS X automatically mounts the disk image (if necessary) and runs the installer. When you download a dmg file using another Web browser, mount the file yourself. Then, double-click it to run the installer.

Note: You will be prompted for an administrator name and password during installation. If you do not have an administrative account, you will need to obtain one in order to continue.

Note: The installer will attempt to close QuickTime, Final Cut Pro, Episode Desktop, and Pipeline Control before installing the software. If any of these applications cannot be closed (for example, because they have an open document that hasn't been saved) installation will fail after about a minute (unless you click Save or Discard during this time to close the application).

When the installer runs, it displays the following window:

Figure 58. Installing ScreenFlow



Drag the ScreenFlow icon (right panel) onto your Applications folder to install ScreenFlow.

If a previous version is in the Applications folder, the Finder displays a Copy dialog, asking you to confirm that you wish to replace the ScreenFlow file. Click Replace to complete installation.

Close the installer – ScreenFlow is installed and ready for you to use.



UPGRADING SCREENFLOW

Note: *This does not apply to users who purchased from the Mac App Store. The App Store has its own installation and licensing procedure.*

If you currently have a license for ScreenFlow 1.0 or 2.0, this license will not work in 3.0 and you will be required to upgrade your license in order to activate ScreenFlow 3.0.

1. To upgrade your license, go to ScreenFlow > Preferences > Licenses
2. Click the Lock icon at the bottom of the panel, and enter your password to allow ScreenFlow to make changes to your license.

Note: *Your user must be an administrator. If your username is not an administrative account, you'll need to create one in order to continue.*

3. Click Upgrade License. This will redirect you to the Telestream online store where you will receive an upgraded license at a discount price.
4. Upon completing your purchase, the new license is automatically installed and activated.



INSTALLING TELESTREAM AUDIO

To capture computer audio, ScreenFlow must install the Telestream Audio driver.

The installation process will begin automatically if you attempt to record computer audio without the driver installed.

1. Go to ScreenFlow > Preferences > Advanced
2. Click the Install Driver button.
3. This will open the Install Telestream Audio dialog using the Installer application. Click Continue to proceed.
4. A message will notify you that the driver will require 172 KB of space on your hard drive. Click Install to continue.
5. You must enter your password to install the driver. Click OK to continue.

Note: *Your user must be an administrator. If your username is not an administrative account, you'll need to create one in order to continue.*

6. The Telestream Audio driver will now install. Upon completion of installation, you will be notified that installation was successful. Click Close to close this window.

Uninstalling Telestream Audio

To uninstall the audio driver, click the Uninstall Driver button. This will require you to enter an administrator username and password.



REMOVING SCREENFLOW FROM YOUR COMPUTER

To uninstall ScreenFlow, simply move the ScreenFlow application to the trash. The ScreenFlow license is stored separately, so you do not need to re-activate your license when you reinstall ScreenFlow.

To completely remove from your system ScreenFlow, move the following files to your trash:

- /Applications/ScreenFlow
- /System/Library/Extensions/TelestreamAudio.kext
- /Library/Preferences/net.telestream.screenflow.plist
- ~/Library/Preferences/com.vara.screenflow.LSSharedFileList.plist
- ~/Library/Preferences/com.vara.screenflow.plist
- ~/Library/Preferences/com.vara.screenflowhelper.plist
- ~/Library/Preferences/net.telestream.screenflowapp.LSSharedFileList.plist
- ~/Library/Preferences/net.telestream.screenflowapp.plist
- ~/Library/Preferences/net.telestream.screenflowhelper.plist

Note: *Some of these files may not be present if the associated features were not used.*



APPENDIX B

Using ScreenFlow Menus

Topics

This chapter describes ScreenFlow's menus.

