

Shot & continuity checklist

Use this for each important shot, then watch the sequence as a whole. Check the useful take against the brief rather than the nicest still frame.

PROJECT: _____

01 / PLAN THE SHOT

- ☐ Write the message this shot needs to communicate.
- ☐ Keep a reference for the product, character and setting.
- ☐ Choose one framing and action; note what must stay accurate.
- ☐ Set a limit for attempts, credits and production time.

02 / CHECK THE TAKE

- ☐ Check labels, screens, proportions and key product details.
- ☐ Watch the full take for useful motion and abrupt changes.
- ☐ Compare faces, hands, props and framing against the reference.
- ☐ Keep the useful take and record why the other takes failed.

03 / CHECK THE SEQUENCE

- ☐ Match direction, lighting, scale and recurring details.
- ☐ Check that the cut carries the story; remove redundant shots.
- ☐ Repair, composite or change a shot when more attempts add little.
- ☐ Save reference version, model/date, settings and chosen file.

NOTES / NEXT ACTION

Record the decision as well as the result, so you can repeat or revise it.