ScreenFlow
User Guide

ScreenFlow 10.0 User Guide

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Introduction

Telestream ScreenFlow is a Mac-based tool for screen recording and video editing.

Topics

- Introducing ScreenFlow
- ScreenFlow Movies
- ScreenFlow Slide Shows
- ScreenFlow Trial Mode

Note: To install ScreenFlow, see *Installation*.

Introducing ScreenFlow

ScreenFlow enables you to compose, edit, and export screencasts. You can create software demos, tutorials, application previews, training videos, and business presentations. With ScreenFlow and ScreenFlow Helper, you can record your display, camera video, and audio simultaneously. The ScreenFlow editing interface lets you combine video, still images, voice-overs, text, and music. You can add call-outs and transitions. When you're done. ScreenFlow encodes your video to MPEG-4, and publishes it to any of several video-hosting platforms.

ScreenFlow is built on Cocoa, with full support for 64-bit architecture, ColorSync, and Retina displays.

Note: ScreenFlow can record the computer screen as well as camera video. Throughout this guide, the computer screen is referred to as the *display*—as in *display video*—in keeping with Apple terminology.

ScreenFlow Movies

ScreenFlow helps you make movies quickly and easily. Import your clips into the media library, and drop them into the timeline. Join and sync clips in a single drop. Then, add transitions, voice-overs, and music beds. ScreenFlow includes tools for trimming clips, nesting and grouping clips, adding transitions, and adding effects to video and sound.

ScreenFlow Slide Shows

Slide shows have never been easier to make. You can use images in leading formats such as PNG, TIFF, and JPEG. Set the duration for each image. Add transitions, text overlays, and graphics. Add your own voice-overs and music beds. Then, use ScreenFlow to render your slide show for publication or distribution.

ScreenFlow Trial Mode

If you acquired ScreenFlow directly from Telestream, ScreenFlow operates in trial mode until you purchase and activate a license. In trial mode, all ScreenFlow features are available, but your movies are watermarked when you export or publish them.

If you acquired ScreenFlow from the Mac App Store, ScreenFlow behaves differently. The App Store has its own installation and licensing procedure.

To unlock ScreenFlow, go to *Unlocking ScreenFlow via Telestream Web Store*.

Installation

You can install, upgrade, and uninstall ScreenFlow, and related subsystems, on any Mac meeting the ScreenFlow system requirements.

Topics

■ System Requirements

■ Licenses (Telestream Web Store Only)

■ Installing ScreenFlow via Telestream Web Store

■ Unlocking ScreenFlow via Telestream Web Store

■ Activating Your Telestream Web Store License

■ Installing Telestream Audio

■ Deactivating Your ScreenFlow License

■ Removing ScreenFlow from Your Computer

■ Launching ScreenFlow

Note: Be sure to review the system requirements before installing ScreenFlow.

System Requirements

• Intel-based Mac2 CPU with 64-bit processor (Core i3 or higher); or Apple M1 (or higher) CPU.

• Operating Systems

– macOS Monterey 12

– macOS Big Sur 11.3

– macOS Catalina 10.15

• Minimum 4 GB RAM

- 20 GB hard drive

- Apple macOS-approved graphics card

- Online Help browser requirements: Safari.

Note: ScreenFlow does not support "Hackintosh" systems.
ScreenFlow requires a GPU officially supported by Apple.
ScreenFlow does not support NVIDIA "Web Drivers."

Licenses (Telestream Web Store Only)

You must license ScreenFlow to fully enable export capabilities. If ScreenFlow is not licensed, all exported files are watermarked.

The *Licenses* tab of the *Settings* dialog displays your serial number and allows you to manage your licenses.

Only administrators can unlock license functions. Guests can't remove your license.

Note: If you purchased ScreenFlow through the Mac App Store, ScreenFlow doesn't display the *Licenses* tab. The Mac App Store has its own licensing and updating processes.

See Production & Streaming: Renewal & Licensing Questions.

Licensing ScreenFlow

To activate a ScreenFlow license, do the following:

1. Select *ScreenFlow > Settings*.

2. Select the *Licenses* tab.

    See *Licenses Settings Tab*.

3. Click *Purchase*. Select and purchase a ScreenFlow product.

    Telestream emails you the serial number for ScreenFlow.

4. Enter the serial number into the *Serial Number* field, and click *Activate*.

Deactivating a Serial Number

To deactivate a ScreenFlow license, do the following:

1. Select *ScreenFlow > Settings*.

2. Select the *Licenses* tab.

    See *Licenses Settings Tab*.

3. Enter the serial number into the *Serial Number* field.

4. Click *Deactivate*.

Removing or Changing the ScreenFlow License

Note: Don't use this method if you purchased ScreenFlow from the Mac App Store. The App Store has its own installation and licensing procedure.

To remove or change the ScreenFlow license, do the following:

1. Click the lock at the bottom of the window.

2. Make the changes desired.

3. When done, click the lock again.

Updating ScreenFlow

You can check for updates to ScreenFlow by selecting *ScreenFlow > Check for Updates*. When ScreenFlow displays the *Software Update* screen, click *Install Update*.

Installing ScreenFlow via Telestream Web Store

Note: Use this method only if you purchased ScreenFlow directly from the Telestream Web Store. If you purchased ScreenFlow from the Mac App Store, refer to the Mac App Store installation and upgrade instructions.

Note: You must be logged in as an administrator in order to continue.

ScreenFlow is available from Telestream as a DMG installer file, as well as from the Mac Apps Store. This topic is for users who have downloaded ScreenFlow from the Telestream Web site.

To install ScreenFlow, do the following:

1. To download and launch the ScreenFlow installer, do one of the following:

– Using the Safari browser, download or open the ScreenFlow DMG installer file. MacOS automatically mounts the disk image and runs the installer.

– Using a browser other than Safari, download the ScreenFlow DMG installer file. Double-click the DMG file to run the ScreenFlow installer.

Note: The installer attempts to close applications including QuickTime, Final Cut Pro, Episode Desktop, and Pipeline Control before installation. If the installer can't close these applications, installation will fail after about a minute.

The installer displays an icon for ScreenFlow and an icon for the Applications folder.

2. Drag the ScreenFlow icon onto the Applications folder.

3. Enter an administrative user name and password to continue.

 Your computer installs ScreenFlow.

4. When installation is complete, close the installer.

See also *Purchase Menu (Telestream Web Store Only)* and Install and Activate ScreenFlow.

Unlocking ScreenFlow via Telestream Web Store

Note: Use this method only if you purchased ScreenFlow directly from the Telestream Web Store. If you purchased ScreenFlow from the Mac App Store, refer to the Mac App Store installation and upgrade instructions.

You must purchase a ScreenFlow license in order to export movies without watermarks.

Note: You must be logged in as an administrator in order to continue.

To purchase a ScreenFlow license, do the following:

1. Start ScreenFlow.

2. Select *ScreenFlow > Settings* and click the *Licenses* tab.

 See *Licenses Settings Tab*.

3. Click *Purchase*. This redirects you to the Telestream online store where you can purchase or upgrade your license.

When the purchase is complete, ScreenFlow installs the license automatically.

Note: If ScreenFlow doesn't display a *Purchase* button, ScreenFlow already is purchased, registered, activated, and unlocked.

Activating Your Telestream Web Store License

Note: Use this method only if you purchased ScreenFlow directly from the Telestream Web Store. If you purchased ScreenFlow from the Mac App Store, refer to the Mac App Store installation and upgrade instructions.

If you have already purchased a license through the Telestream Web Store, Telestream sent 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 to activate your license and unlock ScreenFlow.

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

1. Launch ScreenFlow.

2. Select *ScreenFlow* > *Settings* and click the *Licenses* tab.

See *Licenses Settings Tab*.

Note: If ScreenFlow doesn't display a *Purchase* button, ScreenFlow already is purchased, registered, activated and unlocked.

3. Enter your serial number and click *Activate*.

Note: If the *Activate* button is dimmed, the license is invalid. Double-check your license from the e-mail. Make sure that all letters are capitalized, dashes are included, and all 0s are zeros, not the capital letter O. It might help to copy and paste your serial number from your e-mail. Don't copy any additional text such as spaces. If you still have activation problems, contact technical support.

Your serial number is activated and ScreenFlow is unlocked. Close the *Settings* window to continue.

See Install and Activate ScreenFlow.

Installing Telestream Audio

To capture computer audio, ScreenFlow must install the Telestream audio driver. ScreenFlow starts the installation process automatically if you attempt to record computer audio without the driver installed.

Note: To proceed, log in as an administrator.

Note: If you purchased ScreenFlow from the Mac App Store, ScreenFlow directs you to the Telestream website to download and install the driver.

To install the Telestream audio driver manually, follow these steps:

1. In ScreenFlow, select *ScreenFlow* > *Settings*. Then click the *Advanced* tab.

See *Advanced Settings Tab*.

2. Using the Installer application, click the *Install Driver* button.

ScreenFlow displays the *Install Telestream Audio* dialog.

3. Click *Continue*.

The installer displays a space-requirement message.

4. Click *Install*.

5. To install the driver, enter your password and click *OK*.

The Installer installs the Telestream audio driver.

6. To close the *Installation Complete* dialog, click *Close*.

Upgrading Telestream Audio Manually

Note: If ScreenFlow prompts you to upgrade the audio driver, select *Cancel to* exit the upgrade message. Before installing the new audio driver, uninstall the current audio driver. Then, install the latest version of the audio driver, either manually or using the *Record Computer Audio* checkbox.

To upgrade the Telestream audio driver manually, do the following:

1. In ScreenFlow, select *ScreenFlow > Settings.* Then click the *Advanced* tab.

See *Advanced Settings Tab*.

2. Click the *Install Driver* button to display the *Install* window, then click *Continue*.

3. When ScreenFlow displays the space requirement message, click *Install*.

4. Enter your password and click *Install Software*.

5. After ScreenFlow installs the Telestream audio driver, click *Close*.

Upgrading Telestream Audio Via the New Recording Tab

Note: If ScreenFlow prompts you to upgrade the audio driver, select *Cancel to* exit the upgrade message. Before installing the new audio driver, uninstall the current audio driver. Then, install the latest version of the audio driver, either manually or using the *Record Computer Audio* checkbox.

To upgrade the Telestream audio driver through the *New Recording* tab, do the following:

1. Launch ScreenFlow to display the *Welcome* window.

2. Select *New Recording*.

3. Check *Record Computer Audio*.

4. When ScreenFlow displays the upgrade message, select *Upgrade*, and click *Continue*.

5. When ScreenFlow displays the space requirement message, click *Continue*.

6. Enter your password and click *Install Software*.

7. After ScreenFlow installs the Telestream audio driver, click *Close*.

Uninstalling the Telestream Audio Driver

To uninstall the Telestream audio driver, do the following

1. Select *ScreenFlow > Settings*.

2. Click the *Advanced* tab.

See *Advanced Settings Tab*.

3. Click *Uninstall Driver* and enter the password.

Configuring the Telestream Audio Capture Device

You can use Audio MIDI setup to control the sample rate at which the Telestream Audio Capture device records audio. The sample rate you select for the Telestream Audio Capture device is the sample rate at which ScreenFlow records the audio. The ScreenFlow default sample rate is 48 kHz.

ScreenFlow has an inherent latency. Audio flows to the Telestream audio driver, back to ScreenFlow recording system, then out through the speakers. However, you can configure the audio driver to eliminate latency. To enable recording without latency, do the following:

1. Go to *ScreenFlow > Settings > Advanced*.

   See *Advanced Settings Tab*.

2. Check both of these boxes:

   – *Allow device to be Sound Output*

   – *Disable Sound Output Monitoring*

3. Open Audio MIDI setup and press the (+) button. Then select *Create Multi-Output Device*.

4. Add your system speakers to this multi-output device.

5. Add *Telestream Audio Capture* to this multi-output device.

6. Click the Gear button and select *Use This Device For Sound Output*.

7. (Optional) If desired, also select *Play Alerts and Sound Effects Through This Device*.

When configured in this way, audio flows immediately to your output device. ScreenFlow can now record the audio without adding latency to the recording.

Note: When you configure ScreenFlow without latency, ScreenFlow disables the audio level controls.

Note: Consider configuring your Digital Audio Workstation (DAW) to route desired channels to the Telestream Audio Capture Device. The DAW adds an output from the DAW directly to ScreenFlow, while leaving your workflow untouched.

Deactivating Your ScreenFlow License

Note: Use this method only if you purchased ScreenFlow directly from the Telestream Web Store. If you purchased ScreenFlow from the Mac App Store, refer to the Mac App Store installation and upgrade instructions.

If you want to use your ScreenFlow license on another computer, you must deactivate it first.

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Note: You must log in as an administrator. If you don't have an administrative account, create one in order to continue.

To deactivate the ScreenFlow license, do the following:

1. Launch ScreenFlow.

2. Select *ScreenFlow > Settings* and click the *Licenses* tab.

   See *Licenses Settings Tab*.

3. Click *Deactivate* to deactivate the license on the computer. Now, you can use the same license in ScreenFlow running on another computer. Please allow 15 minutes before reactivating your license.

Removing ScreenFlow from Your Computer

To uninstall ScreenFlow, open the *Applications* folder and drag the ScreenFlow application to the trash.

Note: The ScreenFlow license is stored separately, so you don't need to re-activate your license if you reinstall ScreenFlow.

To completely remove a version of ScreenFlow that has been upgraded to a newer version, do the following:

1. Save any work in progress, and make sure ScreenFlow is not open.

2. Open a new Finder window.

3. Select the GO menu at the top of screen, press and hold the Option key and select the Library that is displayed.

4. In the Library folder open the Caches folder.

5. Delete all folders that start with net.telestream.ScreenFlow (4/5/6/7/8/9).

6. Open a new Finder window.

7. Select the *GO* menu at the top of screen, select
   Computer > [your computer name] > Library > Preferences.

8. In the *Preferences* folder, delete all folders that start with net.telestream.ScreenFlow (4/5/6/7/8/9). You will be asked for your admin password.

9. Delete all of the following files:

   – ~/Library/Preferences/WSG985FR47.net.telestream.ScreenFlowhelper.plist

   – ~/Library/Saved Application State/net.telestream.ScreenFlow6/7/8/9/
     10.savedState

   – ~/Library/Application Support/ScreenFlow/Global Library

10. Select the *GO* menu at the top of screen, select
    Computer > [your computer name] > System > Extensions.

11. Delete this file: TelestreamAudio.kext.

Note: Some of these files may not be present, because the associated feature was not used.

Note: You may need also to reactivate your license.

Launching ScreenFlow

To launch ScreenFlow, follow these steps:

1. Open your *Applications* folder.

2. Drag ScreenFlow onto your dock bar.

3. Click the ScreenFlow icon to launch the application.

ScreenFlow displays a *Welcome* window.

Configuration

You can customize ScreenFlow to meet your needs through ScreenFlow settings.

Topics

- Settings
- Configuring ScreenFlow Helper
- The ScreenFlow Document Formats
- Configuring Recording Options
- Setting the Countdown Window Preference
- Setting Permissions for Recording
- Configuring the Canvas
- Configuring Video Properties
- Configuring Audio Properties
- Configuring Screen Recording Properties
- Configuring Callout Properties
- Configuring Annotations Properties
- Changing Shortcut Keys

Settings

To choose settings, select *ScreenFlow > Settings*. Then, click the tab desired.

See *ScreenFlow Settings* and Deleting Cache & Preferences.

Configuring ScreenFlow Helper

Configure ScreenFlow Helper to launch, either when you log in to your computer, or only when you start ScreenFlow. Once launched, ScreenFlow Helper runs in the background so that you can start and stop recording without changing the state of

your system. To have ScreenFlow Helper launch when you boot your computer, or to disable ScreenFlow Helper from starting when you boot your computer, do the following:

1. Select *ScreenFlow > Settings > General*.

2. Do one of the following:

* To have ScreenFlow Helper launch when you boot your computer, check the box for *Launch Screenflow Helper at user login*.

* To have ScreenFlow Helper not launch when you boot your computer, uncheck the box for *Launch Screenflow Helper at user login*.

When ScreenFlow Helper is running, it displays a camera-menu button [icon], in the menu bars for ScreenFlow and Finder.

The ScreenFlow Document Formats

ScreenFlow stores the settings of its properties, and references to related media files, in document files. There are two types of ScreenFlow document files: the *Packaged Document* format type and the *ScreenFlow Flat Document* type.

When you choose *Packaged Document*, ScreenFlow stores the media files associated with the document, as a document bundle, in the document file itself. ScreenFlow saves the Packaged-Document document in a file with the extension SCREENFLOW.

When you choose the ScreenFlow Flat Document file format, ScreenFlow doesn't bundle the associated media files. Instead, ScreenFlow stores pointers to the media files in a document file with the extension SCREENFLOWF.

Note: ScreenFlow contains references, called bookmarks, to ScreenFlow Flat Document files. When you move a Flat Document file to a different folder, ScreenFlow automatically tracks the file to its new location. You don't need to relink the file.

Configuring the ScreenFlow Document Format

To configure the ScreenFlow document format, do the following:

1. Select *ScreenFlow >Settings > Advanced*.

2. Select a file format from the *Default File Format* drop-down menu.

3. To close the *Settings* dialog, click the red "x."

Configuring Recording Options

ScreenFlow provides several settings for recording. The recording options are displayed on the *General* tab and on the *Advanced* tab.

You can set up ScreenFlow to record video and audio from various cameras and microphones, depending on your document, and you can change these settings at any time.

To configure your recording options, do the following:

1. Do one of the following:

- Click the ScreenFlow Helper button and select *Configure Recording*.

 If the *New Recording* option is grayed-out, you must first open an existing recording or create a new one.

- Select *File* > *New*.

- Select *File* > *Add Additional Recording*.

 See *ScreenFlow Helper Menu*.

 ScreenFlow displays the *New Recording* dialog.

Note: *Add Additional Recording* allows you to not record the screen, and allows you to close ScreenFlow automatically before recording. *Configure Recording* always records the screen. The recording options are identical in both windows.

2. Check the box next to *Record* on one or more of the source rows, and select a source from each drop-down menu.

3. Click the Plus (+) to add more *Record* options and source menus.

Note: You can also add recordings from the media library.

Setting the Countdown Window Preference

By default, each time you start recording, ScreenFlow displays the countdown window, providing a delay to allow you to prepare for recording. By default, the countdown is set to five seconds. To change the countdown preference (or to enable or disable the countdown), do the following:

1. Select *ScreenFlow* > *Settings* > *General*.

 See *General Settings Tab*.

2. Set the countdown delay for up to ten seconds.

Note: To skip a countdown in progress, simply click on the countdown window. ScreenFlow begins recording immediately.

Setting Permissions for Recording

Before you can record audio or video, you must give ScreenFlow permission to access your devices. To set device permissions, do the following:

1. On the *Welcome* screen, click *Permissions*.

ScreenFlow opens the *Grant ScreenFlow Permissions* dialog.

2. Click a *Recording* field or the *Optional* field.

ScreenFlow opens the *Security & Privacy* control panel.

3. Set the permission for the device or function named in the field.

4. Close the control panel.

Configuring the Canvas

Before you start working on a document, configure the Canvas. This determines the frame size and background color of your video outputs.

1. To view and configure the Canvas properties, click the Canvas button ⬚ in the *Editor* window.

See The Properties Window.

Note: When ScreenFlow displays Canvas controls, you can't use the Canvas. Click the button again to hide the controls.

2. Click the green check mark to save your settings and close the Canvas control bar.

3. To view and configure Canvas settings, click the *Canvas* tab on the *Settings* dialog.

See *Canvas Settings Tab* and *The Canvas Window*.

Changing the Canvas Size

By default, ScreenFlow sets the Canvas size to the size of the screen when you begin capturing. *Document Settings* enables you to change the Canvas size of the document you have created.

To change the Canvas size, do the following:

1. Select *File > Document Settings*.

ScreenFlow displays the Canvas settings window.

These settings are similar to the options offered when you create a new document.

2. Select a preset or enter the width and height needed, and select a Timeline framerate. Click *Update.*

ScreenFlow immediately resizes the Canvas to the new dimensions.

See Document Settings, *File Menu*, and *The Canvas Window*.

Configuring Video Properties

You can configure video properties to make visual changes to screen recordings, camera-based video, stills, and imported video clips. To add video properties to a clip, do the following:

1. Select a video clip or still-image clip—or place the scrubber at the start or end of a video action.

2. To display the *Video Properties* tab, in the *Properties* window, click the *Video Properties* button.

   See *The Properties Window*.

3. In the *Video Properties* tab, select the properties desired.

Note: You can also add video actions (transitional properties which change over time) to a clip. ScreenFlow displays actions as yellow rectangles inside the clip. You can apply properties to those actions.

Note: To create transitions, you can add video actions to both the start and end of a clip.

Configuring Audio Properties

You can apply audio properties to any clip which contains audio, including clips with both video and audio. To add audio properties to a clip, do the following:

1. Select a video clip with audio, an audio clip, or a screen recording clip with audio—or place the scrubber at the start or end of an audio action.

2. To display the *Audio Properties* tab, click the *Audio Properties* button ◁⦆ in the *Properties* window.

   See *Audio Properties*.

3. In the *Audio Properties* tab, select the properties desired.

4. To reset all audio properties in the selected clip to default values, click the gear icon ⚙▾ at the top-right corner of the pan and select *Reset to Defaults*.

Note: You can also add audio actions (transitional properties which change over time) to a clip. You can apply properties to audio actions.

Note: To create transitions, you can add audio actions to both the start and end of a clip.

In the Timeline, ScreenFlow displays a waveform for each video clip with a soundtrack. This waveform provides a visual representation reflecting volume changes.

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See *Audio Properties*.

Configuring Screen Recording Properties

ScreenFlow records your computer displays in proprietary-format video clips saved in the ScreenFlow document with an SCC extension. Only ScreenFlow can open these SCC files. Because ScreenFlow manages these files automatically, you rarely have to work with them directly.

Note: You can apply screen-recording properties only to ScreenFlow screen-recording clips. If you try to apply properties to recording actions, ScreenFlow applies the properties to the whole clip. ScreenFlow doesn't apply screen recording properties to clips recorded by other applications.

To apply screen-recording properties, do the following:

1. Select a screen recording or select the start or end of a screen recording action in the clip.

2. To display the *Screen Recording Properties* tab, click the *Screen Recording Properties* button in the *Properties* window.

3. In the *Screen Recording Properties* tab, select the properties desired.

When you add a screen recording action, ScreenFlow displays the action in yellow.

See *Screen Recording Properties*.

Configuring Callout Properties

Callouts are transitional properties: they change over time. Use callouts to highlight specific portions of the screen.

You can add cursor and foreground-window callouts only to screen recording clips. You can add freehand callouts to video clips, still-image clips, and screen recording clips.

You can't apply callout properties at a clip level, only to specific callouts within a clip.

To apply screen-recording properties, do the following:

1. Select a video clip.

2. Click the +*Action* button to add a new callout.

3. To display the *Callout Properties* tab, click the *Callout Properties* button in the *Properties* window.

4. Select the properties desired.

Note: You must add and/or select a callout before configuring its settings.

See *Callout Properties*.

Configuring Annotations Properties

You can use annotations for displaying simple shapes in your document. Annotations are clips you can add to your timeline. Annotations behave like image clips. You can apply several video properties—such as scaling, position, x/y/z rotation, and opacity— and video actions to annotations.

To display the *Annotations Properties* tab, click the *Annotations Properties* button in the *Properties* window.

See *Annotations Properties*.

Changing Shortcut Keys

You can customize the ScreenFlow keyboard shortcut commands through the *Shortcuts* tab. To change a shortcut keyboard command assignment, do the following:

1. Select *ScreenFlow > Settings*.

   ScreenFlow opens the *Settings* dialog.

2. Select the *Shortcuts* tab.

   See *Shortcuts Settings Tab*.

3. Click a shortcut in the list, to the right of the shortcut name.

   ScreenFlow displays the editable shortcut field.

4. Enter a new key combination for the shortcut.

   Modified shortcuts are updated immediately, in either the main menu, ScreenFlow Helper menu, or with the keyboard-only functionality.

Note: If you enter a key combination that already has a shortcut associated with it, a warning triangle appears next to each shortcut in conflict. The filter bar changes to include a Conflict Filter, allowing you to display only the conflicted shortcuts. You must resolve each conflict.

For a complete list of ScreenFlow keyboard shortcuts that you can customize, see ScreenFlow keyboard shortcuts.

Also see *Finding Keyboard Shortcuts*, *Shortcuts Settings Tab*, and Keyboard Shortcuts and Hotkey Customizations.

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Tutorials

Take the following three tutorials before beginning your first ScreenFlow document. You'll gain a basic familiarity with the program before you begin a project.

First, record or import video. Next, edit the screencast. Finally, export your finished video to a file or publish it directly to a video hosting service.

Topics

- Tutorial 1: Recording a Screencast
- Tutorial 2: Editing a Screencast
- Tutorial 3: Exporting or Publishing a Screencast

Tutorial 1: Recording a Screencast

Before creating a video for publication, record a few sample screencasts. This will familiarize you with ScreenFlow recording options. First, select the sources you want to record. Then, record a screencast.

Selecting Your Sources

To select your video and audio sources, do the following:

1. Connect any external video or audio sources to your Mac by cable.
2. On the *Welcome* screen, click *New Recording*.

   ScreenFlow opens the *New Recording* dialog, showing fields for selecting sources.
3. Check the box next to the first *Record* field to enable the field.
4. In the first *Record* field, click the arrows to the right of the field.

   ScreenFlow opens a drop-down menu of sources.
5. Click a source from the list that you want to record.

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Note: When you select *Computer Audio* as a source, ScreenFlow might display the message, *Recording Audio from other applications in ScreenFlow*. If it does, please consult *ScreenFlow 7.3.1: New Audio Driver* located on the Telestream Knowledge Base at: *New Audio Driver.*

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6. To add another source, check the box for another *Record* field, and select the desired source from the drop-down menu. Repeat this step for every source you want to add.

7. To add additional source fields, click the "+" icon toward the bottom of the dialog.

8. Click the icon containing an ellipse (...) to the right of a source field, to open advanced options for the source. Select the option desired.

Note: Also, you can select sources by navigating to *Configure Recording in* ScreenFlow Helper.

Recording Video and Audio

1. Click the *Record* button.

   ScreenFlow enters a countdown mode before recording. You can change the length of this countdown.