- [ScreenFlow Menu \(80\)](#)
- [File Menu \(81\)](#)
- [Edit Menu \(83\)](#)
- [Insert Menu \(89\)](#)
- [Font Menu \(90\)](#)
- [Actions Menu \(92\)](#)
- [View Menu \(93\)](#)
- [Window Menu \(95\)](#)
- [Purchase Menu \(96\)](#)
- [Help Menu \(97\)](#)



SCREENFLOW MENU

This topic describes each item in the ScreenFlow menu.

About ScreenFlow

Displays a dialog indicating the version of ScreenFlow you are running.

Check For Updates

Note: *This option is not available to users who purchased from the Mac App Store. The App Store has its own update procedure.*

Checks Telestream's Online Store to determine if there is a more recent version of ScreenFlow available. If so, you can download it.

To update automatically, see [Auto Update \(68\)](#).

Preferences (Command-,)

Opens the [Preferences \(67\)](#) window so that you can view and change ScreenFlow preferences. If the Preferences window is already open, it is brought to the front.

Services

Displays Macintosh Services – none are implemented in ScreenFlow.

Hide ScreenFlow (Command-H)

Hides all ScreenFlow windows.

Hide others (Alt-Command-H)

Hides all other application windows (every window which is not a ScreenFlow window).

Show All

Shows all previously hidden windows.

Quit ScreenFlow (Command-Q)

ScreenFlow closes all open documents and then quits. If a document has not been saved, ScreenFlow displays a Save dialog, so you can save the document first.

If [Launch ScreenFlow Helper at user login \(68\)](#) is checked in Preferences, [ScreenFlow Helper \(22\)](#) stays running when you quit ScreenFlow.



FILE MENU

This topic describes each item in the File menu.

New Recording (Command-N)

Displays the [Configure Recording \(20\)](#) dialog, which allows you to select recording options and record a new clip. When complete, the clip is added to a new, untitled document if no document is open, or if one or more documents are open, you can choose to create a new document or add it to an open document.

New Empty Document (Shift-Command-N)

Displays a new, untitled ScreenFlow document.

Open (Command-O)

Displays the Open dialog, so you can navigate and open a ScreenFlow document that was saved earlier.

Open Recent

Click to select from up to 15 recently accessed documents.

Every time you open or save a document, it is entered into the Open Recent list. You can select "Clear Menu" from the "Open Recent" menu to reset the list.

Add Additional Recording (Shift-Command-R)

Configures a new recording to be added to a currently open document.

For more information, see [Adding A Recording \(23\)](#)

Close (Command-W)

Closes the active ScreenFlow document. If the document has never been previously saved, ScreenFlow displays a Save As dialog, so you can name the document, then save the document in the desired folder before closing it.

OS X Lion Save Commands

Save a Version (Command-S)

Saves the document with recent changes. If the document has never been previously saved, ScreenFlow displays a Save As dialog, so you can name the document, then save the document in the desired folder.

Duplicate

Saves a new version of the document without overwriting the previous version. This allows you to save the project with a new name and/or location.

Revert to Saved

Restores the document to the state it was in when last saved. This will undo any action taken since the last save.



OS X Snow Leopard Save Commands

Mac OS X 10.6 Snow Leopard does not have the same save functionality as OS X 10.7 Lion. The following save commands are specific to OS X Snow Leopard.

Save (Command-S)

Saves the document with recent changes. If the document has never been previously saved, ScreenFlow displays a Save As dialog, so you can name the document, then save the document in the desired folder.

Save As (Shift-Command-S)

ScreenFlow displays a Save As dialog, so that you can rename the document with a new name, then save the document in the desired folder. If you have previously saved your document, this duplicates the document and does not alter the original.

Publish to YouTube

Displays the [Publish to YouTube \(60\)](#) dialog, so you can log in to your YouTube account, encode your screencast and publish your video.

Publish to Vimeo

Displays the [Publish to Vimeo \(62\)](#) dialog, so you can log in to your Vimeo account, encode your screencast and publish your video.