2. After the countdown, create a short presentation.

3. To stop the recording: press Shift-Command-2 or select *Stop Record* from the *ScreenFlow Helper* menu ▣ in the upper-right corner of your display.

   ScreenFlow captures all sources synchronously, whether audio, video, or both.

   ScreenFlow combines display video and computer audio into one clip and saves the clip as an SCC file. ScreenFlow also combines camera video and microphone audio into another clip and adds it to your document.

   When you stop recording, ScreenFlow opens your recording in the ScreenFlow *Editor* window with all of your recorded sources placed at the beginning of the timeline. The media elements on the timeline reference your document's stored media.

Capturing Part of the Screen

To record only a portion of the screen, do the following:

1. On the *New Recording* dialog, click the *Partial Screen Record* button to the left of the red *Record* button.

   ScreenFlow darkens the screen and draws a rectangular capture area.

Figure 1. The ScreenFlow Capture Area
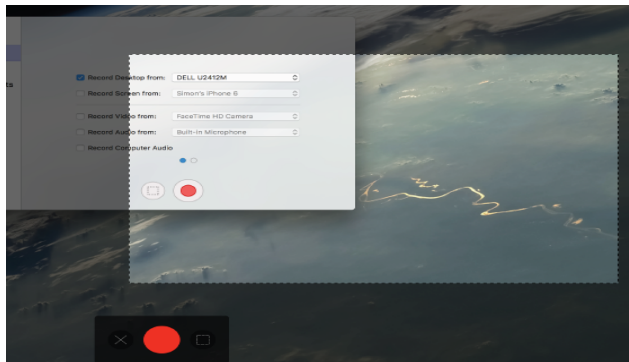
Note: While the rectangular selection is present, you can't interact with any windows on the desktop.

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2. Drag an edge or corner of the rectangle to resize it.

3. Click the *Record* button.

ScreenFlow enters a countdown mode before recording. You can change the length of this countdown.

4. After the countdown, create a short presentation.

5. To stop the recording: press Shift-Command-2 or select *Stop Record* from the ScreenFlow Helper menu ▣ in the upper-right corner of your display.

When you stop recording, ScreenFlow opens your recording in the ScreenFlow editing window with all of your recorded sources placed on the timeline.

You can cancel partial-screen capture, start the recording, or use presets to constrain the region you are capturing from the control strip towards the bottom of the screen.

For more information about partial screen capture, see the *ScreenFlow User Guide*.

Tutorial 2: Editing a Screencast

This tutorial introduces some basic ScreenFlow editing techniques.

For a description of the ScreenFlow user interface, see the *ScreenFlow User Guide*.

Note: Changes made on the timeline or in the *Editor* window do not alter your original recorded media.

Trimming a Clip

To trim a clip, do any of the following:

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- To trim the beginning of the selected clip, position the scrubber at the time you want the clip to begin, then press the W key or select *Clip > Trim Front to Scrubber*. This trims the clip up to the scrubber, thus changing the start time.

- To trim the end of the clip, position the scrubber at the time where you want the clip to end, then press the E key or select *Clip > Trim End to Scrubber*. This trims the clip after the scrubber.

- To shorten a clip, grab either edge of the clip and drag it inward toward the clip center.

- To lengthen a previously-trimmed clip, pull either edge out from the clip center.

Note: Trimming changes the amount of time the clip plays; it doesn't modify the referenced media file.

Adding Transitions

To add a transition, select a clip and do one of the following:

- Select *Clip > Add Starting Transition* to add a transition to the front of the clip.

- Select *Clip > Add Ending Transition* to add a transition to the end of the clip.

- Select *Clip > Add Starting & Ending Transition* to add a transition to both ends.

You can also create transitions between two clips by dragging one clip over an adjacent clip. The section where the two clips overlap is the transition.

Adding a Video or Audio Filter

To add a filter to one or more clips, follow these steps:

1. Select the video or audio clip to filter.

2. Select the *Video* or *Audio* properties tab, as appropriate.

3. Next to the *Filters and Effects* heading in the *Video* tab, or next to the *Audio Filters* heading in the *Audio* tab, click the (+) button.

   ScreenFlow displays the list of available filters.

4. Scroll through the list of filters. Alternatively, in the *Audio* tab, enter a filter name into the *Search* field and press Enter.

5. Select a filter, and click *Add* to add it to the filter list for the selected clip.

Note: If a manufacturer's audio unit plug-in does not work in a "sandbox" environment, it will not work in the Mac App Store version of ScreenFlow. Contact the manufacturer of the audio plugin directly for information on plugin sandbox support.

See Video Filters and Effects.

Tutorial 3: Exporting or Publishing a Screencast

This tutorial introduces techniques for exporting or publishing your screencast.

Note: ScreenFlow screencasts are not video files—they are saved as ScreenFlow documents (with a SCREENFLOW extension), which only ScreenFlow can open.

You can export screencasts to standard video file formats, or you can publish them directly to a video hosting service, such as Vimeo or YouTube.

The correct export settings for your screencast depends on the complexity of your screencast and the intended use of the video.

Exporting a Screencast

To export a screencast, do the following:

1. Select *File > Export* or press Command-E to export your presentation.

   ScreenFlow opens the *Export* dialog.

2. Select the desired settings for your screencast.

   See *The Export Settings Dialog* in the *ScreenFlow User Guide*.

Publishing a Screencast

To publish a screencast to a video hosting platform, do the following:

1. Select *File > Publish t*o [platform] for the platform desired.

   ScreenFlow opens the *Publish to* dialog for the chosen platform.

2. Select the desired settings for your screencast.

   See *The "Publish to" Dialogs* in the *ScreenFlow User Guide*.

Documents and Recordings

You can use ScreenFlow to create documents and to record media.

Note: ScreenFlow automatically stops recording when there is one gigabyte or less free on your system disk volume.

Topics

- Documents
- ScreenFlow Recordings
- Tips for Screencasting

Documents

Before you start recording, create a document. ScreenFlow saves a media library, SCC files, properties, and various commands in each document file. ScreenFlow saves documents in files with either the Packaged Document format extension SCREENFLOW or with the ScreenFlow Flat Document format extension SCREENFLOWF.

Creating a Document

To create a ScreenFlow document, do the following:

1. Select *File* > *New* or press Command-N.

   ScreenFlow displays the *New* dialog.

   See *The New Dialog*.

2. Select the *New Document* tab.

3. Select properties for the document as desired.

   ScreenFlow displays a dialog which allows you to set your canvas size to any dimension, regardless of your display size. Valid document dimensions are any even number between 2 and 8192 as minimum and maximum, respectively.

   See The Properties Window.

4. Click *Save*.

   When you first save a document, ScreenFlow opens a popup menu at the bottom of the *Save* panel. Here, you can choose between the Packaged Document format and the ScreenFlow Flat Document format.

   See *The ScreenFlow Document Formats*.

Specifying the Default Document Format

You can set the default document format.

Note: You can override this default when you first save a document.

To can set the default document format, do the following:

1. Click *ScreenFlow > Settings > Advanced*.

2. Open the *File Format* drop-down menu, and select the desired format.

See *The ScreenFlow Document Formats*.

Creating a Document Template

You can use a document as a template for creating other documents. This allows you to specify consistent starting, variable, and ending content. When you create a document made from a template, ScreenFlow determines the starting and ending content based on the Template Placeholder Clip information, and places the variable content (recordings) in the middle.

You can share templates between different computers. ScreenFlow automatically reads templates in the shared template folder.

To create a template from any unsaved ScreenFlow document, do the following:

1. Create a new document.

   See *Creating a Document*.

2. Select *Insert > Template Placeholder Clip*.

ScreenFlow displays the placeholder dialog.

You must insert a template placeholder clip before you can save a document as a template. If you haven't inserted a template placeholder clip, ScreenFlow displays the message *No Template Placeholder Clips*.

The Template Placeholder Clip gives you control over the variable portion of the template. The placeholder also determines the options presented when you create a new document from an existing template.

Note: You can position, scale, and rotate the placeholder clip like other clips. However, ScreenFlow labels the placeholder clip so it stays matched with the correct content when you create a document from the template.

3. (Optional) When adding a Screen Recording or Camera placeholder, you can add an audio placeholder clip at the same time, enabling the configuration of audio-specific properties.

4. In the placeholder dialog, select the type of template placeholder clip: *Screen Recording*, *Camera*, or *IOS Device*.

5. Select *File > Save As Template*.

ScreenFlow displays a dialog box allowing you to name your template.

6. Enter a template name and click *Save*.

ScreenFlow saves the template in a sub-folder of the Users Library folder located at:
~/Library/Application Support/ScreenFlow/Templates/.

This sub-folder contains all the content needed by the template. However, the new template file is given the a file extension of ScreenFlowTEMPLATE (not SCREEN-FLOW which is used for ScreenFlow documents). ScreenFlow manages this template folder by deleting and updating files as needed, so you should not make any changes directly.

Once a document has been converted to a template, the *Save as Template* menu item is disabled.

Creating a Document from a Template

After a template has been created and saved, it's ready for immediate use. To create a new document from a template, do the following:

1. Select *File > New*.

ScreenFlow displays the *New* dialog.

See *The New Dialog*.

2. Select the *New From Template* tab.

3. Select a template, then click the *Open* button. You can also edit a selected template by clicking the *Edit Template* button.

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4. Click the gear button to set up the recording.

ScreenFlow displays the recording settings window.

5. Set up your recording as needed.

6. Click the radio button to open the other settings window.

ScreenFlow displays the other recording settings window.

7. Finish setting up your recording.

8. Click the *Record* button to begin recording, using your new template.

ScreenFlow Recordings

With ScreenFlow, you can record video and audio from a variety of devices.

ScreenFlow records display video, computer audio, camera video, and microphone audio into proprietary Screencast files, with the file extension SCC. In addition to audio and video, SCC files contain spatial and temporal information about mouse tracking and key presses. This data enables powerful special effects to enhance your screencast.

ScreenFlow stores screencast files in a ScreenFlow-controlled location, and adds screencast files to the document media library.

Note: ScreenFlow captures video at a maximum of 60 fps, even from sources with frame rates higher than 60 fps. ScreenFlow automatically down-converts higher-than-60 fps video to 60 fps.

Adding Recordings to a ScreenFlow Document

To record a clip and add it to an open document, do the following:

1. Make sure the document window is open and selected.

2. Then, select *File > Add Additional Recording* (Shift-Command-R) or press the *Add Recording* button in the media library.

3. Verify your settings and click *Record*.

Depending on your settings, ScreenFlow displays the countdown window, and then begins recording. During recording, the camera icon on the ScreenFlow Helper button displays a black dot. When you stop recording, ScreenFlow adds the clip you just recorded to the document.

Enabling Recording of Computer Sound

You can enable ScreenFlow to record sounds produced by your computer. To enable recording of computer sound, do the following:

1. Select *File > Add Additional Recording* (Shift-Command-R) or press the *Add Recording* button in the media library.

2. In the *New Recording* dialog, check an empty box for a *Record* field.

3. Select *Computer Audio* from the drop-down menu.

4. If ScreenFlow offers to install a new audio driver, click *Install*.

5. To configure ScreenFlow to record the audio from individual apps to separate clips, click the circle containing three dots. Then check the box for *Separate recorded apps into individual clips*.

Recording Clips

To record a clip without deciding which document to add it to first, do the following:

1. Click the ScreenFlow Helper [image] button.

2. Select *Record*, or select *File* > *New* > *New Recording* and click the red *Record* button. Depending on your settings, ScreenFlow displays the countdown window, and then ScreenFlow begins recording. During recording, the camera icon of the ScreenFlow Helper button [image] displays a black dot.

When you stop recording, ScreenFlow displays a *Recording Complete* window so that you can create a new document with your recording, or add your recording to any open document.

3. To verify your settings first, click on the ScreenFlow Helper [image] button and select *Configure Recording*.

4. Click the *Record* button. Depending on your settings, ScreenFlow displays the countdown window, and then ScreenFlow begins recording.

When you stop recording, ScreenFlow displays the *Recording Complete* window, as shown above, so that you can add your recording to an open document, start a new one, or discard your recording.

Note: The only limitation on the length of your recording is the amount of space available on your hard drive. ScreenFlow automatically stops recording when you have less than 100 MB free on your system disk volume.

Recording iOS devices

ScreenFlow enables you to record the screen of your iOS device. You must have your device connected to your computer with an Apple Lightning-USB cable.

1. Connect your device to the computer and check iTunes to verify that macOS detects the device.

Note: If it is the first time the iOS device is connected to your computer, you will be asked if you trust the device. Select *Trust* to continue.

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2. Open ScreenFlow and select *New Recording*.

3. Select your iOS device from the *Record Desktop from* drop-down list.

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4. Click the *Record* button. After the countdown, you can begin recording your iOS device.

Note: ScreenFlow doesn't preview your iOS screen, but records it. ScreenFlow doesn't record touches or swipes. You can add callouts to simulate touches and swipes.

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5. When done, stop the recording.

   ScreenFlow displays your iOS device on the canvas. ScreenFlow automatically orients the screen for apps that display in landscape mode. You may need to adjust the canvas size.

6. (Optional) Display a recording monitor by selecting *Show Recording Monitor* from the *Record* configuration menu.

   The monitor displays stereo volume meters, a *Preview Volume* slider, and an *Add Marker* button. *Preview Volume* allows you to hear the system audio playing on your iOS device through your computer audio output as it is being recorded.

Note: If you do not hear iOS audio while recording, toggle the ringer/vibrate switch on your iOS device. Also, if you record computer audio while monitoring iOS audio, you will hear iOS audio twice in the screencast.

When you play or scrub through the video, the iOS device displays all of the actions you performed.

Stopping, Pausing & Resuming Your Recording

- Before you start recording, it's good to know how to stop. To stop recording in ScreenFlow, click the ScreenFlow Helper ▣ menu button, and select *Stop Record* or press Shift-Command-2.

- To pause your recording, click the ScreenFlow Helper ▣ menu button and select *Pause*. When you pause recording, the *solid black recording dot* changes to a *pause symbol* ▣ . To start recording again, select *Resume* from the ScreenFlow Helper button ▣ .

Recording When you Start ScreenFlow

To record a clip for a new document, do the following:

1. Start ScreenFlow.

   ScreenFlow displays the recording window.

2. Click the red *Record* button to start recording your first clip.

During recording, the camera icon of the ScreenFlow Helper button displays a black dot.

When you stop recording, ScreenFlow displays a window that lets you add your recording to a new document, add it to an existing document, or discard the document.

Adding Clip Markers While Recording

ScreenFlow enables you to attach markers directly to your clips. During a recording, if something important or notable occurs, it may be desirable to create a marker during the recording process to provide quick access, later, when organizing a document.

ScreenFlow enables the *Add Marker* menu item only during recording, and disables it when the recording is paused or stopped.

- To set a clip marker during recording click the *Add Marker* button.

Once you've completed your recording, ScreenFlow displays, in the timeline, any markers you added, and attaches the markers to the primary clip.
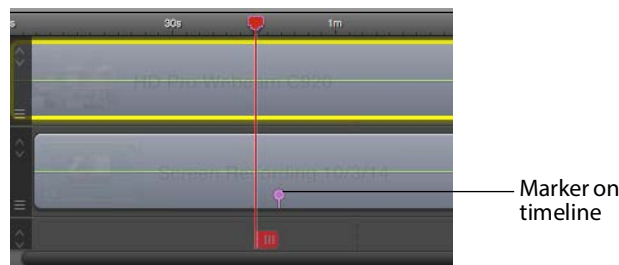
Marker on timeline

See also *Adding a Clip Marker* and *Adding a Timeline Marker*.

Viewing the Recording Monitor

To open the *Recording Monitor*, click the *ScreenFlow Helper (camera)* button, then select *Show Recording Monitor*.

See *The Recording Monitor*.

Setting the Recording Timer

You can configure ScreenFlow to record a screencast, and to stop recording, unattended. For example, you can start recording a webinar, and set ScreenFlow to automatically stop recording when the webinar is over.

To set up ScreenFlow to stop recording after a certain time, do the following:

1. Click the ScreenFlow Helper ▣ menu and select *Configure Recording*.

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2. Use the *Stop Recording* option on the second panel to specify the elapsed time to stop the recording.

3. Click *Set Timer*, then start recording.

Elapsed-time recording is a one-off event—you must set it every time you want to use it.

Configuring a Recording

1. To configure a recording, do one of the following:

- Launch ScreenFlow.

  ScreenFlow launches ScreenFlow Helper and the *Configure Recording* window.

- Select *File* > *New* > *New Recording* or *ScreenFlow Helper* > *Configure Recording*.

2. Click the Show Advanced Options (three dots) button.

See *The Advanced Options Pane for New Recordings*.

When you stop recording, you can add this new recording to a new document, or add the recording to a ScreenFlow document that's already open. If you have no other documents open, ScreenFlow automatically creates a document file for the new recording.

Partial Screen Capture

Partial screen capture enables you to record a selected portion of the screen. To capture a portion of a screen, do the following:

1. Make sure the document window is open and selected.

2. Then, select *File* > *Add Additional Recording* (Shift-Command-R) or press the *Add Recording* button in the media library.

ScreenFlow opens the Welcome dialog.

3. Click the partial-screen record button (the dashed rectangle icon to the left of the main record button).

ScreenFlow darkens the screen, and displays a rectangular selection area.

4. Click and drag to resize the selection area. While setting the selection area, you can't interact with any other windows.
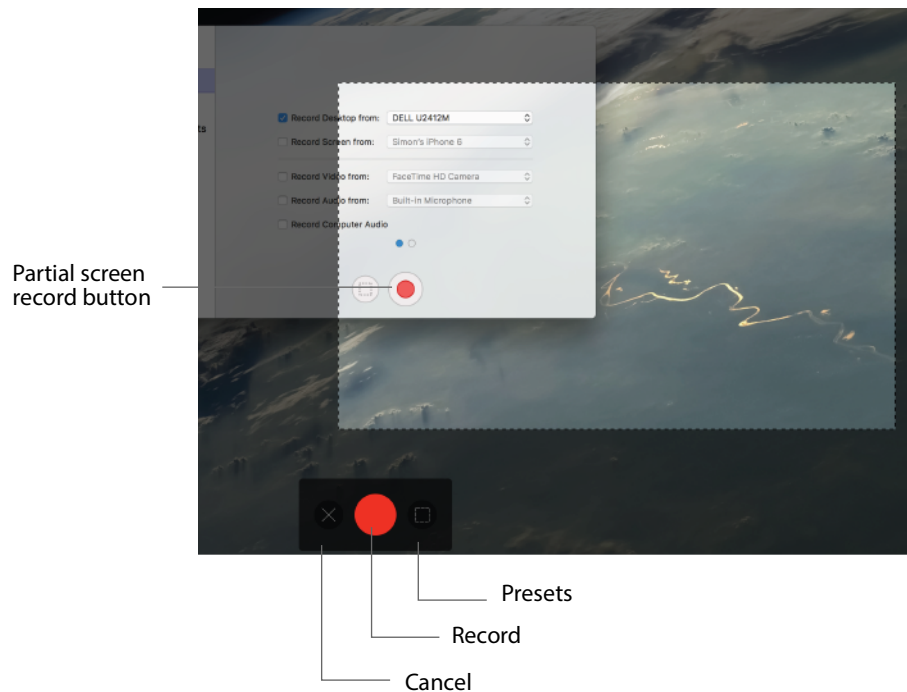
There is a control strip at the bottom of the focused screen where you can cancel out of this mode, start the recording, or use presets to constrain the region you are capturing.

5. If there are multiple displays connected, click on the display to record.

Once you click on a display, the control strip moves to the display selected. The pre-set button displays a popup giving you some constraint presets, such as 1280x720. You can also enter a fixed width and height directly.

6. (Optional) You can use shortcut keys to move the rectangle around the screen. If you hold the Shift key while nudging, ScreenFlow increases the movement. If you move the mouse over a window and press the space bar, ScreenFlow resizes the selection rectangle to fit just that window. You can use the Escape key at any time to exit out of selection mode.

Note: The selection rectangle is always cropped to a single display, and can't span multiple displays.

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7. To record, click the red record button.

The selection area disappears and the standard recording countdown begins. The recording inherits any other recording settings, such as camera and microphone settings, from the main user interface. ScreenFlow sets the canvas size to the size of the region you selected.

ScreenFlow remembers the selection rectangle size and location the next time you enter region selection mode. However, ScreenFlow doesn't display this preset rectangle automatically if you pick *Record* from the ScreenFlow Helper button 📷. Clicking *Record* continues recording only in full screen mode. You can activate region recording only through the front-end window.

Once the recording has ended, you can interact with the new document as usual.

Viewing the Media Library

Once you've recorded or imported the first media file into a ScreenFlow document, ScreenFlow creates a media library for the ScreenFlow document.

Note: ScreenFlow saves or duplicates every file you add to the library in the *Media* folder. ScreenFlow recordings are media files with an SCC extension. Only ScreenFlow opens SCC files.

For Packaged Document format documents, ScreenFlow keeps the media library in a folder inside the SCREENFLOW document file itself. For Flat Document format documents, ScreenFlow keeps the media folder inside the SCREENFLOWF document folder. In either case, the media folder contains SCC files and copies of external media files. These are managed by the media library as you record clips, add files, or delete files.

To view the media folder, do the following:

1. Control-click (right-click) the project file in *Finder* and select *Show Package Contents*.
2. Open the *Media* folder to view the files in the media library for this document.

Caution: Unless directed by customer service, you should not delete or rename files in this directory, which could corrupt your document.

Tips for Screencasting

Before you begin your screencast, it's useful to consider how you and your users intend to use your screencast, how you want to organize your media, and how best to present your screencast on screen.

Setting Your Display Resolution

Before you begin recording, consider the resolution of your display and the intended export resolution of your screencast. Typically, you shouldn't export your screencast at the resolution at which you recorded it. Export your final video at a lower resolution than screen resolution—especially if you are recording a high resolution display or a Retina display (maximum 2880 x 1800). This is especially important when you have text which must be legible.

Telestream recommends that you check your display resolution, via *Mac System Preferences > Displays*, before recording. Lower your display resolution as much as possible without impairing your ability to view your screencast clearly. To prevent quality loss, don't lower the resolution below your intended export resolution.

Best Text for Screencasts

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

- Use font sizes of 25 points or more. Larger characters always render better than small ones.
- Don't use serif fonts like Times Roman. Always use sans-serif fonts such as Arial or Helvetica.
- Use boldface fonts, since they render better, especially at smaller sizes.
- Don't use odd values for the output movie's frame height or width. Always use even numbers. Also, importing sources with odd height or width values can result in illegible titles.
- Always generate non-interlaced video. Interlaced video is prone to poor quality text rendering, and can introduce flickering.

  The *Lossless* preset is the only preset which you can specify as interlaced.

Approaches for Narrated Screencasts

When creating narrated screencasts, consider two different approaches. For a simple demo, you might narrate the demo as you perform it. For a more complex demo, you might record the demo first; then add narration in a separate step.

Recording 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 document.

For example, you might start a screencast by recording your display, then cut to a Picture-in-Picture of a 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 screencast screencasts, you might find the second approach more comfortable.

Recording Your Display—Then Adding Narration

Using this method, you first record the display (optionally, without computer audio), demonstrating your application or subject matter without any video or voice-over.

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

You 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 when you have several comprehensive steps or tasks to achieve.

Media Editing

You can use ScreenFlow to add media to your document, and to edit your media into a finished video.

Topics

- Viewing the ScreenFlow User Interface
- Finding Keyboard Shortcuts
- Editing Clips
- Editing on the Canvas
- Editing in the Timeline

Viewing the ScreenFlow User Interface

To view the ScreenFlow user interface, launch ScreenFlow.

For descriptions of the various windows in ScreenFlow, see *The ScreenFlow User Interface*.

For descriptions of ScreenFlow menus, see *Menus*.

For descriptions of ScreenFlow properties, see *Properties*.

Finding Keyboard Shortcuts

To speed up your workflow, you can start many ScreenFlow features with keyboard shortcut commands.

- For a complete list of ScreenFlow keyboard shortcuts that you can customize, see ScreenFlow keyboard shortcuts.

Also see:

Shortcuts Settings Tab

Changing Shortcut Keys

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Keyboard Shortcuts and Hotkey Customizations

ScreenFlow Tutorial - 3 Handy Timeline Shortcuts

Editing Clips

Before editing, you add *clips* to a ScreenFlow document. Clips are the building blocks of every ScreenFlow screencast. A clip in ScreenFlow points to one or more media files, but doesn't contain the media files. A clip does contain all the information needed to play and render the media file. Clip information can include start and stop times, transitions, and other assigned properties.

Whether you record your display directly, or record a camera and microphone, ScreenFlow adds clips for those recordings to your document. You can also add still images or media files recorded outside of ScreenFlow.

ScreenFlow supports video and audio file formats that QuickTime Player can play in macOS 10.6.x and higher. ScreenFlow also supports many image formats, including PNG, JPEG, GIF, and TIFF.

The media library holds all the clips for a ScreenFlow document. You can add clips to a media library by dragging and dropping media files into the media library. Alternatively, ScreenFlow adds a clip to the media library for every media file you drop into the ScreenFlow timeline.

See *The Properties Window* for more detail on how to add media to your library.

Adding Clips to a Media Library

Drag a clip from the file system (Desktop or Finder window) directly onto the ScreenFlow timeline. This allows you to place the clip on the track you want, at the point on the timeline you want. ScreenFlow automatically adds the clip to the media library.

Adding Clips to the Timeline or Canvas

To add clips to your timeline or canvas, do one of the following:

- To add a clip to the timeline at the scrubber, double-click the clip in the media library.

- To place the clip on the track you want, at the location you want, drag a clip from the media library directly onto the timeline.

- To add several clips sequentially by time onto a single track, select the clips sequentially and-drag the group onto the timeline.

- To place clips as stacked layers on the timeline, hold the Shift key down while clicking and dragging multiple clips onto the timeline.

Note: You can select one or more clips using lasso selection—click and drag across some portion of several clips to select them.

- To place a clip to the timeline at the current scrubber position, click the plus (+) icon and select a clip from the drop-down list.
- To place a clip spatially on the canvas, drag the clip from the media library directly onto the canvas. ScreenFlow also places the clip in a new top track on the timeline at the scrubber.
- Copy and paste clips in the same document, or copy and paste clips between open ScreenFlow document windows.

ScreenFlow derives the default name of a clip from the media file it references. To change the name of a clip, double-click on the text or click the gear icon ⚙ on the clip, and select *Rename Clip*. The new name does not change the name of the source file.

Viewing Clip Metadata

To view the metadata of a video clip, do the following:

1. Select the *Media Library* tab in the *Properties* window.

   See *Media Library*.

2. Click the *Metadata* button, and select a clip.

Deleting Clips

To delete clips from your document do one of the following:

- Select a clip on the canvas or timeline and press Delete or select *Edit > Delete*. This removes the clip from the canvas and timeline, but leaves the original clip in the media library.
- Select a clip in the media library and press *Delete* or select *Edit > Delete*. This removes the clip from the canvas, timeline, and media library. If the clip is on the timeline, ScreenFlow displays a *Delete* dialog. Click *Delete* to continue.

  These deletions remove the clips from the document. They don't delete the referenced media files.

Editing on the Canvas

You can place clips in different parts of the screen using the Canvas.

See the Canvas in the screenshot in the topic, *The ScreenFlow User Interface*.

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Zooming and Panning the Canvas

You can zoom in and out on the canvas to view details or see the big picture. When the canvas is larger than the panel, scroll bars appear so that you can scroll in any direction to view hidden portions of the canvas.

To zoom in or out on the canvas, hold down the Option Key and move the scroll wheel.

You can also use these commands:

- Zoom in—select *View > Zoom In* (Command-=)
- Zoom out—select *View > Zoom Out* (Command--)
- Zoom to full pixel size—select *View > Zoom to 100%* (Option-Command-0 (zero))
- To scroll the canvas with a mouse, hold down the spacebar and drag. Also, you can use normal trackpad actions.
- If you press the Space Bar while moving the Canvas, the position values are not changed.

ScreenFlow changes the position values in the *Video* tab accordingly.

See *The Transitions Inspection Window*.

Clips on the Canvas

After you add clips to your document, you can edit the clips on the canvas. For example, you can arrange clips spatially, and can crop, resize, rotate, or add filters.

Selecting a Clip

To select a clip, click the clip on the canvas or on the timeline.

ScreenFlow highlights the clip both on the canvas and the timeline, and displays the properties of the selected clip in the *Properties* window.

See *Properties*.

Placing a Clip Spatially on the Canvas

To place a clip anywhere on the canvas, drag the clip and drop it at the location desired.

As the clip approaches the vertical or horizontal center of the canvas, yellow guide-lines appear to help you center the clip.

Alternatively, select the clip and click the *Video Properties* tab. To change the clip location on the canvas, adjust the X and Y values in the *Video Properties* tab.

See Moving Images.

Resizing or Scaling a Clip on the Canvas

To resize (or scale) a clip up or down, select the clip, and do one of the following:

- Select any resize handle, and drag.

- Hold down the Command key while turning the scroll wheel on your mouse.
- Click the *Video Properties* tab. Drag the *Scale* slider or manually enter a percentage.
- Select *Arrange > Scale*.
- Right-click on a clip in the canvas to access the following controls:
  - **Scale to Fit** Enlarges clip to fill the window, while maintaining its scale.
  - **Stretch** Enlarges clip to fill the window, without maintaining its scale (fills the entire window).
  - **Reset** Restores the clip to its original scale and size.

Cropping a Clip on the Canvas

To crop a clip, select the clip and do one of the following:

- Press and hold the Control key, and drag any resize handle inward.
- To preserve the aspect ratio, press and hold Control-Shift while dragging a handle.
- Select the *Video Properties* tab. Click the *Details* icon. Drag the left, right, top and bottom sliders, or manually enter a pixel value.

Rotating a Clip on the Canvas

To rotate a clip on its access, do one of the following:

- Click and drag the center handle of the clip; then rotate it.
- Select the *Video Properties* tab. Drag the X, Y, and Z thumbwheels, or manually enter a degree value.

Editing in the Timeline

You can use the controls in the Timeline to navigate your document.
See *The Timeline Window*.

Navigating the Timeline with the Scrubber

In the timeline, the red vertical bar with the red flag handle at the bottom is the scrubber. The scrubber identifies the current temporal position of the frame displayed on the canvas. ScreenFlow displays the timecode of this frame in the toolbar.

See the scrubber in the screenshot in the topic, *The ScreenFlow User Interface*.

- To *scrub* (move) through your screencast, grab the top handle (in the time scale) and move it right or left.

Note: As you use the scrubber to scrub your screencast, the canvas updates in real time.

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- To jump the scrubber to the beginning of the timeline, press the Home key. Alternatively, select *Mark > Go to > Project Start*.

- To jump the scrubber to the end of the timeline, press the End key. Alternatively, select *Mark > Go to > Project End*.

- To move the scrubber a frame at a time, press the left or right arrow keys. Alternatively, select *Mark > Go to > Previous Frame* or *Mark > Go to > Next Frame*.

- To insert empty time across all layers on the timeline, drag the red flag handle of the scrubber.

Note: This action splits clips that fall under the scrubber,

See *The Timeline Window*.

Measuring Duration with Scale

ScreenFlow displays the scale at the top of the timeline. The scale is a precise measure of the total length of time in the screencast.

You can view the start and stop time of each clip (or action in a clip) by dragging the scrubber to the beginning or end of the clip.

See the scrubber in the screenshot in the topic, *The ScreenFlow User Interface*.

Zooming In and Out on the Timeline

You can zoom in on an area of the timeline to make adjustments—or zoom out to see the big picture.

See the screenshot in the topic, *The ScreenFlow User Interface*.

Note: Apple Magic Trackpad and MacBook Pro users can use pinch gestures to zoom in/out on the timeline.

To zoom in or out of the timeline, do one of the following:

- Drag the scale slider in the lower left corner of the timeline.

  At maximum magnification, each line on the scale represents a single frame of video.

Note: You can also click repeatedly on the small and large magnifier icons to incrementally zoom in or out.

- To fit the entire screencast in the timeline, select *View > Zoom Timeline to Fit* (Control-T).

- To zoom in, select *View > Zoom Timeline In* (=).

- To zoom out, select *View > Zoom Timeline Out* (-) menu items.

    See *The Timeline Window*.

Detaching Timelines

You can detach the timeline window, or any timeline tab, from the ScreenFlow layout. You can move a timeline window independently from the ScreenFlow layout, even onto a second monitor.

To detach a timeline, select *Window > Detached Timeline*

ScreenFlow detaches the timeline window from the ScreenFlow layout.

See *The Timeline Window*.

Note: With *Detached Timeline* enabled, ScreenFlown opens documents in the detached-timeline state by default. Also, ScreenFlow re-opens currently-open documents in detached-timeline mode. ScreenFlow retains this setting, and applies it when the application is reopened.

The initial position of a detached timeline window is close to the normal location of the timeline in the ScreenFlow layout. ScreenFlow appends "-Timeline" to the name of the detached timeline window. The detached timeline window maintains its own title bar, *Close*, *Maximize* and *Minimize* controls.

Note: Closing a detached timeline window closes the entire document associated with it.

Timeline Tracks

The timeline is divided into tracks. Tracks allow you to superimpose clips on one another. If clips are place on different tracks at the same point in time, the clip in a higher track appears on top of the clip in a lower track.

Clips in the top track can't be obscured. Clips in the bottom track always appear below clips in all other tracks.

When you place a text box on a track higher than a track with a video clip in it, ScreenFlow superimposes the text on top of the video. If you place the text box on the track below the video clip, the video clip obscures the text.

You can place multiple clips sequentially in a single track or you can place clips separately on individual tracks. You can create as many tracks as you need.

Note: QuickTime X and VLC require a chapter marker on the first frame of your project. To prevent QuickTime or VLC chapter markers from moving from their intended locations, set a chapter marker at the very beginning of your project.

Adding and Deleting Tracks

- To add a track, drag a clip into the timeline below the existing tracks.

  ScreenFlow creates a new lowest track.

- To delete a track, select the track and press the Delete key.

Customizing Tracks with the Track Controller

Use the track controls at the left of each track to adjust the track height or to re-arrange track order.

  See track controls in the screenshot in the topic, *The ScreenFlow User Interface*.

- To adjust the height of a track, click the down arrow to decrease track height; or click the up arrow to increase track height.

- To re-arrange a track's position, select the track position handle and drag the track up or down in relation to the other tracks on the timeline. Drop the track into the new position.

  This allows you to move all of the clips in a track to a higher or lower layer, rather than moving one clip at a time.

- To create a new track for a clip, drag the clip downward past the bottom of the lowest track. When ScreenFlow creates a new track, drop the clip into the new track.

- To hide or unhide the video in a track, click the eye icon on the left end of the track. To mute or unmute the audio in a track, click the speaker icon on the left end of the track.

Creating and Closing Gaps in a Single Track

- To create a gap in a track between existing clips, drag to shift the clips to the left or right as desired.

- To close a gap in a track, click in the gap. ScreenFlow highlights the gap in purple with diagonal gray stripes. Press the Delete key, or control-click and select *Close Gap*.

Creating a Gap Across All Tracks

Occasionally, you might want to create a gap in all tracks of the timeline, to make room for additional clips. To create a gap in all tracks, do the following:

1. Position the scrubber where you want the gap to occur.

   See the scrubber in the screenshot for the topic, *The ScreenFlow User Interface*.

2. Grab the handle (red flag) at the bottom of the scrubber and move it to the right.

   As the gap is created and widened, all clips to the right of the scrubber (in every track) move to the right to create the timeline gap. If the scrubber is positioned over any clip, ScreenFlow splits the clip in two.

Closing a Gap Across All Tracks

To close a gap in all tracks, do the following:

1. Position the scrubber at the beginning of the gap you want to close.

See the scrubber in the screenshot for the topic, *The ScreenFlow User Interface*.

2. Drag the bottom scrubber handle (red flag) to the left.

This doesn't join clips which have been split; it just butts them together. If clips overlap, this forms a transition.

Timeline Markers

You can place markers on your timeline to identify milestones on your screencast. Timeline markers are particularly useful for editing complex screencasts. Unlike clip markers, timeline markers remain at their locations on the timeline, regardless of changing clip locations.

Note: You can export marker locations as chapter markers in supported formats.

Adding a Timeline Marker

To add a timeline marker, do the following:

1. Add an unnamed marker in one of the following ways:

- Move the scrubber to the desired location and select *Mark > Markers > Add.*

- Control (right)-click in the time scale (scrubber jumps) and select *Add Marker.*

- Select *Window > Markers*, then move the scrubber to the desired location and in the *Markers* window, click the plus (+) icon at the bottom left.

  ScreenFlow displays a dialog so you can name the marker.

2. After entering the name of the marker, click *OK.*

Note: Markers display as orange ticks on the time scale if they are named, but display in blue if blank or unnamed. You can select them to rename them, or drag them to re-arrange them.

Jumping to a Marker

To jump to a given marker, do the following:

1. Select *Window > Markers*.

ScreenFlow displays the *Markers* window.

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2. Do one of the following:

– Click the arrow to the left of a marker to quickly move to that marker in the timeline.

– Control (right)-click in the time scale—select the marker that you want to jump to.

Note: You can use keyboard shortcuts for jumping to markers. See *Shortcuts Settings Tab*.

Deleting Markers

To delete markers, do one of the following:

- Control- (right)-click the orange or blue marker in the time scale and select *Delete*.

- In the *Markers* window, select the marker and press Delete or click the minus (-) icon at the bottom left.

- Move the scrubber over the marker and select *Marker > Delete Marker*.

Timeline In and Out Points

You can place in and out points on the timeline, so that you can edit the contents of tracks between the in and out points.

Creating Timeline In and Out Points

You can create in and out points on your timeline, and use them in the editing of tracks. To set timeline in and out points, do the following:

1. Place the scrubber at the desired in point. Select *Mark > Mark In Point* (or press I). Alternatively, press shift-click to the left of the scrubber.

ScreenFlow highlights the timeline in blue from the beginning of the timeline to the in point.

2. Place the scrubber at the desired out point and select *Mark > Mark Out Point* (O) to set the out point. Alternatively, press shift-click to the right of the scrubber.

ScreenFlow highlights the timeline in purple from the out point to the end of the timeline.

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

See *The Timeline Window*.

Editing Tracks Between Timeline In and Out Points

You can export or delete a section of the timeline you've marked with in and out points, as follows:

- To delete the selected (marked) section of the timeline and close the gap, select *Edit > Ripple Delete* (Command-Backspace).

  ScreenFlow deletes all clips between the in and out points on all tracks. ScreenFlow shifts all clips to the right of the deletion to the left, closing gaps. After performing in and out point operations, ScreenFlow removes the timeline in and out points.

- To delete the selected (marked) section of the timeline, without closing the gap, select *Edit > Delete*.

  ScreenFlow deletes all clips between the in and out points on all tracks, leaving a gap on the timeline. After performing in and out point operations, ScreenFlow removes the timeline in and out points.

- To publish the range of clips bounded by the points, select
  File > Publish to Selected Range > Vimeo > YouTube > Google Drive > Dropbox > Wistia.

  ScreenFlow displays the selected *Publish* dialog. Proceed as appropriate for the publisher.

  See *Media Export and Project Archiving* for details.

- To export the range of clips bounded by the points, select *File > Export Selected Range*.

  See *Video Encoding*.

Clips on the Timeline

You can trim clips directly on the tracks in the ScreenFlow timeline.

Arranging and Adjusting Clips in the Timeline

- To adjust the start time of a clip relative to other clips, click and drag a clip left or right in a track.

- To move a clip from one track to another, click and drag the clip.

Splitting a Clip in the Timeline

To split a clip into two smaller clips, position the scrubber between the frames where you want the split to occur,. Then press the T key or select *Edit > Split*.

ScreenFlow splits the selected clip at the scrubber. Then, ScreenFlow selects the newly-created clip to the left of the split.

Note: Press Shift-T to split the clip and have ScreenFlow select the clip on the right.

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Trimming a Clip in the Timeline

- To trim the front of a clip to the location of the scrubber, select the clip. Place the scrubber at the time when you want the clip to begin. Then, press the W key or select *Clip > Trim Front to Scrubber*.

  This trims the beginning of the clip up to the scrubber, changing the clip start time.

- To trim the end of the clip to the scrubber, select the clip. Place the scrubber at the time where you want the clip to end. Then press the E key or select *Clip > Trim End to Scrubber*.

  This trims the end of the clip back to the location of the scrubber., changing the end time.

- To trim either end of a clip, grab the desired end of the clip and drag it inward towards the center of the clip.

- To restore frames in a previously-trimmed clip, grab the desired end of the clip and drag it outward from the center of the clip.

Note: Trimming changes the amount of time the clip plays; it doesn't modify the referenced media file.

Giving a Clip a Custom Name

To give a clip a custom name, do the following:

1. Double-click the clip on the timeline.
2. Enter a custom name for the clip.

   ScreenFlow renames the clip in the timeline, but doesn't rename its referenced media files in the media library.

Deleting Clips Between Timeline Markers

To delete all assets between two markers from the timeline, do the following:

1. Mark In and Out points on your timeline.
2. Select *Delete* to remove all assets from the timeline between the In and Out points:

Note: To shift clips left to fill the hole created by the deletion, use *Ripple Delete* (Command-backspace), the scrubber handle, or right-click (Control-click) in the empty space and select *Close Gap*.

Adding a Clip Marker

Clip markers remain on their clips even when you move the clips.Timeline markers remain at their locations on the timeline, regardless of changing clip locations.

To add a clip marker, do the following:

1. Select a clip and make sure the scrubber is within the bounds of the clip.

2. Select *Mark > Markers > Add to Clip*.

3. When ScreenFlow displays the popup dialog box, enter a name for your marker, and click *Create*.

You can create the marker without a name. Clicking away from the popup cancels the *Add To Clip* operation.

ScreenFlow places the marker at the bottom of the parent clip.

4. (Optional) To reposition the marker, drag and drop it.

5. (Optional) To change the name of the marker, double-click it. Enter a new name into the marker popup.

6. (Optional) To view all markers, select *Window > Markers*.

ScreenFlow displays a list of all markers.

Note: You can convert clip markers to chapter markers for YouTube or QuickTime exports.

See *Adding Clip Markers While Recording* and *Mark Menu*.

Changing Clip Play Speed

You can change the play speed of individual clips on the timeline.

To change the play speed of a clip, do one of the following:

- Press and hold the Option key and move your cursor to the edge of the clip. The cursor displays a clock icon indicating that you are changing the clip speed. Move the edge of the clip inward to speed the clip up and outward to slow the clip down.

- Click on the gear icon. Select *Show Clip Inspector*, and do one of the following:

    – Use the slider or manually enter a percentage value.

    – Change the duration to change the speed. Short is faster, longer is slower.

    – To play the clip backwards, check *Play Clip in Reverse*.

    – To prevent editing of the clip, check *Locked*.

    ScreenFlow marks the clip with a speed badge—a turtle or rabbit icon—to indicate that the clip speed was decreased or increased.

Grouping and Un-grouping Clips

You can group a set of clips together to link them to one another in their current order. You can move a group in a single operation.

Note: Since they are on the same timecode, grouping a screencast clip with a corresponding iSight clip makes it easy to keep the two in sync.

Do one of the following:

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- To group a set of clips together, select the clips you want to group, and select *Edit > Group* or press Command-G.

- To ungroup a group of clips, select the group, then select *Edit > Ungroup* or press Command-U.

Note: ScreenFlow also supports nesting of clips to reduce timeline complexity. For details, see *Nested Clips*.

Nested Clips

After you add many clips to the timeline, it could become hard to manage. A solution: create nested clips for complex clip sequences.

You can merge a sequence of multiple clips into a single, nested clip. This reduces the visual complexity of the high-level timeline.

You can do any of the following with clip nesting:

- Display the contents of each nested clip on its own tab in the timeline.

- Re-use nested clips in various tracks and timelines.

- Edit a nested clip, thereby changing to the whole set of nested clips as a unit.

- Nest clips recursively. That is, you can nest a sub-set of the clips already in a nested clip.

- Nest one nested clip inside another nested clip.

- Create a nested clip from an existing nested clip and another clip.

Creating a Nested Clip

1. To nest a set of clips, select the clips you want in the set and do one of the following:

- Select *Edit > Nest Clips*.

- Click the gear icon ⚙▾ on one of the clips and select *Nest Clips* (Option-Control-N).

- Control (right)-click one of the clips and select *Nest Clips* (Option-Command-N).

  ScreenFlow replaces the set of nested clips with a single clip the length of the now-nested clips on the timeline. Also, ScreenFlow opens a new timeline tab displaying the nested clip.

  ScreenFlow supports up to ten levels of nesting.

Un-nesting a Nested Clip

To un-nest a nested clip, do the following:

1. Select the nested clip.

2. Select *Edit > Unnest Clips*.

Viewing and Editing Nested Clips

To display the clips inside of a nested clip, double-click the nested clip in the *Timeline* tab.

To display the tab bar, select *View > Show Tab Bar*. (Uncheck it to hide it again). The tab bar displays the Timeline tab at the far left. The *Timeline* tab displays the entire view of the timeline, including nested clips in relation to all other clips.

Additional tabs display the name of each nested clip in the *Timeline* tab. To change it, double-click on the name in the clip and rename it. The name on the tab automatically updates when you change the master clip's name.

To display the clips inside a given nested clip, select the tab for that clip. ScreenFlow hides the *Timeline* tab contents, and uses the entire window to display all of the clips that comprise the nested clip. ScreenFlow opens the nested clip and displays all of its contents on the timeline.

To view the big picture of your timeline, you can click the *Timeline* tab at any time.

Nesting also provides another benefit: You can apply video filters and actions such as color correction or effect filtering to a nested clip. These changes apply to all clips inside the nested clip.

You can organize nested-clip tabs to suit the needs of your document. For example, you might display nested clip tabs in the same order in which the nested clips appear in the timeline. Alternatively, you could display nested clip tabs alphabetically. To move a tab, click and drag it to its new location.

When you delete a nested clip, all clips inside are deleted, and its tab is automatically removed from the timeline as well.

Keep in mind that after you have trimmed a video, the untrimmed portion displays with diagonal lines.

Locking Clips

To prevent a clip from modification, lock the clip so that it can't be altered in any way on the timeline. When you lock a clip, it appears dim and can't be modified or moved.

To lock a clip, select it and use one of these methods:

- Select *Arrange > Lock Clip*.
- Click the gear icon ⚙ on the clip and select *Show Clip Inspector,* then check *Locked* or select *Lock Clip* (Option-Command-L).

To unlock the clip, select it and select *Arrange > Unlock Clip* or display the gear menu and select *Show Clip Inspector* or select *Unlock Clip* (Option-Command-L).

Creating Rolling Edits

The rolling edit feature is enabled when two clips are connected to each other with no gap between them. To create a rolling edit, do the following:

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1. Move the mouse over the seam of the two clips.

The rolling edit icon appears at the top of the clips.

Rolling edit icon

2. To activate rolling edit mode, click on this icon.

3. To alter the duration of the clip on the left, and alter the in-point and duration of the clip on the right, move the mouse left and right.

Note: When the clips have a potentially infinite duration (text or still image clips), the only limit on the operation is that no clip can shrink smaller than a single frame. When the clips have a finite duration (recorded clips), the clips cannot be resized past the amount of content available.

Creating a Freeze Frame

To create a freeze frame, do the following:

1. Select the desired clip and move the scrubber to the frame you want to freeze.

2. Select *Clip > Add Freeze Frame* to create a still image of the current frame of video.

This command splits the video into two clips, and adds a two-second freeze frame clip between the two split clips.

3. (Optional) Modify the duration of the freeze frame by expanding or contracting the freeze frame clip.

See *Clips on the Timeline*.

See also How Transitions Affect Clips and Layers.

Adding Transitions

To add a transition, select a clip and do one of the following:

• Select *Clip > Add Starting Transition* to add a transition to the front of the clip.

• Select *Clip > Add Ending Transition* to add a transition to the end of the clip.

• Select *Clip > Add Starting & Ending Transition* to add a transition to both ends.

You can also create transitions between two clips by dragging one clip over an adjacent clip. The section where the two clips overlap is the transition.
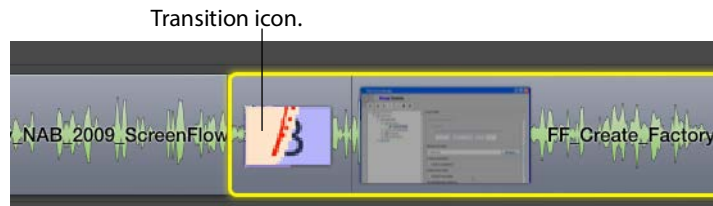
See *The Transitions Inspection Window*.

Configuring Video Transitions

To configure a transition, do the following:

1. Double-click the *Transition* icon in the clip.

Figure 1. Transition Icon in Timeline Window

Transition icon.

ScreenFlow displays the *Transitions Inspector*.

See *The Transitions Inspection Window*.

2. Click a transition icon to choose one of the transition types.

ScreenFlow displays a notice for transitions that are not configurable.

3. Click on a transition icon to see a demonstration of the transition action.

The transition keeps performing until you move the cursor off the icon.

4. Configure the transition properties (width, height, color, angle, opacity, etc.) using the controls displayed on the right side of the *Transition Inspector* window.

5. Click the *Preview* button to preview the transition in your clip on the canvas.

You can also set the transition duration value in seconds in the duration field at the bottom of the *Transition Inspector* window.

6. Show the *Transition Groups* area by clicking the arrow in the bottom left corner of the window. (Click it again to hide them).

7. Click *All* to display all available transitions.

When you hover over a transition a star appears.

8. Click the star to add the transition to the list of favorites.

9. To remove a transition from your list of favorites, click the star again.

10. Click *Favorites* to display a list of your most used transitions.

11. Click *Built-in macOS* to display transitions that are built into the operating system.

Configuring Audio Transitions

Audio transitions are applied to audio clips in the same manner as video transitions. However, since there is no visual media in an audio clip, there is one transition—a volume transition, which is automatically applied.

Audio transitions have no user-settable properties. Starting and ending audio transitions fade in and fade out. Overlapping transitions fade from one clip to the succeeding clip simultaneously.

Labels

ScreenFlow enables you to color code clips in the timeline for quick navigation and labeling. You can create labels from the *Edit* menu or by right-clicking the clip. One or more clips need to be selected in the timeline for the *Label* menu item to be enabled.

When the *Label* menu item displays, click the desired color to identify the selected clips. Click X to remove the color label from the clip(s). There are four colors available for labeling.

Adding Snapback Action

Snapback actions are available for each of the three types of override actions: *Video*, *Audio*, and *Screen Recording*. They behave like any other type of action. For example, you cannot have two video (or video Snapback) actions occupying the same time period. A snapback action will restore the state from before the previous action was executed.

To add a Snapback Action, select *Actions > Add Snapback Action*, and select *Video*, *Audio,* or *Screen Recording*.

In the example below, the values are restored from the clip itself, since there is no action behind the Video action.

In this example, the Video Snapback reverses the previous action.

You can't add a Snapback Action if there is no action to snapback to. If you try to add a snapback action, ScreenFlow displays a warning.

Adding a Video or Audio Filter

ScreenFlow provides a vast array of filters. These add effects to video, still images, and audio.

To add a filter to one or more clips, follow these steps:

1. Select the video or audio clip that you want to add the filter to.

2. Select the *Video* or *Audio* properties tab, as appropriate.

3. Next to the *Filters and Effects* heading in the *Video* tab, or next to the *Audio Filters* heading in the *Audio* tab, click the (+) button.

   ScreenFlow displays the list of available filters.

4. Scroll through the list of filters. Alternatively, in the *Audio* tab, enter a filter name into the *Search* field and press Enter.

5. Select a filter, and click *Add* to add it to the filter list for the selected clip.

Note: If a manufacturer's audio unit plug-in does not work in a "sandbox" environment, it will not work in the Mac App Store version of ScreenFlow. Contact the manufacturer of the audio plugin directly for information on plugin sandbox support.

See Video Filters and Effects, *The ScreenFlow User Interface*, and *The Properties Window*.

Adding a Lookup Table (LUT) Video Color Filter

You can apply third-party video color filters supplied in CUBE-format lookup tables (LUTs).

To add an LUT video color filter to one or more clips, do the following:

1. Select the video clip you want to add the filter to.

2. Select the *Video* properties tab.

3. Next to the *Filters and Effects* heading in the *Video* tab, click the (+) button.

   ScreenFlow displays the list of available video filters.

4. Click the *Import...* button.

   ScreenFlow opens a file browser.