Publish to Flash

Displays the [Publish to Flash \(65\)](#) dialog, which you use to encode your screencast in Flash (F4V) format and save the file.

Export (Command-E)

Displays the [Export \(52\)](#) dialog, which you use to select your encoding options, encode your screencast and save the file.

If you have [In and Out Points \(33\)](#) set on your timeline, this option is rewritten as Export Selected Range.



EDIT MENU

This section describes each item in the Edit menu.

Undo (Command-Z)

Reverts your last change. ScreenFlow offers an unlimited number of undo/redo actions (limited only by memory constraints). However, undo information is stored on a per-window basis. If you close a window and then reopen it, your undo information for that window is lost.

Redo (Shift-Command-Z)

Reverts your last Undo action.

Cut (Command-X)

Select Cut to remove these selected elements:

- Removes selected text in a [Text Properties \(47\)](#) box, and places it on the clipboard.
- Removes the selected clips from the [Timeline \(32\)](#), and places them on the clipboard.

Copy (Command-C)

Select Copy to duplicate these selected elements:

- Duplicates selected clips in the [Timeline \(32\)](#), and places the copy onto the clipboard for pasting later.
- Duplicates selected text in a text box, and places the text onto the clipboard for pasting later.

Note: Clips in the [Media Library \(49\)](#) cannot be copied, but may be imported into the timeline multiple times.

Paste (Command-V)

Select Paste to add clips and text from the clipboard to your document:

- Pastes copied text into the text box at the cursor position. When you paste text, it retains its formatting. (See [Paste and Match Style \(Alt-Shift-Command-V\) \(84\)](#)).
- Pastes the copied clip onto the timeline starting from the scrubber, in the same track as the original clip, as shown below:

Figure 59. Timeline just prior to a clip Paste operation



Select Paste to add the clip on the clipboard to the timeline:

Figure 60. Timeline after pasting a clip from the clipboard



If the clip is pasted again, a new track is created for each new copy.

Paste Properties

Select Paste Properties to update the properties of the selected clip in the timeline with the properties of the current clip on the clipboard.

Video (Alt-Command-I) . Pastes [Video Properties \(38\)](#) on a clip.

Audio (Alt-Command-A). Pastes [Audio Properties \(40\)](#) on a clip.

Screen Recording (Alt-Command-S). Pastes [Screen Recording Properties \(42\)](#) on a clip.

Callout (Alt-Command-C). Pastes [Callout Properties \(44\)](#) on a Callout action.

Note: *You can paste adjustments to multiple clips simultaneously; however, If you copy multiple clips with different properties and paste adjustments to another clip, which properties will be pasted is not predictable.*

Paste and Match Style (Alt-Shift-Command-V)

Select Paste and Match Style to add text on the clipboard to your text box. Inserted text adopts the text formatting of the character immediately preceding the insertion point.

Delete (Backspace)

Select Delete to permanently remove the currently selected objects. Delete does not place the object on the clipboard.

If you have marked [In and Out Points \(33\)](#), the segment between the In and the Out point is deleted for all clips, as shown below:

Figure 61. Mark In and out points on your timeline



Select Delete to remove all assets from the timeline between the in and out points:

Figure 62. Delete the assets between the in and out points



Note: To shift the clips left to fill the hole created by the deletion, use *Ripple Delete* (Command-backspace), the scrubber handle, or right-click (CTRL-click) in the empty space and choose *Close Gap*. See [Create or close a gap in the timeline \(33\)](#).

Select All (Command-A)

Choose Select All to highlight all clips in the timeline.

Deselect All (Shift-Command-A)

Choose Deselect All to deselect all clips in the timeline. This can also be done by clicking in an empty area of the canvas or timeline.

Split Clip (T)

Select Split Clip to convert each selected clip into two separate clips, splitting them at the current scrubber point, so that you can adjust the parts of the clip independently.