5. Browse to the CUBE lookup-table file containing the desired filter. Select the CUBE lookup table desired, and click *Open*.

6. Select the filter desired, and click *Add*.

   ScreenFlow adds the LUT color filter to the filter list for the selected clip, and adds the CUBE file to the list of available color filters.

7. (Optional) To adjust the settings of the LUT filter, in the *Video* properties tab under *Filters & Effects*, check the box for *Color Effects*, select a style from the *Style* drop-down menu, and drag the *Intensity* slider to adjust the intensity of the LUT color effect.

Removing a Filter

To remove a filter that has been added to a clip, follow these steps:

1. Select the clip that you want to remove the filter from.

2. Select the *Video* or *Audio* properties tab, as appropriate.

3. To display the filters, click the *Filters & Effects* triangle on the *Video* properties tab, or click the *Audio Filters* triangle on the *Audio* properties tab.

4. Scroll through the list of filters on the clip until you find the one you want to delete.

5. Select the filter, and click the *Filter Delete* (x) button.

   ScreenFlow deletes the filter from the clip.

Note: You can disable a filter temporarily, by unchecking its name.

Re-ordering Filters

A filter has different effects, depending on where it is stacked in relation to any other active filters. Filters are applied in list order, from top to the bottom, of the list of filters on the clip.

To set the order in which ScreenFlow applies the filters, do the following:

1. Select the clip that has the filters you want to re-order.

2. Select the *Video* or *Audio* properties tab, as appropriate.

3. To display the filters, click the *Filters & Effects* triangle on the *Video* properties tab, or click the *Audio Filters* triangle on the *Audio* properties tab.

4. Scroll through the filters to identify the one you want to re-arrange.

5. Click on the grab icon just to the left of the checkbox by its name.

6. Drag the filter up or down the list to re-order its application in relation to other filters in the list.

Configuring a Filter

Video filters that have a visual position coordinate display a cross-hairs button which allows you to adjust the position on the canvas. The label of the parameter you are editing also appears on the canvas when adjusting the position.

When multiple clips are selected, ScreenFlow attempts to display the list of filters in the *Video Properties* tab where the filters have similar settings. For example, if two clips have two identical filters in the same order, ScreenFlow will display the two filters regardless of whether any of the individual parameters are the same. However, if the two clips have the same filters but in different order, ScreenFlow displays a *Multiple Filters* message.

Note: Filter processing is CPU-intensive. Expect export and publishing times to increase with the number of filters enabled.

After you configure a filter, you can test it out by playing the video.

To configure a filter, follow these steps:

1. Select the clip that has the filter you want to configure.

2. Select the *Video* or *Audio* properties tab, as appropriate.

3. To display the filters, click the *Filters & Effects* triangle on the *Video* properties tab, or click the *Audio Filters* triangle on the *Audio* properties tab.

4. Scroll through the filters to locate the one you want to configure.

5. Adjust the controls as necessary.

Removing a Filter Background

You can remove a background from a ScreenFlow effect or from imported camera video.

Note: You can't remove backgrounds from screen recordings, which don't have ScreenFlow filters. Filters are not visible when screen recordings are selected.

To remove a background from an effect, do the following:

1. Select a video clip on the timeline, and navigate to *View > Switch to Inspector > Video > Filters & Effects*.

2. Click the *Add* button (+), select *Background Removal*, and click *Add*.

   ScreenFlow removes the background from the selected clip.

The Chroma Key Filter

The chroma key video filter creates transparency in a selected clip, based on a unique color. ScreenFlow makes all pixels of the key color transparent. Clips in tracks lower than the chroma key clip show through the transparent areas of the chroma key clip.

For example, if you chroma-key a shot of a weatherman standing in front of a green screen, you can make a shot of a weather map appear in the green areas.

Figure 2. Typical Chroma Key Filter Application

Original clip   Green color keyed out   Background - 2nd track   Final composite clip

Green and blue are the two most commonly used colors for chroma keying because people don't have much green or blue in their skin or hair color. However, for special purposes, you can key on colors other than green or blue.

For best results, light the background screen brightly and evenly, and make sure the talent isn't wearing anything that matches the background screen.

Chroma Keying a Clip

To chroma key a clip, do the following:

1. Shoot your subject against a chroma key screen.

2. Shoot your background image or clip.

3. Add these clips to your document.

4. Select a background color on the canvas for chroma key testing.

5. Add the Chroma Key filter and set it up.

   See *Chroma Key Filter Settings*.

6. Test your clip by previewing it, and adjust chroma key settings as necessary.

   See *Refining the Chroma Key Filter Settings*

7. If necessary, split your clips. Then, add and adjust the chroma key filter.

8. When you're satisfied with the chroma key, add your background image or clip to the screencast in the track immediately below the target clip.

Chroma Key Filter Settings

Settings for the Chroma Key filter are described in the table below.

For details on adding filters, see *Video Properties*.

Adjust the Chroma Key settings as needed. For details, see *Selecting a Chroma Key Color*.

Table 1. Chroma Key Filter Settings

Menu Item	Description
Color	Click to refine the key (to specify the color to be converted to transparency. See *Selecting a Chroma Key Color*.
White Clip	Use the slider to adjust the whiteness tolerance to reduce white pixel transparency. Adjust the gray scale value (0 to 255) to the right, until the entire background is transparent. In a source with lots of very bright white, the background may bleed through the white part of the image. To avoid this, adjust the White Clip value.
Tolerance	Use the slider to specify how far from the chroma key color is considered background. Adjust to remove more or less of the background color without affecting the foreground image.
Angle	Use the slider to specify the angle around the chosen color. The amount of color varies, depending on how far from the center of the color space the selected color is.

Selecting a Chroma Key Color

It 's important to choose the correct color for the chroma key. The color should match or closely match the background. ScreenFlow selects the color displayed in the box by analyzing the current frame. Sometimes this is not the best color.

To select the chroma key color, do one of the following:

- Click the desired color in the original image.

  It's often best to click next to the edge of an object that is not going to be removed. The color near the object is often the most effective chroma key color.

- Click the *Color* button to open the *Refine Key* window in the upper right corner of the Canvas window.

  Use the *Refine Key* image to refine the key as required.

  When the *Refine Key* window is open, you can click anywhere in the clip image on the canvas to select a new color.

- Click directly in the *Refine Key* window to adjust the selected color.

  The *Refine Key* color range displays the colors that are near (in value) to the currently selected color.

  The Refine Key window does not display all colors in the image.

Refining the Chroma Key Filter Settings

You can find the most effective chroma key settings by adjusting all three parameters, viewing results over time, and adjusting them again. Here's a suggested pattern of refinement:

1. Temporarily move your background or image clip out of the way, so that the canvas color can be used as a backdrop against your foreground image.

2. Next, adjust the *White Key* value by dragging the slider from left to right.

   As the opaque area shrinks, pay close attention to the edges of the foreground image.

3. (Optional) If the background starts showing through, creating a shadow, drag the *Tolerance* level to the left. This eliminates the shadows around the edge.

4. Then, return to the White Key parameter and completely eliminate the opaque areas so that the entire background is fully transparent.

5. Switch back and forth adjusting the *White Key* and *Tolerance* sliders to strike a perfect balance as you scrub your clip.

6. Finally, reduce the *Angle* slider value to zero. Move the slider to the right until the background is completely transparent.

7. Scrub the clip to make sure the chroma key works well across the entire clip.

Note: Sometimes the color of a background varies over time. A clip might need different keys in different sections. To add different chroma keys to a clip, split the

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source clip into several clips. Then apply a slightly different key color to each of the clips.

Adding and Configuring a Text Clip

To display the *Text Properties* tab, click the *Text Properties* icon in the *Properties* window.

See *Text & Titles Properties*.

To add a text clip, do the following:

1. Place the scrubber at the location where you want the clip to start.

2. Click *Add Text Box*, click the gear icon ⚙▾ on the *Text Properties* tab and select *Add Text Box,* or select *Insert > Text Box*.

   ScreenFlow adds a five-second text clip in a new, top track (which you can move anywhere on the timeline).

Note: To change the default duration of your Text clip, go to *ScreenFlow > Settings > Timeline*.

   ScreenFlow creates a text clip with the word *Text* in it.

3. Select the text to edit it.

   You must have at least one character in the clip, or ScreenFlow automatically deletes it. If you later remove all text, ScreenFlow deletes the clip automatically.

Figure 3. Sample Text Clip on Canvas (left) and Timeline (right)
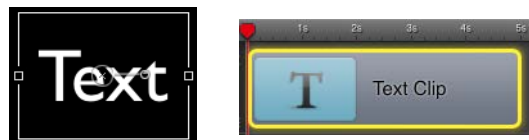
4. With the text selected, adjust the text properties.

5. To reset all properties in this tab to default values, click the gear icon ⚙▾ and select *Reset to Defaults*. ScreenFlow applies the settings for *Make Settings Default for New Text Clips*.

   For descriptions of the *Text & Titles* controls, see *Text & Titles Properties*.

Formatting Text and Titles

You can design on-screen text, determining font, color, animation, and more, with the controls in the Text & Titles tab of the Properties window.

To format text or titles, do the following:

1. On the Canvas, select a text box containing text. On the Properties window, click the *Text & Titles* tab.

   See *The Properties Window*.

2. Use the controls in the *Text & Titles* tab to customize the text.

   For descriptions of the *Text & Titles* controls, see *Text & Titles Properties*.

Animating Text

To animate text within a text box, do the following:

1. Create a text clip.

   See *Adding and Configuring a Text Clip*.

2. Select the text box, or a range of text within the text box.

3. On the Properties window, select the Text & Titles tab.

   See *The Properties Window*.

4. Check the box for *Build In Animation*, and select the animation settings desired.

   See *Build In Animation checkbox* in *Text & Titles Properties*.

5. Check the box for *Build Out Animation*, and select the animation settings desired.

   See *Build Out Animation checkbox* in *Text & Titles Properties*.

Adding an Annotation Clip

To add an annotation clip, set the scrubber in the location where you want the clip to start, and click the Add icon (+). ScreenFlow adds a five-second annotation clip in a new, top track (which you can move anywhere on the timeline you want).

When you create an annotation clip, you must immediately add at least one object to the clip, or ScreenFlow will automatically delete it. As a matter of fact, if you later remove all annotations, ScreenFlow deletes the annotation clip automatically.

Figure 4. Sample Annotations Clip on Canvas (left) and Timeline (right)
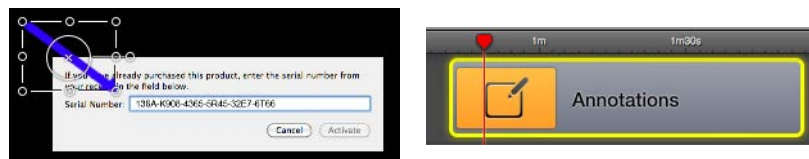
Adding and Configuring Annotation Items

To add annotation items to an annotation clip, follow these steps.

1. Select the clip to which you wish to add an Annotation.

2. Choose the *Annotations Property* tab.

3. Choose an *Annotation Object* from *Tool Palette*.

4. Adjust object on canvas to desired effect.

While selected, you can adjust the item's properties.

Note: Notice that as you are drawing, the timeline loses focus and darkens. Drawing is a modal operation: When you're done drawing and configuring objects, you must click on the timeline to continue working on the canvas or timeline.

To save these settings for new annotations clips you may add in the future, click the gear icon ⚙▾ and select *Make Settings Default*.

Table 2. Annotations Properties Controls

Control	Description
Shapes	Choose from the types of annotations in the tool bar: • Line (arrow) • Line • Square (filled) • Square • Circle
Color	Click to select the color of the annotation.
Opacity	Use the slider (or enter the percentage value manually) to set the opacity of the selected object.
Thickness	Use the slider or manually enter the value to specify the thickness (in pixels) of annotation lines (range: 2 to 350). Default: 55.
Shadow	Check to create a shadow on objects in the annotation. Use the slider or manually enter the value (in pixels) to specify the opacity of the shadow (range: 1 to 60). Default: 25. The value creates a gradual loss in opacity as the shadow spreads from the center.
Outline	Check to create an outline around objects in the annotation. Use the slider to specify the thickness of the outline.
Color	Click to select the color of the outline.
Endpoints	Select a shape to affix to the end of a line segment. The first and second field represent the starting and finishing point of the line segment, respectively.

See *Annotations Properties*.

Adding Freehand Annotations

You can also create freehand annotations (freehand drawings accessible through the existing annotation's Inspector panel). This feature enables you to draw smooth and accurate freehand lines and shapes, move and resize them, and change properties such as: color, opacity, shadow, and outline.

To add a new Freehand Annotation, click the *Freehand* button on the Annotations tab, then click the *Add* button (+) to place a freehand Annotation in the timeline.

Freehand annotations are stored as Bezier Curves, which are generated from a list of mouse points. Freehand annotations are drawn like any other annotation type. Lines are created by dragging the mouse along the canvas to draw lines.

One difference between Freehand Annotations and other annotation types is that Freehand Annotations are not automatically selected when the mouse is released from drawing. This prevents you from having to deselect a drawing each time you want to create a new one. Another difference is that in order to select a Freehand Annotation, you are required to hold down the Command Key. This is to prevent users from selecting other freehand annotations while drawing.

Adding Freehand Callouts to Images

You can highlight freehand areas directly on images, using either a circular paint brush or a rectangle tool. You can use freehand callouts to blur out sensitive data or create a highlighted box around the content you are discussing, for example.

To create a freehand callout, follow these steps:

1. Set the location of the scrubber.

2. Select an image on your canvas.

3. Click the *Callout Properties* tab, click the + *Action* button, and click *Freehand*. (Because you're working on an image, Freehand is the only callout option.)

4. When ScreenFlow displays the tool palette in the upper right corner of the canvas, select either the brush or the rectangle tool. If you select the brush, you can set the size of the brush.

Figure 5. Freehand Callout Tool Palette

Brush tool
Rectangular tool
Brush size adjust
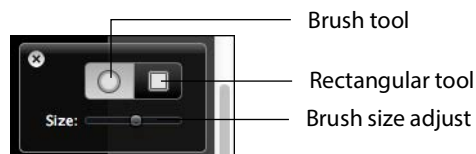
5. Draw the highlighted region on your selected image using your mouse. To brush-on a highlighted area, select the brush tool, set the brush size, then click and drag the mouse to define an area. To create a rectangle highlighted area, select the rectangle tool, then click and drag the mouse to define an area.

6. Use the callout properties to adjust the look of your callout.

7. To remove a brushed-on freehand callout, select the brush tool, then hold down the Option key and the left mouse button while moving the mouse over the highlighted area to erase it. To remove a rectangle freehand callout, select the rectangle tool, then hold down the Option key and the left mouse button while moving the mouse over the highlighted area to select it. When you release the mouse button, the callout is removed.

Modifying Style with Style Presets

To create video style presets based on existing presets, do the following:

1. Click the *Video* tab in the *Properties* window.

See the *Properties* window on the screenshot in the topic, *The ScreenFlow User Interface*.

2. Select a video in the timeline

3. Click the *Style Presets* button [icon] at the upper-right of the tab to open the *Style Presets* window.

ScreenFlow displays the *Styles Presets* window.

4. Click the plus (+) button to create a new style based on the current properties of your video.

ScreenFlow displays the next setup window.

5. Select parameters to include in the new style preset.

6. Click the plus (+) button.

ScreenFlow displays the next setup window.

7. Rename the style preset from its default name.

8. (Optional) You can also update the preset or delete it by clicking on the gear icon to open a drop-down menu.

Once you have created a list of style presets, you can associate them with any video by selecting a video and choosing a style preset from the list.

Adding a Clip to the Media Library

To add clips to the screencast, you can drag clips from the Media Library onto your canvas or timeline.

To add a clip to your media library, do one of the following:

- Record a source in ScreenFlow.

  ScreenFlow records a media file, creates a clip associated with the media file, and adds the clip to the document media library.

- Drag the media file from the Finder into the media library.

  ScreenFlow creates a clip associated with the media file in the media library.

- Drag the media file from the Finder onto the timeline.

   ScreenFlow creates a clip associated with the media file in the media library, and adds the clip to the timeline.

- In the *Media Library* tab, click *Add Media*.

   ScreenFlow displays a File System dialog. ScreenFlow creates clips in the media library for media files you select.

Duplicating a Media File from a Clip

To copy the media file associated with a clip to the computer file system, drag the clip from the Media Library out to your desktop, target folder or server.

MacOS duplicates the source media file in the new location.

Deleting a Clip from the Media Library

To delete a clip from your media library, do the following:

- Right-click the clip, and select *Delete Media*.

   ScreenFlow deletes the clip from the Media Library. If this clip is used on the time-line, ScreenFlow deletes the clip from the timeline as well.

Renaming a Clip in the Media Library

To rename a clip, do the following:

1. Select the clip.

2. Click on the clip name, and enter a new name.

   ScreenFlow renames this clip wherever it appears on the timeline, except in those instances where the clip has a custom name.

Relinking a Clip to a Media File

Moving or renaming a media file breaks the link between the file and the clip in your ScreenFlow document. To relink the file to the clip, click the relinking button.

Previewing a Clip in the Media Library

To preview a clip before placing it on the timeline, hover the cursor over the clip. ScreenFlow displays a scrubber for previewing the clip before adding it to the canvas or timeline.

Navigating the Media Library

To display the media library, click the *Media Library* tab in the *Properties* window.

See *Media Library*.

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You can also view the Media Library on the left side of the ScreenFlow main window.

Finding Clips with the Media Library Filter

You can find clips by filtering the media library to show only certain types.

To select a filter, do the following:

1. Click the *Filter* button.

ScreenFlow opens the *Filter* window.

2. Click a filter to open its menu and select a type.

ScreenFlow displays all clips matching the selected type.

Finding a Clip Using Media Library Search

You can search for any text in the clip name by entering a text string in the search field. The list of clips changes as you type.

Adding a Clip to the Timeline

To add a clip to your timeline, do one of the following:

- Drag the clip from the Media Library to either the canvas or to the timeline.
- Double-click on the clip to add to the timeline at the scrubber location.

ScreenFlow places the selected clip at the location of the scrubber in the timeline.

Note: You can select one or more clips using lasso selection. Click and drag across some portion of each clip to select it.

For complete details on these and other ways to add clips to your document, see *Editing Clips*.

Deleting All Unused Media

At the completion of a project, you might have clips in a ScreenFlow document that you haven't used in the timeline. These unused files make your ScreenFlow document unnecessarily large. To delete such orphaned media sources from the Media Library, do the following:

1. Click the *Media Library* tab.

See the *Properties* window in the screenshot of the ScreenFlow user interface in the topic, *The ScreenFlow User Interface*.

2. Click the gear button.

ScreenFlow opens a drop-down menu.

3. Select R*emove All Unused Media.*

   ScreenFlow displays a list of unused media.

4. Click *Delete* to delete all the unused sources from the Media Library.

Adding Media to the Global Library

You can store media files in the global library for use in any number of ScreenFlow documents.

1. Select the *Media Library* tab in the *Properties* window.

   See *Media Library*.

2. Click the globe button.

3. Do one of the following:

- Drag and drop media files into the global library panel

- Click the plus (+) button, navigate to a file and select it

Once you've added content to the global library through one inspector panel, the content appears in the global library of all ScreenFlow documents.

ScreenFlow stores global library contents here:
~/Library/Application Support/ScreenFlow/GlobalLibrary

ScreenFlow creates a hard link from the original content to the Global Library folder.

Deleting Media from the Global Library

1. To delete an item from the global library, do one of the following:

- Right-click on the file icon, and select *Delete Media*.

- Select the file icon and press the Delete key.

   ScreenFlow warns you that other ScreenFlow documents might reference the file you want to delete.

2. Click *Delete* or cancel the operation.

When ScreenFlow deletes the item, ScreenFlow deletes the file in the global library.

Purchasing the Stock Media Library

To access the Stock Media Library, you first must purchase it. To purchase the Stock Media Library, do the following:

1. Select *File > New*.

   ScreenFlow opens the *New* dialog.

   See *The New Dialog*.

2. Click the *Stock Media Library* tab.

3. Click *Buy* to purchase the Stock Media Library.

Importing a Stock Media File

You can query, filter, and preview all of the content in the Stock Media Library. However, to add clips from the Stock Media Library to a ScreenFlow document, you must purchase the Stock Media Library.

To import files from the Stock Media Library, do the following:

1. Click the *Media Library* tab on the inspection panel.

2. Do one of the following:

- Click the *Stock Media* button.

- Enter a search term into the *Search* field at the bottom of the *Media Catalog* window.

    ScreenFlow populates the Stock Media Library as you enter your search term.

3. Select the stock media file desired.

4. Do one of the following:

- Right-click on any stock media icon to access its menu. From this menu, choose to add the stock media file to the timeline at the scrubber position, add the media to the Global Library, or download different format versions of the media.

    Stock media video comes in these formats: HDMP4, 4KMOV, HDMOV, and 4KMP4. Stock media audio comes in these formats: WAV and MP3. Stock media still images come in these formats: PNG and JPG.

- Drag and drop the clip onto either the timeline or the canvas.

    ScreenFlow creates a temporary clip in the timeline until it fully downloads the media file. A spinner shows the download progress. Once the download is complete, ScreenFlow replaces the clip's temporary source with the newly-downloaded source. If you delete the clip before the download is done, ScreenFlow cancels the download.

Previewing a Stock Media File

You can preview any stock media clip by scrubbing or playing the clip. To preview a stock media clip, select a clip, and do one of the following:

- Move the scrubbing slider.

- Click the Play button.

Displaying and Previewing Closed Captions

You can use the ScreenFlow caption editor to add, edit, and publish ADA-compliant soft subtitles as caption tracks to a screencast (Figure 6).

You can include captions in MPEG-4 outputs, and in outputs for YouTube. You can create caption tracks in multiple languages. Also, you can export captions as SRT subtitle files.

Caption clips are permanently joined to their parent clips, and are the same length as their parent clips. You can't move caption clips independently. When you move, copy, or delete a parent clip, you move, copy, or delete the caption clip with it.

Caption clips contain one or more caption boxes, each one lasting three seconds. The number of boxes depends on the total duration of the parent clip. You can adjust the durations of the caption boxes. The caption boxes contain the text to display. Click each caption box independently to add text.

Note: To view closed captions in a movie player, you must enable closed caption viewing. Enabling closed caption viewing in players is beyond the scope of this guide.

Figure 6. Screencast with Closed Captions

Captions are rendered on the frame from the text you enter in caption clips.
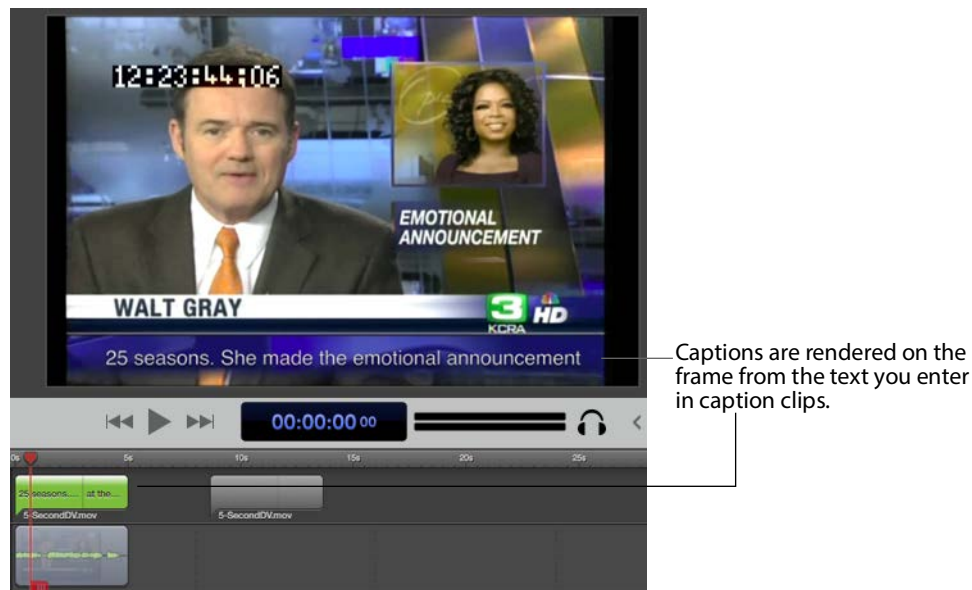
Closed caption text is rendered on-screen in white, sans-serif type, centered at the bottom of the screen.

To display closed captions on the canvas, select *View > Show Captions*. As you scrub or preview the screencast, ScreenFlow displays closed captions on the canvas along with all other visual elements in the screencast.

Adjusting Video to Accommodate Caption Text

To provide a suitable background on which to display caption text clearly, use black or another dark background color, and consider using one of the following techniques:

* Shorten the computer video frame vertically to create an empty rectangle at the bottom. (This creates a minor distortion in the image.)

Figure 7. Shortening Video Frame Up for Captions

Shorten video frame upward to create space for closed caption text.
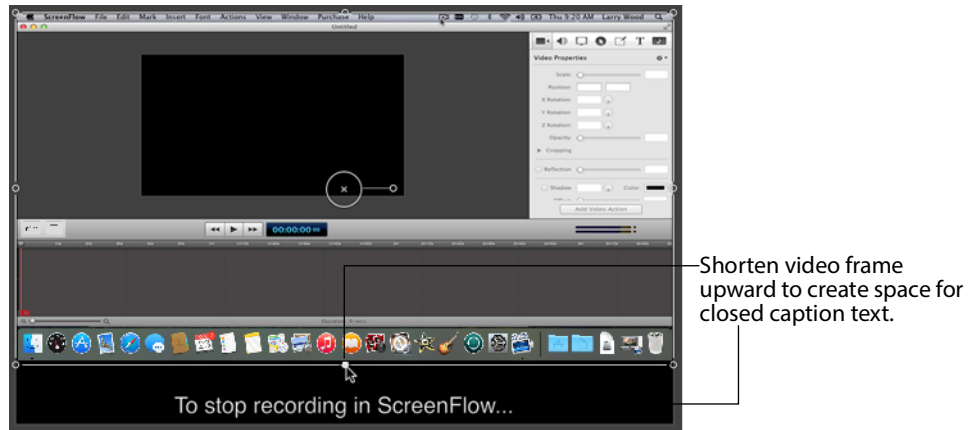
- Crop the computer video frame upward (Figure 8)—preserving the application window, but hiding the dock bar at the bottom. (This doesn't distort the image.)

Figure 8. Cropping Video Frame for Captions

Crop bottom of video frame to create space for closed caption text.
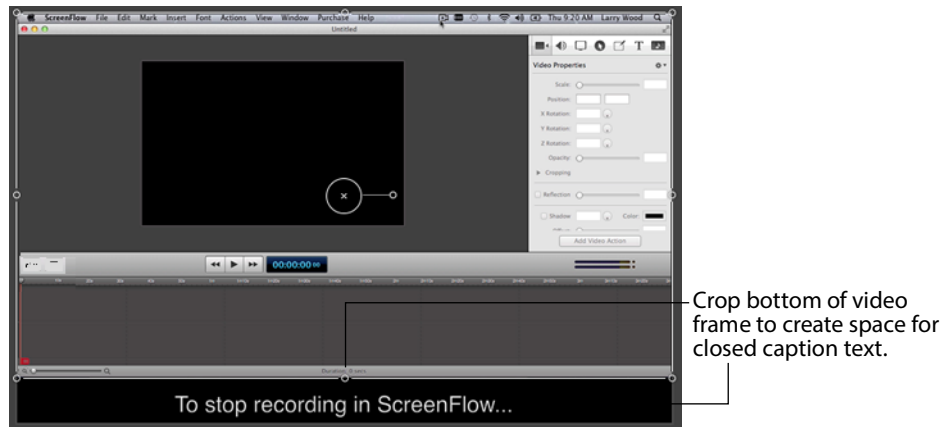
- Reduce the frame proportionally (Figure 9), positioning it at the top center of the canvas.

  You can leave the canvas as-is—with pillars on each side of the frame—or shorten the canvas horizontally to eliminate the pillars.

Figure 9. Shrinking Video Frame for Captions

Leave pillars or reduce canvas size horizontally to remove them.

Reduce video frame to create space for closed caption text.

Viewing Closed Captions

To view closed captions, select *View > Show Captions Track*.

ScreenFlow displays the caption track at the top of the timeline. Each clip on the timeline with an audio track has a corresponding caption clip. ScreenFlow can show only one caption track at a time.

If there is more than one audio clip in the screencast at the same time (for example, a voice-over and a music bed), ScreenFlow displays the audio clip on the highest track.

Navigating Caption Boxes

To move between caption boxes, do one of the following:

- Press the left and right arrows in the caption playback controls.
- Press the tab key to advance to the next box and use Shift-tab to go to the previous box.

  The scrubber jumps to the beginning of the next (or previous) box, and displays its text, so you can add or edit it.

Note: When transitioning to the next caption, captions with a duration of 0.9 seconds or shorter get skipped over. Transitioning jumps only to captions that are one second or longer in duration.

Editing Caption Text

To edit text in a clip's caption box, do the following:

1. Click the target box.

  ScreenFlow displays the caption editor, where you can enter text and test it for appropriate time length, adjusting the length as necessary.

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2. (Optional) To display closed caption text on multiple lines, press Enter to add line returns.

Changing Caption Display Time

Do one of the following:

- To lengthen the display time of a caption box, press Command-up arrow.
- To reduce the display time of a caption box, press Command-down arrow.

You can also change the time in the caption editor.

Deleting All Text from Captions

To delete all of the text in all captions, do the following:

1. Control-click a caption box.

2. Do one of the following:

- Select *Clear All Captions*
- Select *Edit > Captions > Clear All Captions*.

Setting the Caption Language

To set the caption language, do the following:

1. Control-click on the caption box.

2. Do one of the following:

- Select *Set Language*
- Select *Edit > Captions > Set Language*.

3. Select the language you want to display captions in.

Generating Closed Captions

You can generate closed captions when exporting or publishing in these formats:

- Export the screencast as an MP4 (H.264 video) file. Select the Web-High or Web-Low preset or any Apple device preset, or a customized derivative. You'll need to check *Add Captions Track* on the export window.

  For details, see *Video Encoding*.

- Publish the screencast to YouTube. You'll need to check *Add Captions Track* on the export window.

  For details, see *Publishing to Video Hosts*.

- Export with burned-in captions. To do this, check the *Burn In Captions* checkbox, under *Options* in the *Export* window.

Exporting Closed Captions as SRT Subtitles

To export your closed captions into an SRT subtitle file, do the following:

1. Control-click on the timeline.

2. Select *Export to SRT* or *Edit > Captions > Export to SRT*.

ScreenFlow displays a *Save As* dialog.

3. Name the file, select a location, and save the file.

Importing Closed Captions as SRT Subtitles

To Import an SRT file, do the following:

1. Select *Edit > Captions > Import from SRT.*

2. Pick the SRT file you wish to import.

3. In the file dialog window, select the language of the caption file.

ScreenFlow parses the imported SRT file and generates captions for each entry. If there are any existing captions for the imported language, ScreenFlow clears them before the import. The import always overwrites any existing captions and does not merge them.

If there are any gaps in time between captions in the imported SRT file, ScreenFlow inserts spacer captions to keep the captions in sync. ScreenFlow imports the captions into the first audio clip on the timeline. If the captions are longer than the clip, ScreenFlow doesn't split them onto other audio clips.

Adjusting Recorded App Audio

If you have configured ScreenFlow to record computer audio, the *Audio Properties* tab displays controls for *Recorded App Audio*. You can set volume levels for each app individually using these controls. To set app volume levels, do the following:

1. Check the box near the name of each app you want to control.

2. To set the volume of an app, drag and drop the slider for the app to the desired level.

See *Audio Properties*.

Reducing Background Audio Volume ("Ducking")

To enable ScreenFlow to automatically reduce the volume of background audio under narration (ducking), do the following:

1. In the *Properties* window, select *Audio Properties*.

2. Check the box for *Ducking*.

3. Select narration clip(s).

ScreenFlow highlights narration clips with a yellow border.

4. Select the *Audio Inspector* tab in the properties inspector.

    5. Select *Ducking*.

    6. Adjust the percentage slider to desired level of ducking.

See *Audio Properties*.

Adding Narration

You can add a narration to an existing recording. To add a narration, do the following:

    1. Select *Insert > Narration*.

    ScreenFlow displays the settings window.

    2. Select an audio device.

    3. (Optional) To set a recording duration, check the *End After* checkbox, and enter a time in seconds.

    4. (Optional) To hear the audio already in your document, uncheck *Mute Audio During Narration*.

Note: The *Mute Audio Playing During Narration* box is checked by default to prevent feedback while adding narrations.

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    5. To start recording your narration, click the *Record* button.

    ScreenFlow displays a count-down window to let you know when to begin your narration, and displays a progress bar on the timeline.

    6. Click the *Stop* button when you finish your narrative.

    If you selected the End After option, as the finish time approaches, an ending countdown appears on the screen. When the recording ends manually or automatically, ScreenFlow adds the narration to the document.

    7. Save the recording or discard it.

Media Export and Project Archiving

You can use ScreenFlow to export your video to a standard video file, to upload your video to a video hosting service, and to archive your screencast project.

Topics

- Video Encoding
- Video Publishing
- Exporting Batches
- Archiving a ScreenFlow Project

Video Encoding

When you're done editing your project, you *encode* it: you convert it to a standard video format for publication and distribution.

ScreenFlow provides two methods of encoding:

- Export a standard video file. Then distribute or publish the file.
- Publish a video file directly to an online video service such as Vimeo, YouTube, Google Drive, Dropbox, Wistia, Box, or Imgur. ScreenFlow converts the project to the appropriate video format as part of the publication process.

Note: If you have in and out points set in your project, the menu item displays *Export Selected Range*. ScreenFlow exports the media between the in and out points.

See Publish To.

Exporting Video

Note: Apple has deprecated QuickTime in favor of AVFoundation. ScreenFlow export options using the QuickTime APIs have been removed.

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To export your video, do the following:

1. Select *File > Export*.

ScreenFlow opens the *Export Settings* dialog.

See *The New Recording Pane of the New Dialog*.

2. Configure your export settings.

3. Click *Export* to begin encoding the project into a video file.

ScreenFlow displays a progress dialog.

When exporting a ScreenFlow project, ScreenFlow displays an export-progress overlay. This allows you to minimize the application during export, while still monitoring the time remaining.

Note: ScreenFlow displays an alert if you try to select a drive formatted with FAT 16 or FAT 32.

Note: If you export your video from an unlicensed version of ScreenFlow, ScreenFlow watermarks your exported video.

See *The New Recording Pane of the New Dialog*.

Customizing Animated GIF or Animated PNG Outputs

To customize *Animated GIF* or *Animated PNG* outputs, do the following:

1. Select *File > Export*.

ScreenFlow opens the *Export Settings* dialog.

See *The New Recording Pane of the New Dialog*.

2. Click the *Manual* button.

3. In the *Preset* drop-down menu, select *Animated GIF* or *Animated PNG*.

4. Click the *Customize* button.

ScreenFlow displays the customization dialog for animated GIF or animated PNG.

See *Customization Dialog for Animated GIF or Animated PNG*.

5. Select the desired values for the fields in the customization dialog.

6. Click *OK*.

Customizing H.264/AAC (MPEG-4) Codec Settings

To customize settings for *Web-High*, *Web-Low*, *Lossless - ProRes with Alpha*, or *iOS App Preview*, do the following:

1. Select *File* > *Export*.

   ScreenFlow opens the *Export Settings* dialog.

   See *The New Recording Pane of the New Dialog*.

2. Click the *Manual* button.

3. In the *Preset* drop-down menu, select *Web-High*, *Web-Low*, *Lossless - ProRes with Alpha*, or *iOS App Preview*.

4. Click the *Customize* button.

   ScreenFlow displays the customization dialog.

   See *Customization Dialog for H.264/AAC (MPEG-4)*.

5. Select the desired values for the fields in the customization dialog.

6. Click *OK*.

Managing Export Presets

To manage export presets, do the following:

1. Select *File* > *Export*.

   ScreenFlow opens the *Export Settings* dialog.

   See *The New Recording Pane of the New Dialog*.

2. Click the *Manual* button.

3. Click the *Manage* button.

   ScreenFlow displays the preset management dialog.

4. Check the box to the left of the preset to show it in the *Preset* list. Uncheck it to hide it.

5. Click the *Copy* button to the right of the preset to generate a copy of the preset so that you can modify it.

   ScreenFlow displays custom presets in the list at the bottom of the window.

6. To change the custom preset name, double-click the name. Click the *Edit* button to customize your preset.

7. To create a new *Custom Preset*, select an existing preset in the list, then click the *Plus* (+) button.

8. Once you've created the new *Preset*, click the *Edit* button to edit it. Click the *Minus* (-) button to delete it.

9. Click *OK*.

Video File Size Considerations

Video files often become very large, making them difficult to send to others, download, or post to servers via the Internet.

The resolution of video clips in your project typically is higher than the resolution of the video file you need to export. For example, your original screen resolution might be 1280 x 800 pixels, but you might need an output video file of only 640 x 400 resolution.

See ScreenFlow: Estimate Exported File Size.

Reducing Video File Size

To preserve the aspect ratio of your project, use the *Scale by Dimensions* option as opposed to *Scale* to a custom size. For general purposes, you may want to scale by 50%.

Reducing the Frame Rate

ATSC video standard frame rates are either 30 fps or 60 fps. You can reduce the size of the output video by reducing the frame rate. If you reduce the frame rate below 24 fps, motion in the video will appear less smooth.

You can experiment with codec settings to determine the frame size and frame rate works best for your project. Find out if your target platform or audience requires certain frame sizes and frame rates.

Estimated Export Time

When exporting, ScreenFlow displays the estimated time needed for encoding at the bottom of the screen. The accuracy of this estimate depends on many factors in the file being exported, and the estimate might change over time.

Video Publishing

You can publish videos from ScreenFlow to various video-hosting platforms. ScreenFlow encodes videos correctly for each platform, and uploads them to the platforms.

Note: If you check *Save Copy to Disk* the *Location* button is enabled, enabling you to select the location for the file to be written to disk. If you do not choose a location, the file will be saved to your *Movies* folder. If you do not specify a file extension, ScreenFlow uses MP4.

Publishing to Video Hosts

To publish your video to a video-hosting platform, do the following:

1. Select *File* > *Publish to*, and select one of the video-hosting platforms from the menu.

   ScreenFlow opens the *Publish to* dialog for the platform chosen.

2. Configure the settings for the platform chosen.

   See *The "Publish to" Dialogs*.

3. Click *Sign In*.

ScreenFlow displays a *Log In* window.

4. Enter your email and password. Then click *Log In*.

The target platform displays the *Publish To* [platform] window.

5. Click *Publish* when finished.

The target platform returns the URL for uploads when it has completed the upload.

When exporting a ScreenFlow project, ScreenFlow displays an export-progress overlay. This allows you to minimize the application during export, while still monitoring the time remaining. Also, ScreenFlow displays an Upload Manager button (upward-pointing arrow) under the canvas.

Note: ScreenFlow displays an alert if you try to select a drive formatted with FAT 16 or FAT 32.

Note: If you are using an unlicensed version of ScreenFlow your exported video will be watermarked.

6. To display details of the upload, click the *Upload Manager* button.

Note: ScreenFlow displays any upload errors in the *Upload Manager* window. Click the yellow warning triangle to display more information about the error.

7. To view the uploaded video on the video host, click the *Upload Manager* button.

8. To clear the completed uploads from the list, click the *Clear* button.

Exporting Batches

ScreenFlow Batch Export encodes batches of ScreenFlow documents into formats you specify. This is quicker than encoding documents individually.

To export a batch of files, do the following:

1. Select *File > Batch Export*.

This opens the *Batch Export* dialog.

See *File Menu*.

2. Click the plus (+) button located in the bottom left corner of the dialog, or drag and drop documents onto the *Documents* pane.

ScreenFlow loads the documents into the batch queue. The documents list displays an icon, the document name, and the duration for each document.

3. In the *Output Folder* field, click *Choose*. Choose a folder for the exported files.

    The default folder is the Movies directory.

4. Select a preset from the *Preset* menu.

5. (Optional) Customize the preset by clicking *Customize*.

6. To manage the arrangement of the list of presets, click *Manage*.

7. Select desired options by checking their boxes.

    The export settings are the same ones displayed in the *Export Settings* dialog.

    See *The New Recording Pane of the New Dialog*.

8. Click *Begin*.

    ScreenFlow encodes the documents according to the settings chosen, and saves the exported files to the chosen output folder.

    In a batch export, ScreenFlow applies the settings across the entire batch. You can't configure batch export settings on an individual document.

    Once ScreenFlow starts the batch processing, ScreenFlow dims the options and displays a progress bar for each document. ScreenFlow also displays a progress bar at the bottom right of the *Batch Export* dialog, showing the progress of the whole batch.

9. (Optional) Click the *Cancel* button to stop the processing.

Note: By default, if you quit ScreenFlow with the *Batch Export* window open, when the application reopens, ScreenFlow doesn't reload the documents. To have ScreenFlow reload the documents by default, go to the Mac System General Preferences. Check the box for *Close windows when quitting an application*.

Archiving a ScreenFlow Project

You can archive a ScreenFlow project upon completion. ScreenFlow truncates screen recordings to the sections of the recordings used in the timeline, and saves the project in a ScreenFlow file. To archive a project, do the following:

1. Navigate to *File > Archive*.

2. In the *Save As* field, enter a filename for the archived project.

3. In the *Where* field, select a location from the drop-down menu.

4. Click *Save*.

    ScreenFlow removes unused content from the project and saves the project in a file with the extension SCREENFLOW.

See Archive Storage.

Windows in ScreenFlow

You can control most of the features of ScreenFlow through the ScreenFlow user interface.

Topics

- The ScreenFlow User Interface
- The Editor Window
- The Timeline Window
- The Clip Editor
- The Properties Window

The ScreenFlow User Interface

You create ScreenFlow documents through the ScreenFlow user interface. You can add media, text, actions, and other effects. You can arrange elements spatially and temporally in your screencast. You can configure elements to behave just the way you want. Also, you can preview your screencast and adjust the results.

You can arrange screencast elements spatially and temporally. You can configure the display and behavior of each element. You can also preview and modify your screencast.

Figure 1. ScreenFlow User Interface Overview

Editor Drop-Down Menu Button

Open/Close Clip Editor

The Editor Window

The Canvas Window

Canvas Button

The Properties Window

Track controls

Tools Menu

Scrubber

Timeline magnification slider

Playback Controls

Timecode Display

Audio Meters

The Timeline Window
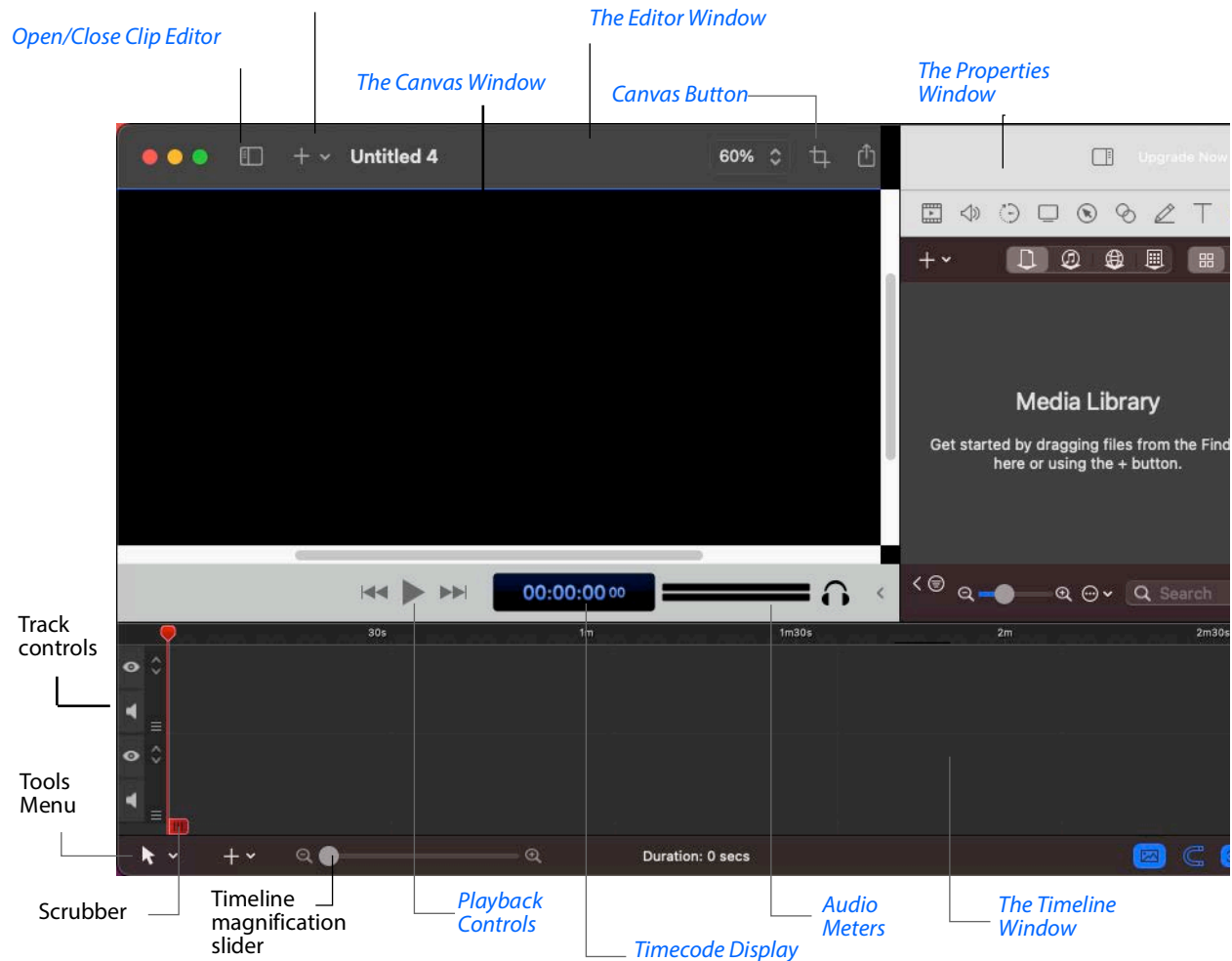
Each ScreenFlow document is stored in a ScreenFlow document file. You can open several ScreenFlow documents to work on them simultaneously.

Note: To create a new, untitled ScreenFlow document for a new screencast, see *Creating a Document*.

The user interface contains the *Editor* window, the *Timeline*, and the *Properties* window.

You can resize the Canvas and Timeline windows by clicking and dragging the toolbar up or down. Click anywhere in the region of the toolbar directly below the toolbar icons (and above the timeline) and drag the toolbar up or down to resize the windows.

All windows work together to help you create, edit, and preview your screencast.
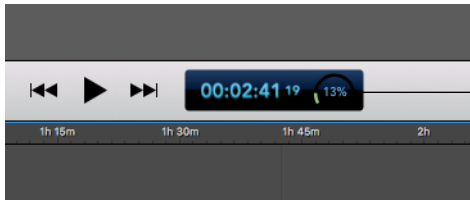
The Editor Window

The *Editor* window is a spatial representation of the visual clips of your screencast (and their properties, actions, etc.), based on the position of the scrubber on the timeline. At any given point in time, elements in a screencast might be entirely or partially visible in the frame, or off-screen entirely. You use the *Editor* window to arrange, resize and configure these elements.
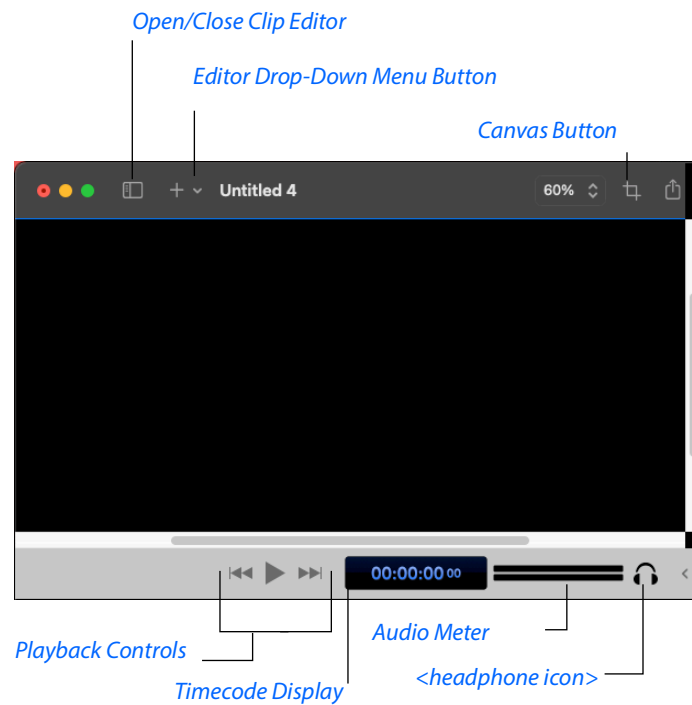
It displays several tools you'll use to configure your canvas, preview your video, and monitor your audio, as described below, in Table 1.

Table 1. The Editor Window

Control	Description
Open/Close Clip Editor	When clicked, ScreenFlow opens or closes the Clip Editor window.
Editor Drop-Down Menu Button ⊞ ⌄	When clicked, ScreenFlow opens or closes the Editor Drop-down menu. See *Editor Drop-Down Menu*.
Canvas Button ⊡	Click the Canvas button ⊡ (far left) to display the canvas controls—click it again to hide them. You can use these controls to view and adjust Canvas properties: the Canvas size (and resulting frame size of your exported video) and background color. For details, see *Configuring the Canvas*.
Playback Controls	Use the playback controls (center) to play your screencast as well as jump to the beginning or end of your screencast. You can also use the traditional video editor's JKL keystrokes for Rewind, Stop, and Playback. Press J or L repeatedly to speed up rewind/playback respectively. ScreenFlow displays the timecode of the screencast directly to the right of the playback controls. You can set timecode to SMPTE or ScreenFlow. See *Timeline Settings Tab*.
Timecode Display & Progress Display	Displays the timecode at the scrubber location. If you load a long media file onto the time line (or move a long file to another location in the time line), the progress is displayed in percent in the right side of the timecode display.
Audio Meter	The audio meter (far right) displays audio volume. The top meter represents the left channel; the bottom, the right channel.
<headphone icon>	Click the headphone icon to toggle (on and off) muting of the preview audio (headphones).

See *Editor Drop-Down Menu* and Customizable Toolbar.

The Canvas Window

The Canvas is a real-time video preview window. Canvas controls enable you to size and position the visual elements of your screencast.

Figure 2. The Canvas Window
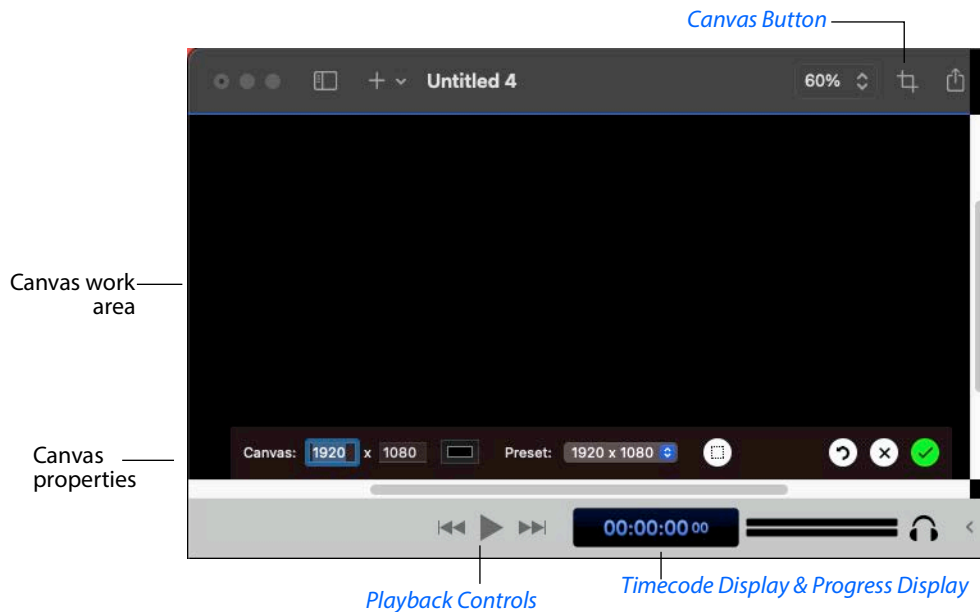
The center rectangle (which may be obscured by a clip) represents the video frame of your screencast. The Canvas dimensions determine the frame size of your exported video.