Figure 63. Timeline before splitting a clip

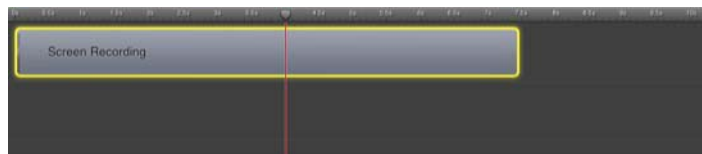
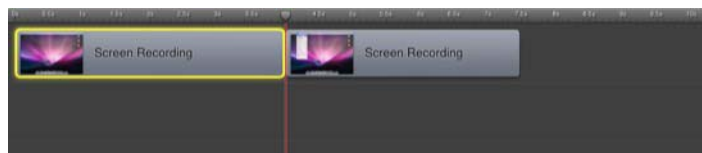


Figure 64. Timeline after splitting a clip



When splitting a clip, the previous clip name is retained on both clips. By default, each segment of a clip uses the name of the original media located in the [Media Library \(49\)](#). These segments can be renamed for convenience and clarity.

This action is applied with Command-T, Command-Shift-T, or simply T.

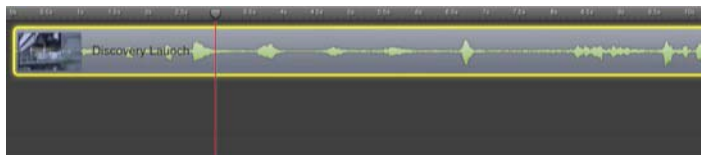
Detach Audio

Select Detach Audio to remove the audio stream from the selected clip (visible as a green waveform through the center of the clip unless View >



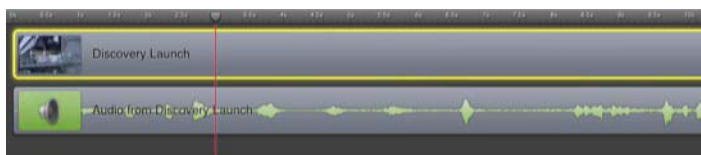
Show Audio Waveforms is unchecked), and create a new audio clip, creating an independent audio clip at the same point in the timeline.

Figure 65. Timeline just prior to a clip Detach Audio operation



ScreenFlow adds the audio to a new audio clip in the timeline:

Figure 66. Timeline after detaching audio from a clip



After the operation, a new audio clip, which contains the audio from the selected video clip, is added to the timeline. The previous video/audio clip is now video only.

Add Freeze Frame (Shift-Command-F)

Select Add Freeze Frame to insert a freeze frame in the middle of a selected clip. First, the clip is split at the scrubber, then a two second freeze frame is inserted between the clips. The duration of the freeze frame can be set by dragging the edge of the clip, much like any other still image element. The second half of the clip is moved to the right to adjust for the added element.

Figure 67. Timeline just prior to a Add Freeze Frame operation



ScreenFlow adds two new clips to the timeline:

Figure 68. Timeline after detaching audio from a clip



This is useful for pausing your video while demonstrating or narrating.



Trim Front to Scrubber (W)



Select Trim Front to Scrubber to trim the front of the selected clips from the start of the clip up to the scrubber position.

Alternatively, you can adjust the left side of the clip by clicking the mouse just near the left edge of the clip (the mouse pointer changes to the drag cursor [left]) to indicate that you can resize the clip. Click and drag the edge of the clip to the right to trim the amount you want off of the front of the clip. This method is functionally equivalent to using the Trim Front to Scrubber command.

Trim End to Scrubber (E)



Select Trim End to Scrubber to trim the back of the selected clips from the end of the clip up to the scrubber mark.

Alternatively, you can adjust the right side of the clip by clicking the mouse just near the right edge of the clip (the mouse pointer changes to the drag cursor [left]) to indicate that you can resize the clip. Click and drag the edge of the clip to the left to trim the amount you want off of the back of the clip. This method is functionally equivalent to using the Trim End to Scrubber command.