The gray space around the video frame rectangle is workspace; space that isn't included in exported video. You can use this space for off- or partially off-screen visual elements for scaling or pan effects.

See *Editing on the Canvas* and *Configuring the Canvas*.

The Timeline Window

The bottom window (directly below the playback controls) is the *Timeline*—a temporal representation of your screencast, with a time scale at the top. The *Timeline* enables you to arrange the clips in your screencast in play order, and add fades and other effects. The elements on the timeline reference media in your screencast media library. Changes made on the *Timeline* or in the *Editor* window do not alter your original media clips in the media library.

For details, see *The Timeline Window*.

The timeline (Figure 3) is a temporal representation of your screencast. The timeline displays all of the clips in your screencast and represents the start and end time for each

of the clips. You can use the timeline to arrange clips in the order you want them played. You can also layer them, and crop them. You can also use the timeline to add actions (such as fade) to your clips.

Figure 3. The Timeline Displaying Media Clips

The timeline is divided vertically into tracks to allow you to arrange clips that overlap at certain points on the timeline.

Timeline Buttons

There are four timeline buttons.

Mouse Tool Button

Thumbnail Button

Snapping Button

Framerate Button
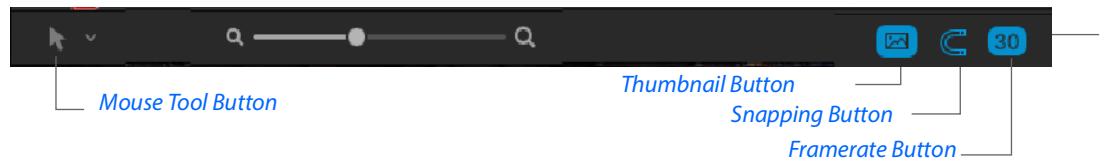
Mouse Tool Button

When clicked, ScreenFlow opens the *Mouse Tool* pane. The *Mouse Tool* lets you select how the mouse is used on the timeline.

Table 2. The Mouse Tool Button

Mouse Tool Button	Description
Select	The mouse selects items on the timeline. Shortcut: "A."
Zoom	Enables you to click and drag a region to zoom. If the mouse is clicked once (without dragging), it zooms in on the timeline one step per click. If the Option key is held down while clicking, it zooms out one step per click. Shortcut: "Z."
Hand	Mouse moves the timeline by clicking and dragging with the mouse. Shortcut: "H."
Blade	When rolling over the timeline, a red line will follow the cursor. If the mouse is clicked, the timeline will have all clips split at that mouse position. Shortcut: "B."
Track Select	Cursor changes to a right facing arrow. Clicking on the timeline in this mode selects clips that are forward in time the current selection (from left to right). Shortcut: "N."

Note: If you hold down the shortcut key for a mouse tool, you can access it immediately. If you release the key after 1/4 second, ScreenFlow restores the previous tool.

Thumbnail Button

When clicked, ScreenFlow opens the *Thumbnail* pane.

To display thumbnails, check *Thumbnails* and then select either *Single*, or *Track*.

To display waveforms, check *Waveforms* and the select either *Single* or *Stereo*.

Snapping Button

Click the *Snapping* button to turn snapping on or off. When snapping is on, the button is displayed in blue. When off, it changes to white.

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Framerate Button

When clicked, ScreenFlow opens the *Framerate* menu. Select framerate settings and click *Update* when finished.

The Transitions Inspection Window

Figure 4. Transitions Inspector Window

Favorites — Duration field — Preview button

Transition groups button — Transition icons — Transition Controls
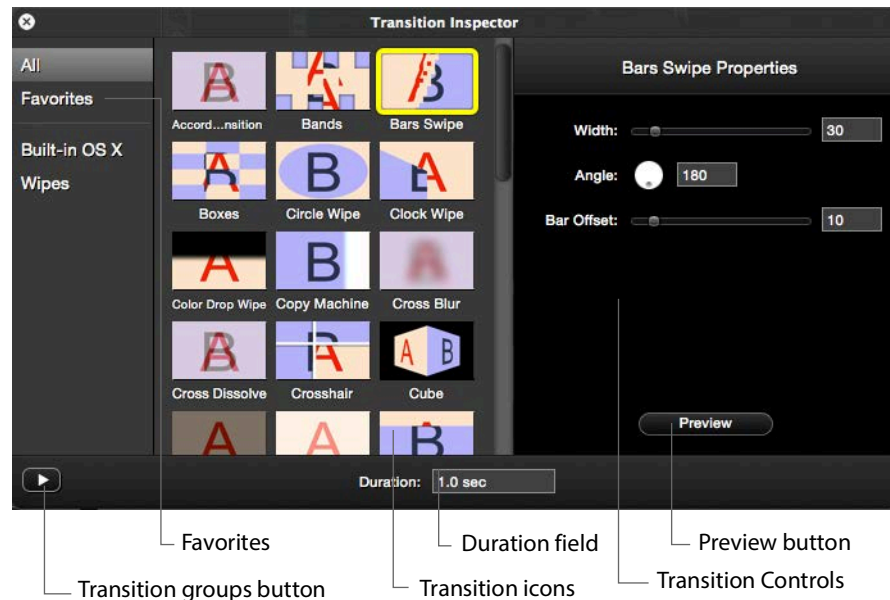
Transitions

You can add transitions only between clips in the same track. The default duration of a transition is one second. You can expand or contract the duration by moving the thin vertical line separating the transition from the main part of the clip. You may need to zoom in on the timeline to make it easier. As you adjust the duration of the transition, ScreenFlow displays the time value in real time.

Note: You can also change the default duration of transitions in the ScreenFlow *Settings >Timeline* tab.

See *Timeline Settings Tab*, and *Adding Transitions*.

The Clip Editor

The *Clip Editor* enables you to select an individual clip, view it in a clip editor on the left-hand side of the main document user interface. You can preview the clip and perform quick edits, adding the resulting clip directly to the timeline.
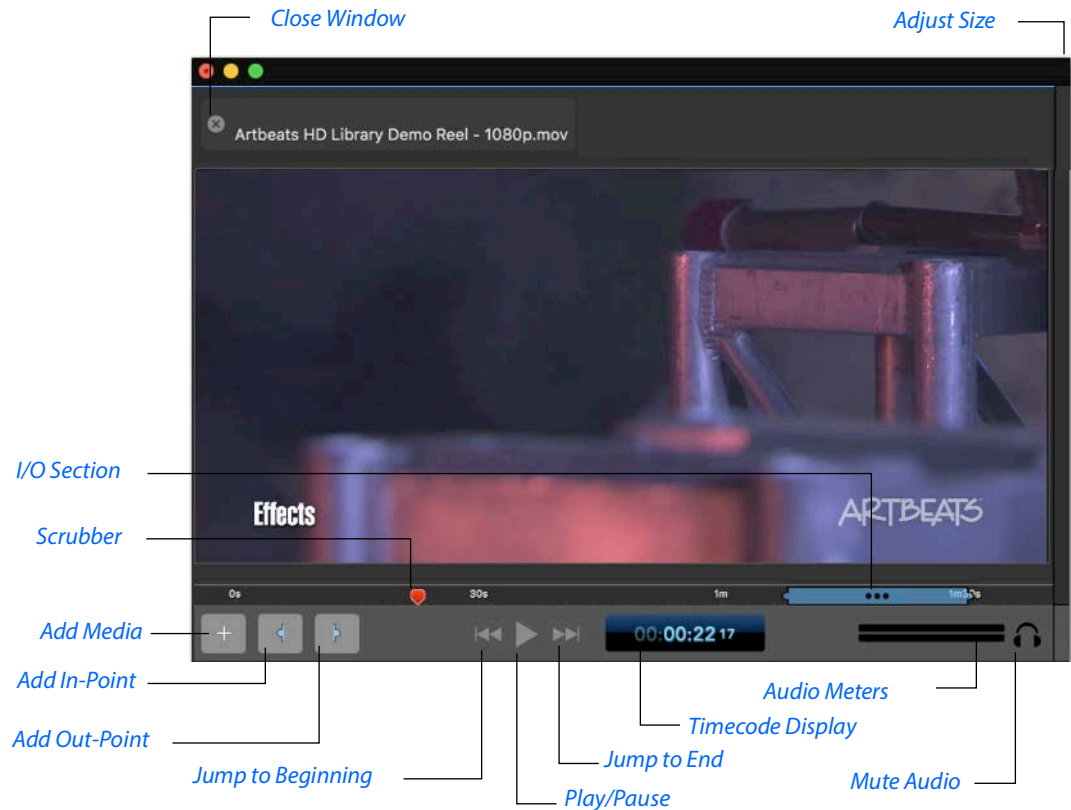
Table 3. (Sheet 1 of 2)

Button	Description
Close Window	Click X to close the Clip Editor. You can also select View > Hide Clip Editor and View > Show Clip Editor.
Adjust Size	Click and grab the edge of the Clip Editor window to adjust its size.
Scrubber	Click and move the scrubber to change the display location in the media.

Table 3. (Continued) (Sheet 2 of 2)

Button	Description
Add Media	Click the Plus (+) button to add the media (in its current state) to the Timeline.
Add In-Point	Click to add an in-point at the scrubber location. A blue bar will display to indicate the selected section of the clip.
Add Out-Point	Click to add an out-point at the scrubber location. A blue bar will display to indicate the selected section of the clip.
I/O Section	After setting an In-Point and Out-Point, you can move these points by clicking on the either end of the blue bar and moving them. Selecting the three dots in the center move the entire I/O selection.
Jump to Beginning	Click to jump the scrubber to the beginning of the media.
Jump to End	Click to jump the scrubber to the end of the media.
Play/Pause	Click to start playback of the media. Click again to pause it.
Timecode Display	Displays the time location of the scrubber in the media.
Audio Meters	Displays audio levels (left and right channels) during playback.
Mute Audio	Click the headphone button to mute playback audio. Clicking the button again turns the audio back on.

The Properties Window

The upper-right window is the *Properties* window. The *Properties* window contains these tabs: *Video*, *Audio*, *Video Motion*, *Screen Recording*, *Callout*, *Touch Callout*, *Annotations*, *Text and Titles*, and *Media Library*.

You can customize the settings of a document in the tabs of the *Properties* window.

See the *Properties* window in the screenshot in *The Properties Window*.

Video tab button

Audio tab button

Video Motion tab button

Screen Recording tab button

Callout tab button

Touch Callout tab button

Annotations tab button

Text & Titles tab button

Open/close Properties window

Media Library tab button

Name of open tab
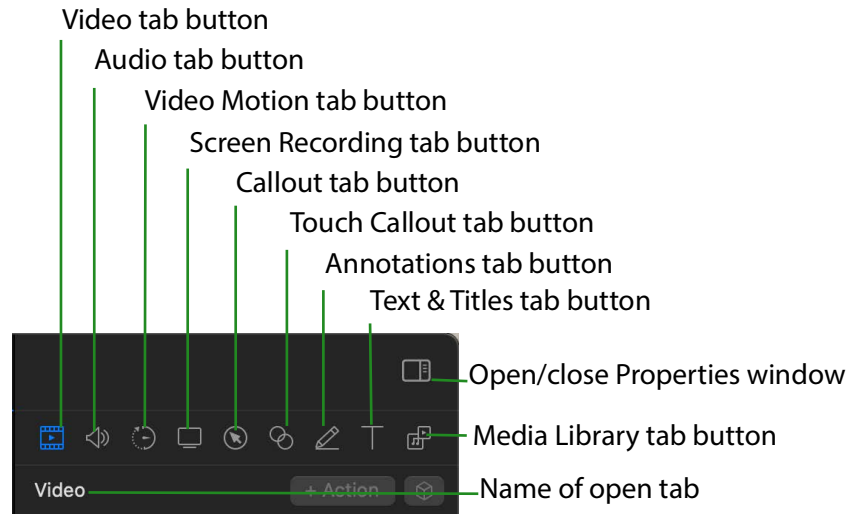
Video Properties

Video effects include advanced color adjustments, distortion effects, blurring, color effects, chroma key, and alpha mask. Each filter has parameters that you can configure for optional features and for fine-tuning the effects of the filter.

Note: For descriptions of the Vantage video and audio filters, visit
https://cifilter.io/
See also the instructional video https://vimeo.com/560931223
Also, you can purchase third-party Core Audio or video filters for use in ScreenFlow.

In the *Properties* window, the *Video Properties* tab contains the following controls:

Table 4. Video Properties Tab

Control	Description
Scale	Use the slider or enter a value (0-400%) to change the scale of your image. This is useful for highlighting a particular portion of the screen, or in a video action to create a zoom effect.
Position	Enter X and Y coordinates to specify the location (in pixels) of your video or image on the canvas, based on the center of the image. You can also reposition the image by dragging the image on the canvas, or nudging the selected image with the arrow keys.
X/Y/Z Rotation	Use the rotation options to rotate (in degrees: -180 to180) the image in a virtual, three-dimensional space. X rotates the image along a horizontal axis. Y rotates the image along a vertical axis. Z spins the image along a depth axis. Or, use the thumb wheels to rotate the image in real time.
Opacity	Use the slider to set the opacity value or enter it manually (0 to 100%). The greater the value, the more opaque the image. When set to zero, the image is transparent—invisible. This can be used with a video action to fade an image in or out, or if you have a video voice-over, and would like to periodically display your entire camera recording frame.
Cropping	Click the disclosure triangle down to display cropping options. Set the crop margins (by pixel) for left, right, bottom, and top.
Reflection	Check to implement reflection. Use the slider to set the value or enter it manually (0 to 100%).
	Reflection creates a mirror image of the selected clip below the clip itself. The greater the value, the more opaque the reflection. When set to zero, the reflection is invisible.
Corner Round	Drag slider to adjust the roundness of the corners.
Drop Shadow	Check to create a shadow effect behind a still image. If the image uses a transparency, the shadow only reflects the non-transparent part of your image.
	Use the thumb wheel (or enter the value manually) to set the angle of the shadow relative to the image in degrees (-180 to 80 degrees). The default is -45 degrees.
Angle	Use the thumb wheel (or enter the value manually) to set the Angle of the shadow relative to the image in degrees (-180 to 80 degrees).

Table 4. Video Properties Tab

Control	Description
Color	Click the color field to select the shadow color from the color picker. Default: black.
Offset	Use the slider to set the value (in pixels) or enter it manually (0 to 150 pixels) to specify the distance between the shadow and the clip. Default: 40.
Opacity	Use the arrows to set the value or enter it manually (0 to 100%). The greater the value, the more opaque the shadow. If the value is set to zero, the shadow is invisible. Default: 75%.
Blur Size	Use the arrows to set the value or enter it manually. Blur is a gradual loss in opacity as the shadow spreads from the center. Default: 4. Range: 0 to 100 pixels.
Color Controls	Click the disclosure triangle down to display color options.
Saturation	Use the slider to set the value or enter it manually (0 to 400%). Saturation is the intensity of a color relative to its brightness, represented as a percentage. Default: 100%.
Brightness	Use the slider to set the value or enter it manually (0 to 400%). Brightness is the degree of luminosity present in the image, represented as a percentage. Default: 100%.
Contrast	Use the slider to set the value or enter it manually (0 to 400%). 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. Default: 100%.
Video Filters	Click the plus icon to add filters to the selected clip.
Add Video Action	Click to add a video action at the moment indicated by the scrubber in the selected clip. You can also click the +Action icon at the top of the tab.

See *Configuring Video Properties*.

Audio Properties

Audio effects include EQ, multi-band compression, peak limiting, and delay. You can apply multiple filters to a single clip. You can apply filters to nested clips. Each filter has parameters that you can configure for optional features and for fine-tuning the effects of the filter.

Note: For descriptions of the Vantage video and audio filters, visit
https://cifilter.io/
See also the instructional video https://vimeo.com/560931223
Also, you can purchase third-party Core Audio or video filters for use in ScreenFlow.

In the *Properties* window, the *Audio Properties* tab contains the following controls:

Volume

The slider, and accompanying text field, provide the volume adjustment for the Audio Mixer. The volume is set to 100% by default, but can be reset above or below this value.

Mute Audio

Check to mute all audio output from the mixer.

Ducking

Check to activate ducking. This lowers the audio levels for background audio whenever there is a voiceover. You can set the percent of ducking by moving the slider or by entering a value and pressing Enter. ScreenFlow updates the slider accordingly.

Processing

Check *Smooth Volume Levels* to activate a smoothing process imposed on the audio output.

Mix Output Pane

Displays the audio output of the mixer using a stereo meter bar.

The Effect Pane

The effect pane contains the following:

Effect

Check to activate effects. Select an effect from the pull-down menu.

Amount

Move the slider to adjust the amount of effect you want in your audio output. You can also enter a value directly. Press Enter when finished. The slider is updated accordingly.

Filter

Check *Remove Background Noise* to remove or lower the background noise in your audio output.

Amount

Move the slider to adjust the amount of background noise to remove. You can also enter a value directly. Press Enter when finished. The slider is updated accordingly.

See *Configuring Audio Properties*.

The Audio Filters Pane

***Audio Filters* triangle**

Opens the *Audio Filters* control window.

Plus (+) icon

Opens the list of filters. You can add multiple filters.

"x" icon (to the right of each filter name)

Removes the audio filter from the audio effects applied.

The Audio Mixer

You can mix, pan, and solo all of your audio channels using the controls in the audio mixer. The *Audio Mix* panel is closed by default, but you can open it by clicking on the triangle next to *Audio Mix*. ScreenFlow displays each individual input channel. The *Audio Mix* dialog contains the following:

Gear icon

Click to open the options menu where you can select *Rest to defaults* or *Set Mix* to *Mono*.

Channel Number

Each individual audio channel has a number of controls. On the far left is the channel number string; this is simply the index of the channel.

Audio Meter

Next to the number is an audio meter showing the RMS power, peak and peak hold of audio in that channel. The meter is dB based and has a scale from -72 to +6. If the peak goes above 0dB, the meter will be tinted red to let the user know clipping is occurring. Once the peak hold decays below 0dB, the meter resumes its normal look. The lighter green value is the RMS power, which provides a general indication of the current loudness of the channel. The darker green color is the current peak dB value and the white line is the current peak hold value.

Solo Buttons

To the right of the audio meter is the 'S' or *Solo* button. This mutes all other channels in the mix during preview. Selecting the solo button for one channel automatically deselects the solo buttons for all other channels. To monitor more than one channel, press the *command* key while clicking solo buttons on desired channels. Clicking an already-selected Solo button without holding down the *command* key deactivates solo track preview. When the Solo button is selected for one channel, the audio meters for all other channels are disabled, and turn a gray shade.

Note: The Solo button state is not saved to the document.

Pan Controls

The control next to the Solo button is the pan button. The pan function in the audio mixer determines how much of the channel is mixed to the left & right channels of the

final mix. When the pan control is in the middle (0%), the input channel is mixed equally to both left & right output channels. When the pan is at -100% (all the way to the left), the input channel is being mixed only to the left output channel. If it is 100% (all the way to the right), the input channel is being mixed only to the right output channel. If the pan is set to -50%, 100% of input channel will be sent to the left channel, which 50% will be sent to the right. This is particularly useful when the ScreenFlow is using two microphones: one can slightly favor each channel. When a stereo media is imported into ScreenFlow, its audio mix will be setup by default to have the left input channel at -100% pan, and the right input channel at 100% pan.

Note: This setup emulates how earlier versions of ScreenFlow behave: the left input channel is sent to the left output channel, and the right input channel is sent to the right output channel. Please be aware that the 'Mix to Mono' feature has been removed: this functionality can now be achieved with audio mixer's pan feature.

Slider

The slider and accompanying text field provide the volume adjustment for the input channel. The volume is 100% by default, but can be boosted beyond or below this value.

See *Adjusting Recorded App Audio*.

Video Motion Properties

In the *Properties* window, the *Video Motion Properties* tab contains the following controls:

Table 5. Video Motion Properties Controls

Control	Description
Duration	Enter the duration of the Video Motion.
Effect	Check to enable effects, then select the type of effect: Gravity, Spring, or Pulse.
Lock to	Check to lock the Video Motion to the Duration entered in the Duration field. When you check this box, the Duration field is disabled, preventing you from making changes until you unlock it.
Preview	Click the triangle to see a preview of your Video Motion.
Apply to	Check (individually) to adjust the position, scale, or rotation of the clip after the action to see the effect.

Screen Recording Properties

In the *Properties* window, the *Screen Recording Properties* tab contains the following controls:

Table 6. Screen Recording Properties Controls

Control	Description
Show Mouse Pointer	When checked, any mouse pointer icon activity in the screen recording is displayed. When unchecked, the mouse pointer is hidden.
Pointer Zoom	When *Show Mouse Pointer* is checked, use the slider to specify the size of the mouse icon in the screen recording.
	Use the slider or manually enter the value to specify the percent of increase to apply.
	Often it can be difficult to distinguish or track the mouse in a screencast, particularly if the video has been significantly resized. Increasing the pointer zoom value increases the size of the mouse icon, making it easier to follow.
Click Effect	Select *None > Radar > Invert* from the popup menu to create a visual effect when you click the mouse. Radar displays an animated red circle with each click. Invert changes the cursor from black to white and back with each click.
Attention Effect	Select *Circle* to pick an effect to display over the mouse pointer during their screen recording. Set the size, fill color, border width, edge color and edge blur for the effect. The effect can be turned on & off using a screen recording action.
Pointer	Select *Default > Circle-Light > Circle-Dark > Square > Choose Image* from the popup menu to change the pointer image.
	The *Circle - Dark* option is particularly good for iOS screencasts.
	When you select *Choose Image*, ScreenFlow displays an *Open* dialog, so you can navigate and select an image file. When selecting a custom image, you also specify the cursor hot spot position.
Opacity	Specifies the degree of pointer translucency.
	Use the slider to set the value or enter it manually (0 to 100%).
	The greater the value, the more opaque the pointer. If the value is set to zero, the pointer is invisible. Default: 100%.
	This can be used in a screen recording action to fade the pointer in or out.

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Table 6. Screen Recording Properties Controls

Control	Description
Smoothing	Increases the smoothness of the motion of the mouse cursor as you record. Use the slider to set the value or enter it manually (0 to 100%).
Sound on Click	Check to generate a sound when the mouse button is pressed. Click the disclosure triangle to display *Sound on Click* details.
Volume	Specify the volume level of the mouse click sound (from 0 to 5,000%). Use the arrows to set the value or enter it manually.
Click Sound	Click *Choose* to display an *Open* dialog, and navigate to and select any custom sound file, to play a unique sound file every time the mouse is clicked.
Show Keystrokes	Check to display the characters (one at a time) of keyboard characters typed during the recording.
Show All Keys	Check to display all keystrokes typed during the recording, including the modifier keys.
Show Only Modifier Keys	Check to display modifiers used in hotkey commands, function keys, and the arrow keys that were pressed during the recording.
Height and Position	Specify the height and position of the font.
Font Button	Click to display the font settings and specify all font information for the characters shown in the keyboard characters display.
Width	Slide the slider right or left to adjust the keystroke bar horizontally. You can also enter a value into the numeric box.
Attached To Clip	When checked, the keystroke bar will be attached to the screen recording clip, and will be affected by any changes made to the recording. This includes scaling, cropping, and any changes made to the canvas crop. When unchecked, the keystroke bar will only be affected by changes to canvas crop, and will remain centered to the canvas if any changes are made.

See *Configuring Screen Recording Properties*.

Callout Properties

In the *Properties* window, the *Callout Properties* tab contains the following controls:

Table 7. Callout Properties

Control	Description
Highlight	Select how to highlight an area of the recording: mouse pointer highlights a circular space around the mouse pointer. Foreground Window highlights the window which is in the screen recording. Mouse and foreground highlights can only be added to screen recording clips.
	Freehand callouts can be added to video clips, image clips, and screen recording clips.
	See *Adding Freehand Callouts to Images*.
Opacity	Use the slider to control the percent of opacity of the space outside the callout. A value of 0 makes the surrounding area entirely visible; a 100% value makes the surrounding area invisible.
Blur	Use the slider or manually enter the pixel value to blur the callout area (range: 0-16).
Blur Background	Check to blur the area outside of the callout.
Zoom Up	Use the slider or manually enter the percentage value to magnify the area inside the callout (range: 0 to 500%).
Border	Use the slider or manually enter the value to create a gradual loss in opacity as the shadow spreads from the center (range: 0-300). This feature does not apply to freehand callouts. This is not a *zoom control*, but instead it adds more area to the callout.
Outline	Enter the value (in pixels) to create an outline around the callout area (range: 0 to 59.) Click the color box to change the color of the outline.
Shadow	Check to add a shadow behind the callout. Use the slider or manually enter the value to create a gradual change in size as the shadow spreads from the center (range: 0-80).

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Table 7. Callout Properties

Control	Description
Feather	Specify the blend value (in pixels) to apply to the callout border to create a smooth transition between the callout area and the surrounding space (range: 0-20).
Round	Applies to foreground window callouts only. Specify the round-off value (in pixels) of the callout edge to create a more gentle appearance (range: 0-59).
Build	Specify the transition time of the callout, in seconds, up to 2 decimal places, and from 0 to 4 seconds. Duration In determines the amount of build-in time to reach the full effect of the callout. Duration Out determines the amount of build-out time to return to normal.

See *Configuring Callout Properties*.

Touch Callout Properties

In the *Properties* window, the *Touch Callout* tab contains the following controls:

Table 8. Touch Callout Properties

Control	Description
+Action	Modifies video or recording properties over time.
Count	Sets the number of touch callout areas on-screen.
Fill/Color	When *Fill* is checked, you can determine the fill color.
Outline/Color	When *Outline* is checked, you can determine the outline color.
Size	The slider determines the size of the touch callout.
Spacing	The slider determines the amount of space between the touch callouts.
Opacity	Determines the opacity of the touch callout.

Table 8. Touch Callout Properties

Control	Description
Rotation	Determines the rotation of the touch callout.
Callout Has End State	When checked, you can determine the end state for the touch callout.
Wait	When checked, you can determine how long to wait before ScreenFlow starts the animation to the end state.
Curve	Determines the type of animation for displaying and removing the touch callout.
Animates Values to End State	When checked, you can animate various values of the touch callout until its end point.
Size	The slider determines the end-state size of the touch callout.
Spacing	The slider determines the end-state spacing of the touch callout.
Opacity	The slider determines the end-state opacity of the touch callout.
Rotation	The slider determines the end-state rotation of the touch callout.

Annotations Properties

Annotations are used for displaying simple shapes in your screencast.

In the *Properties* window, the *Annotations Properties* tab contains the following controls:

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Table 9. Annotations Properties

Control	Description
(+) Add annotations clip	When clicked, adds an annotation clip
Tool Palette	Contains five drawing tools
Color	Annotation color picker
Opacity	Slide to change opacity
Thickness	Slide to change thickness
Shadow	When checked, adds a drop shadow. Slide to change shadow thickness.
Outline	When checked, adds an outline. Slide to change thickness. Color picker for outline.
Endpoints	Drop-down menus for setting the annotations clip endpoints

See *Configuring Annotations Properties*, and *Adding an Annotation Clip*.

Text & Titles Properties

Text boxes are clips which display blocks of text in your screencast. Text clips behave like image clips—they are static images which play for the length of time you specify. You can also apply video properties and transitions to text clips, along with Text Animations.

Text clips can have the interesting property of per character animations for building in and out the clip to the screen. These effects are commonly seen in other popular applications. Once enabled, a default effect is selected, with a default duration of 0.75 seconds. You can switch between different effects.

In the *Properties* window, the *Text Properties* tab contains the following controls:

Table 10. Text Properties Controls

Menu Item	Description
Font drop-down menu	When clicked, ScreenFlow displays the list of fonts on your computer. If you selected the whole text box, ScreenFlow applies the font selected to the entire text box. If you selected a range of characters in the text box, ScreenFlow applies the font only to the characters selected.
Size drop-down menu	When clicked, ScreenFlow displays available font sizes, in pixels, ranging from 9 to 288. If you selected the whole text box, ScreenFlow applies the size selected to the entire text box. If you selected a range of characters in the text box, ScreenFlow applies the size only to the characters selected. Select *Font > Show Fonts* to enter a custom size.
Font selection button Aa	When clicked, ScreenFlow displays the list of fonts on your computer. If you selected the whole text box, ScreenFlow applies the font selected to the entire text box. If you selected a range of characters in the text box, ScreenFlow applies the font only to the characters selected.
Alignment buttons	When either the Left ☰ , Center ☰ , or Right ☰ alignment button is clicked, ScreenFlow aligns the text in the text box accordingly. This property can affect single or multiple selected paragraphs.
Font style buttons	When the Bold **B** button is clicked ScreenFlow sets the selected text or text box in boldface. When the Italic *I* button is clicked ScreenFlow sets the selected text or text box in italic.
Fill checkbox	Check to choose Solid *Color	Image	Gradient* from the popup menu. For solid color, select a color from the color wheel. The color is applied to the entire text box (if none or all text is selected) or a range of selected characters. For Image, ScreenFlow displays an *Open* dialog, so you can navigate to and select any custom image file. Deselect the checkbox to remove the file. This can be used with Outline to create characters which are transparent. Applying an image uses the color patterns represented in the image to fill the text. These properties are applied to the entire text box (if none or all text is selected) or a range of selected characters.
Fill type drop-down menu	When clicked, ScreenFlow lists the fill types available. Select Solid Color, Image, or Gradient.

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Table 10. Text Properties Controls

Menu Item	Description
Fill color box	When clicked, ScreenFlow opens the color field dialog. Choose a color for your text. For Gradient, click in the top half and select a color, then click in the bottom half and select the second color.
Outline checkbox	Check to outline the text. If you selected the whole text box, ScreenFlow applies the outline to the entire text box. If you selected a range of characters in the text box, ScreenFlow applies the outline only to the characters selected.
Outline slider	Use the slider to set the width of the outline, in pixels, ranging from 0 to 15.
Outline size field	As an alternative to the Outline slider, enter a number, from 0 to 15, to set the size of the outline in pixels.
Outline color box	Click to select the color of the outline. Select the color, brightness, and opacity. Brightness is only available on the *Color Sliders* pane of the *Show Colors* tool.
Line Spacing drop-down menu	When clicked, ScreenFlow displays a list of the line spacings available. Select a line spacing. Selecting Multiple, activates the At: selection field
At: selection field	Click the up or down arrows to set the location of the selected multiple line spacing.
Kerning buttons	To tighten the kerning of the selected text or text box, click the Tighten Kerning button AB . To loosen the kerning of the selected text or text box, click the Loosen Kerning button A⋯B .
Bullets buttons	Click the filled circle button ● to add a bullet to text. Select the unfilled circle button ○ to remove a bullet.
Backdrop checkbox	Check to add a backdrop.
Type drop-down menu	When clicked, ScreenFlow displays a list of backdrop types. Select *Solid Color* or Image *Fill*.
Color box	Click to select the color of the backdrop. Select the color, brightness, and opacity. Brightness is only available on the *Color Sliders* pane of the *Show Colors* tool.
Round slider	Use the slider to specify the value in pixels to smooth the edge of the text box, ranging 0 to 100. The default is 20.

Table 10. Text Properties Controls

Menu Item	Description
Round size field	As an alternative to the Round slider, enter a number to specify the value in pixels to smooth the edge of the text box, ranging 0 to 100. The default is 20.
Margin slider	Use the slider to enter the size, in pixels, of the backdrop, ranging 0 to 300. The default is 25.
Margin size field	As an alternative to the Margin size field, enter the size, in pixels, of the margin, ranging 0 to 300. The default is 25.
Build In Animation checkbox	Check to enable Build In Animation. Click the arrow on the right to view the action.
Type drop-down menu	When clicked, ScreenFlow displays a list of Build-In animations. Select the type desired.
Duration slider	Use the Duration slider to set the duration of the Build-In animation.
Duration field	As an alternative to the Duration slider, enter a number to determine the duration in seconds.
Build drop-down menu	When clicked, ScreenFlow displays a list of Build-In options. Select the option desired.
Directionality arrows	Click an arrow to determine the direction of text animation.
Distance slider	Drag the Distance slider to determine the distance traveled by the text.
Distance percentage field	As an alternative to the Distance slider, enter a number to determine the distance in a percentage,
Overlap slider	Drag the Overlap slider to determine the amount of overlap between text elements.
Overlap percentage field	As an alternative to the Overlap slider, enter a number to determine the amount of overlap by percentage.
Easing drop-down menu	When clicked, ScreenFlow displays a list of available easing types. Select the type desired.
Fade Characters checkbox	Check to fade characters on Build In.
Build Out Animation checkbox	Check to enable *Build Out Animation*. Click the arrow on the right to view the action.
Type drop-down menu	When clicked, ScreenFlow displays a list of available Build-Out types. Select the type desired.

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Table 10. Text Properties Controls

Menu Item	Description
Duration slider	Drag to set the duration of the Build-Out Animation, in seconds.
Duration field	As an alternative to the Duration slider, enter a number to determine the Build-Out Duration, in seconds.
Build drop-down menu	When clicked, ScreenFlow displays a list of available Build-Out types. Select the type desired.
Directionality arrows	Click an arrow to determine the direction of the Build-Out animation.
Distance slider	Drag the Distance slider to determine the distance traveled by the text.
Distance percentage field	As an alternative to the Distance slider, enter a number to determine the distance in a percentage,
Overlap slider	Drag the Overlap slider to determine the amount of overlap between text elements.
Overlap percentage field	As an alternative to the Overlap slider, enter a number to determine the amount of overlap by percentage.
Easing drop-down menu	When clicked, ScreenFlow displays a list of available easing types. Select the type desired.
Fade Characters checkbox	Check to fade characters on Build Out.

See *The Properties Window* and *Adding and Configuring a Text Clip*.

Media Library

The media library contains all the clips for a ScreenFlow document. When you record a source with ScreenFlow, ScreenFlow records the input to a file in a media folder. ScreenFlow then creates a clip in the Media Library that points to the file. When you import a media file located on any drive, ScreenFlow leaves the media file on its drive, but creates a clip for the media file in the Media Library.

The Stock Media Library is a large collection of stock audio, video, and graphics files you can use in ScreenFlow documents. The Stock Media Library is integrated into the ScreenFlow Media Catalog. ScreenFlow stores downloaded Stock Media files here: *~/Movies/ScreenFlow Data*.

When you add properties to a clip or change them, ScreenFlow stores these properties in the clip. ScreenFlow doesn't alter the associated media file.

Note: In the version of ScreenFlow sold on the Telestream Web Store, you can edit a media file outside ScreenFlow that already has a clip associated with it. ScreenFlow adds a refresh button to the associated clip in the Media Library. When you click the refresh button, ScreenFlow re-associates the clip with the edited media file.
This feature is not present in the Mac App Store version of ScreenFlow.

In the *Properties* window, the *Media Library* tab contains the following controls:

Figure 5. Media Library Tab.
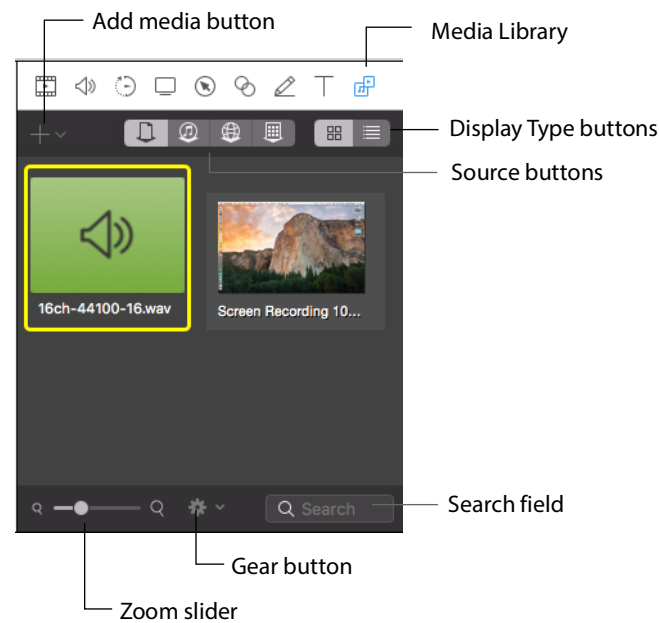
Use the buttons and other controls on the *Media Library* tab to perform tasks, as described in Table 11.

Table 11. Media Library Controls

Control	Description
Add Media button	Click to browse local drives or network servers for media to import into your document. This may include video files, audio files, and still images.
Display Type Buttons	Click these buttons to select between thumbnail and list view.
Source Buttons	Click these buttons to select between Media Files, iTunes, and Global Library. Media added to the Global Library can be used by any ScreenFlow document.

Table 11. Media Library Controls

Control	Description
Search	To search for a file, enter a search text and press the Enter key.
Gear Button	Click the Gear button to select either *Remove All Unused Media* or *Show Duration Overlays*. Show Duration Overlays displays the duration value on the media icon image.
Zoom Slider	Use the slider to change the display size of the media thumbnails.

See *Navigating the Media Library*, *Deleting All Unused Media*, *Viewing Clip Metadata*, and *Properties*.

Menus

You can find many of the controls for ScreenFlow in the ScreenFlow menus.

Topics

- ScreenFlow Helper Menu
- ScreenFlow Menu
- File Menu
- Edit Menu
- Mark Menu
- Clip Menu
- Insert Menu
- Actions Menu
- Font Menu
- Arrange Menu
- View Menu
- Window Menu
- Purchase Menu (Telestream Web Store Only)
- Help Menu
- Editor Drop-Down Menu
- The Media Library Context Menu

ScreenFlow Helper Menu

The *ScreenFlow Helper* menu is identified by the camera button ▣ in the status menu.

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Table 1. ScreenFlow Helper Menu Items

Menu Item	Description
Record/Stop Record (Shift-Command-2)	Begins recording using the selected sources (display, camera, microphone, and/or computer audio). The menu icon changes from ▣ to ▣, advising you that ScreenFlow is recording.
	Select Stop Record or press Shift-Command-2 to stop recording.
Pause/Resume	Pauses recording. The menu icon changes to a blinking dot, advising you that ScreenFlow has been paused. Select *Resume* to continue recording.
	To modify the hotkey for these commands, see *General Settings Tab*.
Add Marker	Allows you to mark a key moment location while you are recording.
Configure Recording	Displays the dialog for setting recording parameters.
Show Recording Monitor	Displays the ScreenFlow recording monitor.
Hide Desktop Icons/Show Desktop Icons	Hides all icons on your desktop if you prefer a less cluttered background. Select *Show Desktop* to show them again.
Quit ScreenFlow	Closes the ScreenFlow and ScreenFlow Helper applications.

ScreenFlow Menu

The *ScreenFlow* menu contains the following commands:

Table 2. ScreenFlow Menu Items

Menu Item	Description
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 the Telestream Online Store to determine if there is a more recent version of ScreenFlow available. If so, you can download it. To check for ScreenFlow updates automatically, check the Check the *Updates* option in the *General Settings Tab*.
Settings (Command-,)	Opens the *Settings* dialog so that you can view and change ScreenFlow settings. If the *Settings* dialog already is open, ScreenFlow brings it to the front.
Services	Displays Macintosh Services—none are implemented in ScreenFlow.
Hide ScreenFlow (Command-H)	Hides all ScreenFlow windows.
Hide others (Option-Command-H)	Hides all windows which aren't ScreenFlow windows.
Show All	Shows all previously hidden windows.
Quit ScreenFlow (Command-Q)	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 before quitting.
	If *Launch ScreenFlow Helper at user login* is checked in the *Settings General Settings Tab*, ScreenFlow Helper keeps running when you quit ScreenFlow. See *Configuring ScreenFlow Helper*.

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File Menu

The *File* menu contains the following commands:

Table 3. File Menu Items

Menu Item	Description
New (Command-N)	Displays the *New* dialog for creating new clips or documents. You can add clips to ScreenFlow documents, or discard the clips. See *Creating a Document*, *Creating a Document from a Template*, *Recording Clips*, and *Configuring a Recording*.
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 added to the list. Select *Open Recent > Clear Menu* to reset the list.
Add Additional Recording (Shift-Command-R)	Displays the *Add Additional Recording* dialog. After recording is complete, displays the Recording Complete dialog so you can add the recording to a new document or to a currently-open document. See *Adding Recordings to a ScreenFlow Document*.
Close (Command-W)	Closes the active ScreenFlow document. If the document has not been previously saved, ScreenFlow displays a Save As dialog, so that you can name the document and save it before closing it.
Close Tab (Command-W)	Closes the active tab on the timeline.
Save	Saves changes to your ScreenFlow document.
Save As	Saves your ScreenFlow document with a new name and /or new location. Optionally, select a File Format from the drop-down menu. You can set the default file format in the *Advanced* tab on the *Settings* dialog. See *Default File Format*.
Save As Template	Saves your current document as a template. (See *Creating a Document Template*).
Archive	When clicked, ScreenFlow opens the *Save Document* dialog.
Document Settings	Opens the screen dimensions setting window.
Save Frame	Select to save the video frame of the canvas (as rendered by the location of the scrubber) as a PNG or JPEG file.

Table 3. File Menu Items

Menu Item	Description
Publish to	Displays the *Publish* dialog, enabling you to log in, encode your project (or the selected range, when in and out points are present) and publish your video.
Export	Displays the *Export Settings* dialog, so you can select your encoding options, encode your project (or the selected range, when in and out points are present) and export the file. See *The New Recording Pane of the New Dialog*.
Batch Export	Exports a large number of ScreenFlow documents, re-encoding each document into a different formats as needed.

See *Changing the Canvas Size*.

The *New* Dialog

The *New* dialog contains the following controls:

Table 4. The *New* Dialog

Control	Description
Welcome	Displays the ScreenFlow *Welcome* window.
Permissions	Displays the *Grant ScreenFlow Permissions* window for setting permissions.
New Recording	Displays the *New Recording* window where you can assign sources for recordings. See *The New Recording Pane of the New Dialog*.
New Document	Displays the *New Document* window where you can define the settings for new documents.
New from Template	Displays the list of existing templates, from which you can create new templates.
Recent Documents	Displays a list of recently-opened documents.
Stock Media Library	Displays the *Stock Media Library* window. This lists stock media if you have purchased the Stock Media Library.

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Control	Description
Edit Template (pencil) button	When clicked, this allows you to edit the selected template.
New Document (page) button	When clicked, this allows you to create a new document.
Radio button	Opens the *Other Settings* window.

The New Recording Pane of the New Dialog

See *Configuring Recording Options*.

The *File* menu contains the following controls:

Table 5. The New Recording Pane

Control	Description
Show Advanced Options (three-dot) button at upper-right of the New Recording Pane	When clicked, ScreenFlow opens the Advanced Options pane for the new recording.
Record	When checked, ScreenFlow activates the drop-down menu for selecting a source for recording.
Desktops	When selected, ScreenFlow records your computer display. ScreenFlow records this source by default. If you have multiple displays connected, you can record any or all of them. ScreenFlow combines desktop video and computer audio into a single clip, and adds the clip to your document as an SCC file. **Note:** ScreenFlow automatically updates the list of displays in the Record menus as you add displays to the system.
Built-in [type] Display	When checked, ScreenFlow records the display selected.

Table 5. (Continued)The New Recording Pane

Control	Description
Video Cameras	Select this option to record video from any camera connected to your computer. Use the drop-down menu to choose from multiple cameras. When you select a source, ScreenFlow displays a preview image below.
	ScreenFlow combines camera video and microphone audio into a single clip, and adds the clip to your document as an SCC file.
	Note: If a particular virtual camera does not work in a sandbox environment, it will not work in the Mac App Store version of ScreenFlow. Contact the manufacturer of the virtual camera for information on virtual-camera sandbox support.
FaceTime HD Camera (Built-in)	When checked, ScreenFlow records the FaceTime camera selected.
Microphones	When selected, ScreenFlow records audio from a microphone connected to your computer. Use the drop-down menu to choose from multiple microphones. Upon selecting the source, ScreenFlow displays the volume level below. ScreenFlow combines camera video and microphone audio into a single clip, and adds the clip to your document as an SCC file.
	Note: ScreenFlow records microphone audio at a sample rate of 48KHz with 16-bit sample depth.
Built-in Audio	When selected, ScreenFlow records the built-in audio source selected.

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Table 5. (Continued)The New Recording Pane

Control	Description
Add (+) button	If you have additional displays to record, click the Add (+) button. ScreenFlow adds a new *Record Desktop from* drop-down menu-with a Minus (-) button that lets you remove this menu. **Note:** If the number of displays you're recording matches the number of displays connected to the system, ScreenFlow disables the Add (+) button on the first row. This informs you that you can't record any more displays.
Computer Audio	When selected, ScreenFlow records all sounds played through your computer. To use this feature, you must install the ScreenFlow audio driver. If the driver is not installed, ScreenFlow prompts you to install it. ScreenFlow combines desktop video and computer audio into a single clip, and adds the clip to your document as an SCC file.
Record (red) button	When clicked, ScreenFlow records the sources selected in the *Record* drop-down menus.

The Advanced Options Pane for New Recordings

See *Configuring a Recording*.

The Advanced Options Pane contains the following commands.

Table 6. The Advanced Options Pane

Control	Description
Loop Recording	Activate loop recording by checking the Record in a loop box. To set the recording loop duration, enter hours and minutes. Click the Record button to activate. Once the recording starts, you can see the loop duration in the status menu of ScreenFlow Helper.
Timed Recording	You can also set your timer to stop the recording after a set number of minutes and seconds. Click the Set Timer button to apply this setting. Once the timer has been set, this button changes to Reset Timer. Click again to disable timed recording.
Countdown Window	Each time you start recording, ScreenFlow displays the countdown panel, providing a delay to allow you to prepare recording. To skip the countdown, simply click on the countdown window. ScreenFlow begins recording immediately. By default, the countdown is set to five seconds. To change the countdown option, go to *ScreenFlow* > *Settings* > *General*. You can set the countdown delay for up to 20 seconds.

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Table 6. (Continued)The Advanced Options Pane

Control	Description
Adding A Recording	When you have finished your recording, ScreenFlow automatically opens the clips that you have recorded in a new document. If you already have a document open, ScreenFlow gives you the option of creating a new document or adding your recording to an existing document. If you've accidentally created a new document when you intended to add the recording to an existing document, drag, or copy and paste, your recording into the editor window, timeline, or media library of the desired document. This duplicates the recording in the document folder of the desired document.
Add Additional Recording	To add a recording to your document, create a new recording, choose *File > Add Additional Recording*, or add from the media library. The *Add Additional Recording* selection reopens the New Recording window so you can add another recording.

The Export Settings Dialog

The Export Settings dialog contains the following commands.

Table 7. Export Settings Options

Control	Description
Save As	Enter the name of your screencast. The default name is the name of your project file. The file extension is applied automatically based on your choice of preset.
Where	Navigate and select the location of your exported video file.
	NOTE: If you purchased ScreenFlow from the Mac App Store, the Where popup menu does not display. Instead, ScreenFlow displays the File Save dialog after you click Export, so you can navigate and select your folder for the exported file.
Type (Automatic)	
Type (Manual)	
Encoding Quality	Select: *Fastest, Normal*, or *Slowest*.
Resolution	Select a resolution, or select *Custom* which opens *Width* and *Height* fields to enter custom resolution values.
Letterbox Content	Check to display letterbox content (text display of audio content).
Options	Use these controls to specify motion blur, add chapter tracks, add captions, and burn in captions, depending on your encoding options.
Use Motion Blur	Check to apply a blurring algorithm to blend movement smoothly into the video. This is useful if you are using video properties effects to move clips 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*	When encoding with some codecs, check to add chapter markers to your movie based on the location and names of the markers in your project. These markers provide quick navigation and require named markers to be present in the project.
Add Captions Track	Check to include your caption track.
Burn In Captions	When checked, imported captions are burned into the clip.
Preset	Export presets are designed for both general and specific use, based on the most common applications.
	Select a preset from the popup menu.
	See the Export Preset Options table.
Gear icon	

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Table 7. Export Settings Options

Control	Description
Make Current Settings Default	Select to make the current settings become the "default" settings that are used when a new document is created.
Reset to Factory Defaults	Select to return the default settings to the original factory settings. Any current default settings (set by *Make Current Setting Default* above) are cleared.
Customize	Click to make changes to your video and audio encoding settings. Some presets cannot be customized. See *Customization Dialog for H.264/AAC (MPEG-4)*. If iOS App Preview is the selected Preset, clicking *Customize* lets you set the Framerate and the ProRes profile to 4444, 422LT, or 422 HQ. It also lets you select a Stereo or Mono channel
Manage	Click to modify the preset encoding settings. See *The New Recording Pane of the New Dialog*.

Table 8. Export Preset Options

Preset	Description
Web-High	Default export option, which encodes video in H.264 format using the x264 codec, with AAC audio, balancing the demands of image quality and file size, producing an MP4 file.
Web-Low	Encodes video in H.264 using the x264 codec, with AAC audio, for low bandwidth, producing an MP4 file. It plays more smoothly on slow Internet connections but with reduced image quality when compared to Web-High.
HEVC	Encode as video in HEVC / H.265 with 16-bit 48kHz AAC audio. *NOTE:* Before using the HEVC export option, please be advised that this is not a widely supported codec. There are still many programs and services that will not accept files encoded with the HEVC / H.265 codec. If you are using this export option, you may want to check with whatever service or program you wish to upload to before doing so, as Telestream does not govern 3rd party policies and specifications.
Lossless - ProRes with Alpha	Encodes a lossless file in ProRes 4444, including a clear alpha channel and stereo audio. Suitable for usage in applications such as Motion and After Effects. To view transparent portions of the canvas, select *View > Show Checkerboard*.
ProRes 422	Encodes ProRes 422. Click Customize to select profile: 4444, 422HQ, 422, or 422LT.
Lossless - Audio Only	Encodes an uncompressed audio-only AIFF format ideal for additional editing.
AAC - Audio Only	Audio only

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Table 8. Export Preset Options (Continued)

Preset	Description
iOS App Preview	Exports according to Apple's guidelines for App Store previews (30 fps ProRes 422 with stereo AAC 16-bit 48khz).
iPhone X Optimized/iPhone X Screen Fill/iPhone/Apple TV	These export options are configured based on the recommended video specifications for these devices. They can't be altered.
Animated GIF/Animated PNG	Exports as an animated GIF or PNG. (See *Customization Dialog for Animated GIF or Animated PNG*)
1080 Vertical	Exports in vertical frame of 1080x1920.
1080 Square	Exports in square frame of 1080x1080.
720 Square	Exports in square frame of 720x720.

Customization Dialog for Animated GIF or Animated PNG

Descriptions of the fields in the customization dialog follow:

Framerate Higher frame rates produce larger files. For most GIF files, 15 fps is standard.

Colors 256 is the optimum setting for GIF files. If your animation contains less than 256 colors, use lower settings.

Loop Check to cause the output file to continuously play in a loop.

Dither Check to turn on dithering in GIF images. This helps reduce banding in gradients of color, but it also increases the file size. The *Error Diffusion* setting produces smaller files while maintaining the quality to the *Ordered* option.

Strength Select the amount of dithering: *Light*, *Medium*, or *Heavy*.

Customization Dialog for H.264/AAC (MPEG-4)

Descriptions of the fields in the customization dialog follow:

Set these options, as described below in Table 9. When you're done, click *OK*.

Table 9. H.264/AAC (MPEG-4) Settings

Option	Description
H.264 Video	Uncheck when you do not want your exported file to contain video tracks.
Frame rate	Enter the frame rate in frames per second, or select preset values from the popup menu.
Data rate	Enter the data rate in kbits per second. **NOTE**: The data rate you enter is a *target* value. Therefore, the actual data rate may be higher or lower than entered.
Profile	Select the codec profile (which establishes parameter ranges for a given application) from the popup menu:
Automatic	The codec determines which profile to use, based on the size of the input video.
Main	This profile results in longer encoding; it was designed primarily for SD digital TV broadcasts. It is well-suited for playback on desktop computers.
Baseline	This profile is used for faster, simpler encoding, and improved data loss robustness, particularly for playback in mobile applications.
High	The High Profile is used as the preferred choice for HD broadcast and disc storage applications.
Codec	Select: *Single-pass*, *Multi-pass*, or *Hardware Accelerated*.
Keyframe Rate	Select automatic or fixed keyframe rate
Automatic	ScreenFlow selects the optimum rate
Fixed every	Manually enter the frame rate
AAC Audio	Uncheck when you do not want your exported file to contain audio tracks.
Sample Rate	Select to signify the number of samples taken from the source per second (in kHz) and added to the audio track being generated. Select the sample rate from the popup menu. *Web-High* and *Web-Low*, defaults to CD quality (44.1 kHz).
Data rate	Enter the data rate in kbits per second. *Web-High* defaults to 256kbits/sec. Web-Low, defaults to 96kbits/sec.
Channels	Select Mono or Stereo

The "Publish to" Dialogs

ScreenFlow opens a dialog of settings for each of the supported video-hosting platforms. Descriptions of the various platform settings follow.