Lock Clip/Unlock Clip (Alt-Command-L)

Select Lock Clip/Unlock Clip to lock selected clips which are locked to their positions in the timeline and cannot be moved. (When clips are locked, you cannot move other clips onto them to make [Transitions \(36\)](#).) Apply again to unlock selected clips you have previously locked.

Add Starting Transition/Remove Starting Transition

Select Add Starting Transition/Remove Starting Transition to add [Transitions \(36\)](#) to the beginning of the selected clips. Apply again to remove the transition.

Add Ending Transition/Remove Ending Transition

Select Add Ending Transition/Remove Ending Transition to add [Transitions \(36\)](#) to the ending of the selected clips. Apply again to remove the transition.

Ripple Delete (Command- Backspace)

Select Ripple Delete to delete the content between the in and out points on all tracks of the timeline and shift all clips left to close the gap in the timeline.

Mark In Point (I)

Select Mark In Point to set the in point of a range in the timeline at the current point of the scrubber. When you create an in point without an out point, ScreenFlow automatically sets the out point to the end of the last clip in the timeline, and highlights the range in blue. In and out points can be used to delete entire sections of your timeline using the Ripple Delete command.

Select the in point (click on the line directly over the timeline scale) and drag it right or left to adjust its point on the timeline.

Shift-click on the timeline scale to set in and out points relative to the position of the scrubber.

See [In and Out Points \(33\)](#)



Mark Out Point (O)

Select Mark Out Point to set the out point of a range in the timeline at the current point of the scrubber. When you create an out point without an in point, ScreenFlow automatically sets the in point to the beginning of the timeline, and highlights the range in blue. In and out points can be used to delete entire sections of your timeline using the Ripple Delete command.

Select the out point (click on the line directly over the timeline scale) and drag it right or left to adjust its point on the timeline.

Shift-click on the timeline scale to set in and out points relative to the position of the scrubber.

See [In and Out Points \(33\)](#)

Clear In & Out Points

Select Clear In & Out Points to remove the [In and Out Points \(33\)](#) you created earlier.

Markers

Add ('). Select to add a marker to the timeline at the scrubber location.

If you export a ScreenFlow document as a QuickTime movie, Chapter Markers are placed at each named marker position in the movie using [Add Chapter Track from Markers \(54\)](#).

Delete (Shift-~). Select to delete the selected marker.

Delete All. Select Markers > Delete All to delete all markers in the timeline.

Goto Next (Shift-Up Arrow). Select to move the scrubber to the next marker to the right on the timeline.

Goto Previous (Shift-Down Arrow). Select to move the scrubber to the previous marker to the left in the timeline.

You can also use the mouse to drag markers and adjust their position.

Special Characters

Displays the Characters window so that you can enter special characters in text fields.



INSERT MENU

This section describes each item in the Insert menu.

Text Box

Select Text Box to insert a [Text Properties \(47\)](#) clip into the timeline at the current scrubber position. Text box duration is five second, but can be adjusted by dragging the edge of the clip in the timeline.

Speech Clip

Select Speech Clip to create an audio clip by converting text to speech using one of six automated voice programs. Text may be typed directly into this field or pasted from another document.

Choose (Shift-Command-V)

Select Choose to import media files from your hard drive into your screencast at the current scrubber position.

ScreenFlow displays the Open dialog, so that you can browse your file system and select the media to add.

The selected media file is added to the Media Library as well as the timeline.



FONT MENU

This section describes each item in the Font menu. The font options are only for use with a [Text Properties \(47\)](#) box.

Show Fonts (Command-T)

Shows the System Font Panel. This Font Panel applies to the any highlighted text.

Bold (Command-B)

Makes the current text selection bold.

Italic (Command-I)

Makes the current text selection italic.

Underline (Command-U)

Underlines the current text selection.

Bigger

Increases by one point the font size of the current text selection.

Smaller

Decreases by one point the font size of the current text selection.

Kern

Kerning means adjusting the distance between glyphs (characters) in text to make it look better balanced, for example “tucking in” the A under the V in AV. “Kern” applies to all selected text in a text box. If no characters are selected but the insertion cursor is placed between two characters, “Kern” applies to that pair.

“Kern” has the following submenu options:

Use Default. Use the default kerning built into the font.

Use None. Turn off all kerning.

Tighten. Decrease the distance between characters.

Loosen. Increase the distance between characters.

Ligature

A ligature is a character that combines two or more other characters. For example the ligature fi combines f and i. Not all fonts contain all ligature characters, but their use is turned on by default in ScreenFlow.

“Ligature” has the following submenu options:

Use Default. Use ligatures if the font uses them.

Use None. Do not use ligatures.

Use All. Use ligatures.



Copy Style

Copies the Text style of the selected text. This does not copy the background of the text as the background is for the whole Text Box.

**Paste Style
(Alt-Command-V)**

Applies the previously copied Text Style to the currently selected text. This does not paste the background of the text as the background is for the whole Text Box.

**Make Text Properties
Default**

Saves all the current text properties for the selected Text Box clip and make them the default. When you create a new Text Box, the default text properties are used.



ACTIONS MENU

This section describes each item in the Actions menu. Actions are time-based changes to clip properties used to create gradual or temporary effects. A clip must be selected for the items in this menu to be active.

Actions are described in detail in [Actions \(37\)](#).

Add Video Action (Command-K)

Adds a Video Action to the selected clip. A Video Action allows you to apply effects like Zoom, Pan, and Rotate to your video clip. See [Video Properties \(38\)](#)

Add Audio Action (Alt-Command-U)

Adds an Audio Action to the selected clip. An Audio Action allows you to apply various effects on the audio of the selected clip, such as muting, ducking, or adjusting the volume. See [Audio Properties \(40\)](#).

Add Screen Recording Action (Command-R)

Adds a Screen Recording Action to the selected clip. Screen Recording Actions can only be applied to screen recordings. For example, you can modify the size of the Mouse Pointer, add click effects, or show keys pressed. See [Screen Recording Properties \(42\)](#).

Add Callout (Command-L)

Adds a Callout to the selected clip. A callout lets you focus attention on a section of your screencast. For example, you can highlight the Mouse Pointer by dimming everything but the area just around the Mouse Pointer or highlight and magnify the foreground window. Callout actions can only be applied to screen recordings. See [Callout Properties \(44\)](#).

Add Annotations (Alt-Command-T)

Adds simple graphic effects to existing image files including recordings, videos, and image files. Annotation shapes include circle, square, line, and arrow. See [Annotations Properties \(46\)](#).

Goto Next Action

Within a clip, this selects the next action.

Goto Previous Action

Within a clip, this selects the previous action.

Curve Type

By default, actions are applied to the clip in a linear manner. For example, when applying a scaling action, the image size changes by equal amounts from start to finish. This may be perceived as too abrupt, so you can modify the rate with which an action is applied.

Curve Type has the following submenu options:

Default. Linear transition.

Ease-In. Starting slow, speeding up towards the end.

Ease-Out. Starting fast, slowing down towards the end.

Ease-In & Out. Starting and ending slowly, faster in the middle.

None. Apply action immediately. The duration of the action is ignored if this option is applied.



VIEW MENU

This section describes each item in the View menu. View options apply to how the media is presented both on the [Canvas \(30\)](#) and in the [Timeline \(32\)](#).

Enter Full Screen (Command-F)

Only available in OSX 10.7 - Lion. Displays the editing window in full screen mode to reduce on-screen clutter.

Enter Preview (Alt-Command-F)

Displays the screencast in full screen mode for playback only. Press Escape to exit preview.

Zoom In (Command=)

Magnify the canvas area of ScreenFlow.

Zoom Out (Command--)

Reduce the canvas area of ScreenFlow.

Zoom to 100% (Alt-Command-0)

Magnify the canvas area of ScreenFlow to its natural size.

Zoom to Fit

Magnify the canvas of ScreenFlow so that all contents are visible in the window with a bit of margins on the sides.

These options only change how your screencast is displayed on the canvas. They do not alter the media.

For details on how to crop the canvas, see [Canvas Controls \(30\)](#).

Zoom Timeline to Fit (Control-T)

Scales the timeline to fit all content in your window.

Zoom Timeline In (=)

Expands the timeline.

Zoom Timeline Out (-)

Contracts the timeline.

Snapping (Control-N)

Toggles snapping for both the canvas and timeline.

When snapping is on, the mouse snaps to various guide-lines. For example, in the canvas, the mouse snaps your objects to the center and edges of your canvas. It also snaps to other objects, if you have any. In the timeline, the mouse snaps to the beginnings and endings of actions and clips.

You can temporarily toggle snapping by holding down the Command key.



**Scrub Live Audio
(Shift-S)**

When activated, you can hear the audio track while dragging the scrubber.

**Show Audio
Waveform**

When activated, clips that contain audio have the audio waveform shown along the center of the clip.

**Show Thumbnail
Icons**

When activated, each clip displays a thumbnail icon displaying either the first frame of content (for video or image files) or a format icon for audio or text clips.



WINDOW MENU

This section describes each item in the Window menu.

Minimize (Command-M)

Minimizes the foreground window.

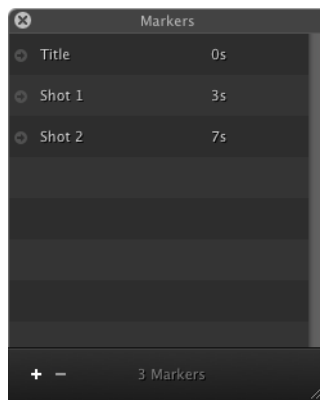
Zoom

Scales the foreground window to the full size of the screen.

Markers

Opens a window listing the [Markers \(35\)](#) in the front-most document. You can add, delete, rename, and jump to markers in this window.

Figure 69. Markers window



Bring All to Front

Brings all of ScreenFlow's windows to the foreground.

Documents

Last in the menu is a list of all open document windows. These are listed sequentially in the order they were opened.



PURCHASE MENU

This menu is for purchasing and activating your ScreenFlow license.

Note: *If your ScreenFlow license is already activated, this menu is not available.*

Purchase ScreenFlow Online

Directs the user to the [Licenses \(71\)](#) pane of ScreenFlow Preferences to purchase a license.

Unlock ScreenFlow

Directs the user to the [Licenses \(71\)](#) pane of ScreenFlow Preferences to enter a license.



HELP MENU

This section describes each item in the Help menu.

Search

Searches this documentation.

ScreenFlow Help (Command-?)

Opens the main documentation window.

Visit ScreenFlow Website

Opens the Web page for [general ScreenFlow information](#).

Visit Support Page

Opens the Web page for [ScreenFlow support information](#).

Provide ScreenFlow Feedback

Opens the Web page for [contacting technical support](#).





APPENDIX C

Troubleshooting ScreenFlow

Topics

This section illustrates common questions with ScreenFlow which may be addressed by the user. If your issue is not listed or the recommended procedure does not work, please contact [technical support](#).

Why doesn't ScreenFlow play a movie file I imported? If ScreenFlow can not play a movie file you've imported, attempt to open the media in QuickTime Player. If QuickTime Player cannot open the file, most likely the codec is not installed. If QuickTime Player can play the clip and the clip does not play in ScreenFlow, please contact [technical support](#).

I exported my video, but it looks fuzzy or blurry. What can I do to make it look better? When using ScreenFlow, it can be difficult to record your entire display at full resolution then compress that data into a low-resolution video while still retaining your necessary level of image clarity. Here are a few things you can do:

- Export using the Lossless uncompressed video format. As long as you do not lower the resolution, it is identical to the original recording, but results in a large file size. This is ideal if you require additional editing or reformatting outside of ScreenFlow before publishing it.
- Reduce your display resolution before recording (System Preferences/Displays). By reducing your display resolution before recording, you require less compression later. We recommend that you decide what size you want your video to be in advance. Then, lower your display resolution as close to that as possible, but no smaller. If you use a smaller resolution than your output, you will lose image clarity.
- Use the scale and zoom functions in ScreenFlow. If you do not want to reduce your display resolution or export to a large, uncompressed format, your best option is to use Video Properties > Scale or Callout Action > Zoom. These functions allow you to increase the visibility on a specific portion of the recording which can be valuable for maintaining clarity in a heavily compressed video.
- Text is the hardest object to reproduce clearly in digital video. Digital video was not designed to recreate detailed figures like text. It was designed to map color spaces, so the thin lines of text can be particularly difficult to recreate. If you have text in your project, it is best to use the Scale feature or to increase the text size before recording.



How do you designate a recording area? Although many screen capture programs function by designating a recording area, ScreenFlow does not. ScreenFlow captures the entire screen and all of its contents. This enables you to make use of the entire screen during the editing process in post-production.

When using a program which designates a recording space, you may unexpectedly move outside of this space due to a menu option or pop-up. If your recording space is preset, there is no way to recover this lost information. With ScreenFlow's reliance on post-production editing, you can move outside your area of focus when necessary.

If you are recording a small video area and you are concerned that a full screen recording will take up unnecessary disk space, ScreenFlow's adaptive recording method captures minimal information on parts of the screen where there is no action, so this has very little effect on file size.

Does ScreenFlow work with Parallels or VMware? Since ScreenFlow captures everything on your monitor, both Parallels and VMware are supported (including Computer Audio output). However, ScreenFlow cannot use the Callout features as these are dependent upon unique information provided by Mac OS X.

Telestream has run ScreenFlow with Parallels in all modes (Coherence, Window, and Full Screen) without issue. In fact, using Parallels / VMware, some users have reported ScreenFlow to produce smoother output while using less CPU than native Windows screen capture applications.

What kind of graphics card should I use? ScreenFlow requires a Quartz Extreme-capable graphics card. If you are unsure if your graphics card is supported, please download our evaluation versions; ScreenFlow will notify you if it is not supported. You can expect most Mac hardware made in the last five years to fully support Quartz Extreme graphics cards.

ScreenFlow uses video RAM (or VRAM) during the recording process, so it is important to have a graphics card with at least 64 MB of VRAM, but we recommend 128 MB. The amount of VRAM necessary to record smooth video depends on your display resolution and whether or not other applications are simultaneously using VRAM. If you have insufficient VRAM, the recording will drop frames and the video will appear to be skipping.

Does ScreenFlow support audio interface or mixing devices?

ScreenFlow does not support audio interface or mixing devices. However many of these devices will work with ScreenFlow if the audio is routed properly. If you are having trouble with your mixer, we recommend posting your issue on our [forum](#).

Does ScreenFlow support closed captioning? ScreenFlow does not support closed captioning. This process is performed following video production in a separate application specifically designed for closed captioning.



How do I use ScreenFlow to record my iPod/iPhone/iPad?

ScreenFlow cannot record these devices directly, but can record demonstrations using the XCODE simulator on Mac OS X.

My USB microphone and iSight camera are out of sync. What should I do? If the audio and video are out of sync, try using the audio input on the computer (not the USB input) as there can be a latency problem between USB input and the iSight camera. This is particularly evident when recording a "talking head." Use a microphone that utilizes the audio input into the computer.





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