The Publish to Vimeo Settings

Table 10. Publish to Vimeo Settings

Control	Description
Title	Enter the title for your project. By default, this field uses the base name of your project file.
Description	Enter a description for your project.
Tags	Enter keywords to describe your project. When Vimeo users search for these words, your video is included in the search results.
Privacy	Select the level of privacy required. *Account Default* uses the defaults set up through the Vimeo Web interface.
"?" button	Click to get publishing help
Sign Out	Click *Sign Out* to sign out of your Vimeo account.
Publish	Click *Publish* to export and upload your project. ScreenFlow displays a progress bar to indicate encoding progress. Click *Cancel* at any time to abort the encode/upload process.

The Publish to YouTube Settings

Table 11. Publish to YouTube Settings the

Control	Description
Category	Select the category of your project from the options in the popup menu.
Title	Enter the title for your project, up to 60 characters. By default, this field uses the base name of your project file.
Description	Enter a description for your project.
Tags	Enter keywords to describe your project. When YouTube users search for these words, your video is included in the search results.
Privacy	Public: Anyone can view this video
	Unlisted: Only people with a link can view this video
	Private: Only YouTube users that you authorize can view this video
"?" button	Click to get publishing help
Sign Out	Click Sign Out to sign out of your YouTube account.
Publish	Click Publish to export and upload your project. ScreenFlow displays a progress bar to indicate encoding progress. Click Cancel at any time to abort the encode/upload process.

Note: For recommended upload encoding settings on YouTube, see https://telestream.net/ScreenFlow/youtube-settings.htm

Publish to Google Drive Settings

Table 12. Publish to Google Drive Settings

Control	Description
Title	Enter the title for your project. By default, this field uses the base name of your project file.
Description	Enter a description for your project.
Sharing	Check Public | Unlisted | Private: Public: Anyone can view this video Unlisted: Only people with a link can view this video Private: Only Google Drive users that you authorize can view this video
"?" button	Click to get publishing help
Sign Out	Click *Sign Out* to sign out of your Google account.
Publish	Click *Publish* to export and upload your project. ScreenFlow displays a progress bar to indicate encoding progress. Click *Cancel* at any time to abort the encode/upload process.

Publish to Dropbox Settings

The Dropbox upload places all the files into a ScreenFlow folder inside the *Apps* folder at the root of the user's Dropbox. This cannot be changed because it is the only way for third-party applications to upload to Dropbox directly.

Table 13. Publish to Dropbox Settings

Control	Description
Filename	Enter a filename to use for your publication. NOTE: The Apps folder at the root of the user's Dropbox cannot be changed because it is the only way for third-party applications to upload to Dropbox directly.
Privacy	Public: Anyone can view this video
	Private: Only users that you authorize can view this video
"?" button	Click to get publishing help
Sign Out	Click *Sign Out* to sign out of your Dropbox account.
Publish	Click *Publish* to export and upload your project. ScreenFlow displays a progress bar to indicate encoding progress. Click *Cancel* at any time to abort the encode/upload process.

Publish to Wistia Settings

Table 14. Publish to Wistia Settings

Control	Description
Video Encoding	Select an encoding preset from the drop-down menu.
Frame rate	Enter the frame rate in frames per second, or select preset values from the popup menu.
Options	Letterbox Content Use Motion Blur
Media File	Check box to save a copy of the media file locally.
Save copy to disk	Click *Location* to choose the location for the saved media file.

Publish to Box Settings

Table 15. Publish to Box Settings

Control	Description
Video Encoding	Select an encoding preset from the drop-down menu.
Frame rate	Enter the frame rate in frames per second, or select preset values from the popup menu.

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Control	Description
Options	Letterbox Content Use Motion Blur
Media File	Check box to save a copy of the media file locally.
Save copy to disk	Click *Location* to choose the location for the saved media file.

Publish to Imgur Settings

Table 16. Publish to Imgur Settings

Control	Description
Preset	Select an encoding preset from the drop-down menu.
Dimensions	Enter the desired frame dimensions.
Options	Use Motion Blur Add Chapter Track from Marker Add Captions Track
Media File	Check box to save a copy of the media file locally.
Save copy to disk	Click *Location* to choose the location for the saved media file.

Edit Menu

The *Edit* menu contains the following commands:

Note: Most of these commands are also on the gear ⚙▾ menu, directly on the clip.

Table 17. Edit Menu Items

Menu Item	Description
Undo (Command-Z)	Reverses your last change. ScreenFlow permits 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, its undo list is lost.
Redo (Shift-Command-Z)	Reverses your last Undo action.
Cut (Command-X)	Removes the selected object or objects, and place them on the clipboard.

Table 17. Edit Menu Items

Menu Item	Description
Copy (Command-C)	Copies the selected object or objects onto the clipboard. **Note**: Clips in the media library cannot be copied, but they can be added to the timeline multiple times.
Paste (Command-V)	Adds objects on the clipboard to your document. Copied text is added to the text box at the cursor position. Inserted text adopts the text formatting of the character immediately preceding the insertion point. If the scrubber is at the start of the timeline or anywhere on a clip, the clip is added one layer up, at the scrubber position. If the scrubber is at the end of a clip, the pasted clip is added on the same layer.
Paste Properties	Updates the properties of the selected clip on the timeline with the properties of the clip on the clipboard. Paste Properties has these sub menu items:
Video (Option-Command-I)	Pastes video properties into a video clip.
Audio (Option-Command-A)	Pastes audio properties into an audio clip.
Screen Recording (Option-Command-S)	Pastes the screen recording properties into a clip.
Callout (Option-Command-C)	Pastes callout properties into a callout action.
Video Filters (Option-Command-V)	Pastes video filter properties into a clip.
Callout (Option-Command-U)	Pastes audio filter properties into a clip.

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Table 18. Edit Menu Items (continued)

Menu Item	Description
Paste and Match Style (Option-Shift-Command-V)	Adds text on the clipboard to your text box. Inserted text adopts the text formatting of the character immediately preceding the insertion point. **Note:** You can paste properties 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.
Delete	Permanently removes the selected items. If you have marked in and out points, the segment between the in and out point is deleted for all clips. See *Deleting Clips*.
Ripple Delete (Command-Backspace or Delete)	Delete the elements (or portions of elements) between the in and out points on all tracks of the timeline and shift all clips left to close the gap on the timeline. See *Creating Timeline In and Out Points*.
Select All (Command-A)	Highlights all clips on the timeline.
Deselect All (Shift-Command-A)	Deselects all clips on the timeline. This can also be done by clicking in an empty area of the canvas or timeline.
Close Gaps	Removes all selected gaps between clips in the timeline.
Deselect All Unused Media	If any media are unused they are deselected. If all media are used "No Unused Media Found" is displayed.
Captions	See *Displaying and Previewing Closed Captions* and *Exporting Closed Captions as SRT Subtitles*.
Set Current Language	Specifies the language you want to display captions in.
Import from SRT	Imports the closed caption text from a file
Export to SRT	Exports the closed caption text in this project to a file.
Clear All Captions	Removes caption text from all caption clips in this project.
Start Dictation	Displays the macOS dictation system, so that you can add text to a text box clip using your voice.
Emoji & Symbols	Displays the *Characters* window so that you can enter special characters in text fields.

Mark Menu

The *Mark* menu contains the following commands:

Table 19. Mark Menu Items

Menu Item	Description
Mark In Point (I)	Sets the in point of a range on 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 on 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.
Mark Out Point (O)	Sets the out point of a range on 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.
Clear In & Out Points (Option-Z)	Removes the in and out points you created previously.
Markers	
Add (back single quote mark, left of the "1" key)	Adds 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 when Add Chapter Track from Markers is checked.
	See *Adding a Timeline Marker*.
Add To Clip	Adds a marker to a clip and prompts you for a name.
	See *Adding a Clip Marker*.

Table 19. Mark Menu Items

Menu Item	Description
Delete (Shift-~)	Deletes the selected marker.
Delete All	Deletes all markers on the timeline.
Go to Next (Shift-Up Arrow)	Moves the scrubber to the next marker to the right on the timeline.
Go to Previous (Shift-Down Arrow)	Moves the scrubber to the previous marker to the left on the timeline. You can also use the mouse to drag markers and adjust their position.
Go to	See *Navigating the Timeline with the Scrubber*.
Project Start	Moves the scrubber to the start of the project timeline.
Project End	Moves the scrubber to the end of the project timeline.
Previous Frame	Moves the scrubber to the previous frame on the timeline.
Next Frame	Moves the scrubber to the next frame on the timeline.

See *Adding a Timeline Marker* and *Adding a Clip Marker*.

Clip Menu

The *Clip* menu contains the following commands:

Table 20. Clip Menu Items

Menu Item	Description
Split Clip (Command-T | Command-Shift-T | T)	Converts 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.
	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.
	These segments can be renamed for convenience and clarity.
Replace Media	Navigate to and select new media. All settings from old media are maintained.
Detach Audio	Removes 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 creates a new audio clip at the same point on the timeline.

Table 20. Clip Menu Items

Menu Item	Description
Extract Audio	Select individual audio channel to extract. The extracted audio channel is placed into a new track.
Extract App Audio	
Add Freeze Frame (Shift-Command-F)	Inserts 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 clip. The second half of the clip is moved to the right to adjust for the added clip.
	See *Creating a Freeze Frame*.
	Note: Go to *ScreenFlow* > *Settings* > *Timeline* to change the default duration of freeze frames.
Trim Front to Scrubber (W)	Trims 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.
	See *Trimming a Clip in the Timeline*.
Trim End to Scrubber (E)	Trims 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.
	See *Trimming a Clip in the Timeline*.
Edit Speech Clip	Displays the *Speech Clip* window.
	See *Insert Menu*.
Reverse Clip	Select to check and uncheck. When checked, media is played in reverse.

Table 20. Clip Menu Items

Menu Item	Description
Lock Clip | Unlock Clip (Option-Command-L)	Locks selected clips to their positions on the timeline and cannot be moved. When clips are locked, you cannot move other clips onto them to make transitions. Select again to unlock selected clips you have previously locked.
Disable	Disables the selected clip.
Nest Clips (Option-Command-N)	Nests selected clips into a group for treating the group as a whole when operating on them. See *Nested Clips* for details.
Unnest Clips	Unnests a previously nested clip. See *Nested Clips* for details.
Group (Command-G)	Ties selected clips together on the timeline, so that moving one clip moves all grouped clips. Ideal for synchronizing voice-overs, music beds, etc., to a camera clip so that their timing remains synchronized as you move them around in your project.
Ungroup (Command-U)	Returns selected clips to be independent of other clips.
Proxy	Enables you to create or delete a proxy.
Add Starting Transition | Remove Starting Transition (Option-Command-,)	Adds a transition to the beginning of the selected clip(s). Apply again to remove the transition.
Add Ending Transition | Remove Ending Transition (Option-Command-.)	Adds a transition to the ending of the selected clip(s). Apply again to remove the transition. See *Adding Transitions*.
Add Starting & Ending Transitions | Remove Starting & Ending Transitions (Option-Command-.)	Adds transitions to the beginning and ending of the selected clip(s). Apply again to remove the transitions. See *Adding Transitions*.
Label	Enables you to add and remove colored labels.

Insert Menu

The *Insert* menu contains the following commands:

Table 21. Insert Menu Items

Menu Item	Description
Text Box	Inserts a text clip into the project at the current scrubber position. Text box duration is five seconds, but can be adjusted by dragging the edge of the clip on the timeline. See *Adding and Configuring a Text Clip*. **Note**: Go to *ScreenFlow* > *Settings* > *Timeline* to change the default duration of text boxes.
Title	Opens a title selection window. Select a title and click on *Select*.
Annotations Clip (Option-Command-T)	Inserts simple graphic effects to visual clips including recordings, videos, and image files. Annotation shapes include circle, square, line, and arrow. **Note**: Go to *ScreenFlow* > *Settings* > *Timeline* to change the default duration of annotation clips.
Speech Clip...	Displays a sheet where you enter text, select a voice, then click Insert to create an audio clip in your project by converting text to speech using one of six automated voice programs. Text can be typed directly into the field or pasted from another document.
Template Placeholder Clip	Inserts a placeholder where a clip from a Screen Recording and Computer Audio, Camera and Microphone, or IOS device will be inserted in a new document created using a template. See *Creating a Document Template*.
Narration	Inserts a narration from an audio device.
Choose... (Shift-Command-V)	Imports media files into your project at the current playhead position. ScreenFlow displays the *Open* dialog, so that you can browse your file system or network server and select the media file to add to the project's media library and timeline.

Actions Menu

Actions are time-based changes to clips used to create gradual temporal or temporary effects. Actions are applied mid-point, where the change takes place.

The *Actions* menu contains the following commands:

Table 22. Actions Menu Items

Menu Item	Description
Add Video Action (Command-K)	Adds a Video Action to the selected clip at the location of the scrubber. A Video Action allows you to apply effects like Zoom, Pan, and Rotate to your video clip.
Add Audio Action	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 ducking, or adjusting the volume.
Add Screen Recording Action (Command-R)	Adds a Screen Recording Action to the selected screen recording clip. Screen Recording actions enable you to modify the size of the Mouse Pointer, add click effects, or show keys pressed, for example.
Add Callout (Command-L)	Adds a Callout to the selected screen recording clip. A callout lets you focus attention on a section of your project. 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.
Add Touch Callout	Provides a way to automatically receive "touch" events from the iOS device.
Add Snapback Action	Let you add a Video, Audio, or Screen Recording action. See *Modifying Style with Style Presets*.
Go to Next Action	Within a clip, selects the next action.
Go to Previous Action	Within a clip, selects the previous action.
Play Selected Action	Plays the currently selected 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. The Curve Type menu item has these submenu items:
Linear	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.
Exponential Ease-In	Starting slow, speeding up exponentially towards the end.

Table 22. Actions Menu Items

Menu Item	Description
Exponential Ease-Out	Starting fast, slowing down exponentially towards the end.
Exponential Ease-In & Out	Starting and ending slowly, exponentially faster in the middle.
None	Applies action immediately.
	The duration of the action is ignored if this option is applied.

Font Menu

Font options apply only to text in text clips.

The *Font* menu contains the following commands:

Table 23. Font Menu Items

Menu Item	Description
Show Fonts (Command-T)	Displays the System Font pane. Select a font to apply to highlighted text, or all text if none is selected.
Bold (Command-B)	Makes the selected text bold.
Italic (Command-I)	Makes the selected text italic.
Underline (Shift-Command-U)	Underlines the selected text.
Bigger	Increases the font size by one point.
Smaller	Decreases the font size by one point.
Kern	Select Text Kerning mode: Default, None, Tighten, Loosen.
Copy Style	Copies the style of the selected text, except background.
Paste Style	Applies the previously copied text style to the selected text.

Arrange Menu

Font options apply only to text in text clips.

The *Arrange* menu contains the following commands:

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Table 24. Arrange Menu Items

Menu Item	Description
Align	Enables you to align selected clips in six different ways: Left, Horizontally Center, Vertically Center, Right, Top, Bottom. *NOTE: If you select a single item (not multiple items), alignment is made along the edge of the canvas. Selecting multiple items aligns those items to the furthest edge of the grouping, instead of aligning to the canvas.*
Scale	Enables you to scale selected clips: Scale to Fit, Stretch, or Reset. These are the same controls located at the top of the Video tab of the Inspector window. See *Resizing or Scaling a Clip on the Canvas*.
Distribute	Evenly distributes display of selected clips.
Group	Groups selected items into a single grouped item.
Ungroup	Ungroups a selected grouped item into single items.
Lock Clip	Locks/unlocks a selected clip so that it can't be altered. See *Locking Clips*.

View Menu

View options determine how the media is presented both on the canvas and on the timeline.

These options only change how your project is displayed on the canvas—they do not alter the media.

The *View* menu contains the following commands:

Table 25. View Menu Items

Menu Item	Description
Enter Full Screen (Command-F)	Displays the editor window in full screen mode to reduce on-screen clutter.
Zoom In (Command-=)	Magnifies the display of the canvas. See *Editing on the Canvas*.
Zoom Out (Command--)	Reduces the display of the canvas. See *Editing on the Canvas*.
Zoom to 100% (Option-Command-0)	Displays the canvas area at its direct pixel size.

Table 25. View Menu Items

Menu Item	Description
Zoom to Fit (Control-Command-0)	When the canvas is obscured, adjusts the display size so that it is completely visible in the window.
Show Checkerboard	Displays transparent portions of the background as checkerboard to distinguish them from opaque portions that are the same color as the background. To export video with an alpha channel, use the Lossless - ProRes with Alpha preset or a custom derivative (see *Video Encoding*).
Show Captions	Displays closed caption text on the canvas. See *Displaying and Previewing Closed Captions*.
Hide/Show Inspector	Hides or shows the inspector panels.
Hide/Show Timeline	Hides or shows the timeline.
Show/Hide Quick Media Library	Shows or hides the Quick Media Library.
Show Clip Editor	Displays the Clip Editor where you can preview media files and perform quick edits. See *Trimming a Clip in the Timeline*.
Zoom Timeline to Fit (Control-T)	Scales the timeline downward to display it entirely in the window. See *Zooming In and Out on the Timeline*.
Zoom Timeline In (=)	Expands the timeline.
Zoom Timeline Out (-)	Contracts the timeline.
Switch to Inspector (Command 0 - 9)	Displays the selected Properties pane: Video, Audio, Screen Recording, Callout, Annotations, Text, and Media (library). Select Focus Timeline to return keyboard events back to the timeline. For example, when you are editing a text box on the timeline, you can select Focus Timeline, then use shortcuts. See *The Properties Window* and *Removing a Filter Background*.

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Table 25. View Menu Items

Menu Item	Description
Snapping (Control-N)	Toggles snapping for both the canvas and timeline.
	When snapping is on, the mouse snaps to various guide-lines. For example, on 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. On the timeline, the mouse snaps to the beginnings and endings of actions and clips. Checked/On by default.
	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. Checked/On by default.
Show Audio Waveforms	When activated, clips that contain audio have the audio waveform shown along the center of the clip. Checked/On by default.
Show Tab Bar	Displays the tab bar on the timeline, pushing the timeline and all tracks down in the window, to accommodate it. When you create nested clips, each clip nest is identified by a tab.
Show Caption Track	Displays the caption track on the timeline—the caption track is the highest track on the timeline.

Window Menu

The *Window* menu contains the following commands:

Table 26. Window Menu Items

Menu Item	Description
Minimize (Command-M)	Minimizes the foreground window.
Zoom	Scales the foreground window to the full size of the screen.
Tile window to left of screen	Locates tie window on left side of the screen.
Tile window to right of screen	Locates tie window on right side of the screen.
Detached timeline	Places selected timeline into a detached window.
	See *Detaching Timelines*.

Table 26. Window Menu Items

Menu Item	Description
Select Previous Tab (Shift-Command-[)	When the tab bar is visible in the timeline (as when editing nested clips), this navigates to the previous timeline tab.
Select Next Tab (Shift-Command-])	Navigates to the next timeline tab.
Markers	Opens a window listing the markers in the current document. You can add, delete, and rename markers, and jump to markers in this window. See *Jumping to a Marker*.

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Table 27. Window Menu Items (continued)

Menu Item	Description
Minimize (Command-M)	Minimizes the foreground window.
Zoom	Scales the foreground window to the full size of the screen.
Tile window to left of screen	Locates tie window on left side of the screen.
Tile window to right of screen	Locates tie window on right side of the screen.
Detach timeline	Places selected timeline into a detached window
Select Previous Tab (Shift-Command-[)	When the tab bar is visible in the timeline (as when editing nested clips), this navigates to the previous timeline tab.
Select Next Tab (Shift-Command-])	Navigates to the next timeline tab.
Markers	Opens a window listing the markers in the current document. You can add, delete, and rename markers, and jump to markers in this window.
Bring All to Front	Puts all ScreenFlow windows in front of any other application's windows on the desktop.
<documents>	List of all open document windows, listed sequentially in the order they were opened.

Purchase Menu (Telestream Web Store Only)

Note: This topic does not apply if you purchased ScreenFlow from the Mac App Store. The App Store has its own installation and licensing procedure.

Use these *Purchase* menu commands for purchasing from the Telestream Web Store and activating your ScreenFlow license, as described in table Table 28.

Note: If your ScreenFlow license is already activated, this menu does not display.

The *Purchase* menu contains the following commands:

Table 28. Purchase Menu Items

Menu Item	Description
Purchase ScreenFlow Online	Displays the Telestream online Web store.
Unlock ScreenFlow	Displays the *Licenses* tab of ScreenFlow Settings to enter a license. Requires admin authentication first. See *Unlocking ScreenFlow via Telestream Web Store*.

Help Menu

The *Help* menu contains the following commands:

Table 29. Help Menu Items

Menu Item	Description
Search	Searches the User Guide (this document).
ScreenFlow Help	Displays the ScreenFlow Help Landing Page, where you can access the ScreenFlow User Guide, watch tutorials of ScreenFlow topics, and access other helpful resources.
Visit ScreenFlow Web site	Displays the Web page for general ScreenFlow information.
Visit Support Page	Displays the Web page for ScreenFlow support information.
Provide ScreenFlow Feedback	Goes to the ScreenFlow support Web page.

Editor Drop-Down Menu

The *Editor* menu contains the following commands:

Table 30. Help Menu Items

Menu Item	Description
Text Box	When clicked, ScreenFlow creates a text box on the Canvas.
Title	When clicked, ScreenFlow opens the Media Library.
Annotations Clip	When clicked, ScreenFlow opens the Annotations tab.
Speech Clip...	When clicked, ScreenFlow opens a dialog where you can enter text that ScreenFlow converts into speech.

Table 30. Help Menu Items

Menu Item	Description
Template Placeholder Clip...	When clicked, ScreenFlow opens a dialog you can use to create a placeholder clip.
Narration...	When clicked, ScreenFlow adds an audio recording button to the Editor controls, and opens a recording dialog.
Choose File...	When clicked, ScreenFlow opens a file browse you can use to select a file for the Canvas.

See *The Editor Window*.

The Recording Monitor

The *Recording Monitor* provides a preview of your microphone and camera during a recording. With the *Recording Monitor*, you can check audio levels, keep the camera shot correct, and set the duration of the recording.

Note: When the *Recording Monitor* is visible, ScreenFlow includes the *Recording Monitor* in the screen recording. To prevent this, move the *Recording Monitor* window to an area of the screen that will be cropped out, or move it to another monitor.

The *Recording Monitor* tracks the selected inputs in the ScreenFlow recording configuration. If you have disabled both the camera and microphone, the *Recording Monitor* shrinks to a timer. During recording, the green striped header at the top of the recording monitor changes to red. When recording, ScreenFlow displays the timer text in white. When not recording ScreenFlow grays out both the timer and the *Add Marker* buttons.

Note: Only the microphone audio is monitored, not the entire audio of your recording.

The Media Library Context Menu

Control-click (right-click) on a clip in the media library to display the context menu.
See *The Editor Window*.

You can perform the tasks described in Table 31.

Table 31. Media Library's Media Menu

Menu Item	Description
Add to Timeline at Scrubber	Select to add your media to the timeline at the current scrubber position.
Select Clips in Timeline	Select to select the clip or clips to show where this clip is being used on the timeline.
Delete Media	Select to remove the SCC media files from your document. If a media file is on the timeline, ScreenFlow removes it, following a confirmation prompt. ScreenFlow does not delete media files not in SCC format.

ScreenFlow Settings

You can set your options and customize ScreenFlow to suit your specific needs via ScreenFlow *Settings*.

Figure 1. Settings Dialog
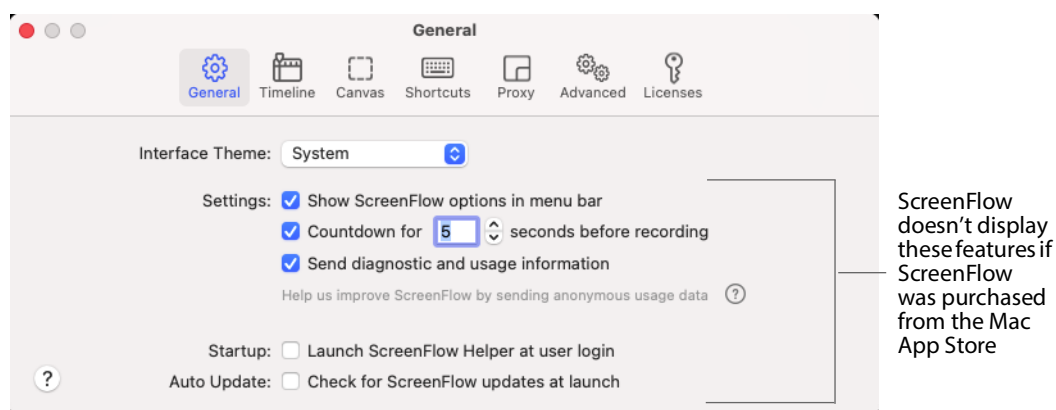
ScreenFlow doesn't display these features if ScreenFlow was purchased from the Mac App Store

Note: If you purchased ScreenFlow through the Mac App Store, ScreenFlow doesn't display the *Licenses* tab. The Mac App Store has its own licensing and updating processes.

Topics

- General Settings Tab
- Timeline Settings Tab
- Canvas Settings Tab
- Shortcuts Settings Tab
- Proxy Settings Tab
- Advanced Settings Tab
- Licenses Settings Tab

General Settings Tab

The *General Settings* tab provides startup, display, recording, and auto-update options.

The General Settings controls are described in Table 1.

Table 1. General Settings Options

Control	Description
Interface Theme	Select Light or Dark. This affects how menus are displayed.
	ScreenFlow uses the macOS settings for Light and Dark mode by default.
Settings	Check the features to be enabled when using ScreenFlow:
Show ScreenFlow	Check to toggle the ScreenFlow Helper menu on and off in the status menu.
Countdown	Check to use the Countdown window, and set the countdown time (in seconds). Range: 0 - 10. Default: 5.
Send Diagnostic	Sends anonymous usage data to Telestream.
Startup	Check to launch ScreenFlow Helper when you log in so that you can record without first launching ScreenFlow.
Auto Update	Check to automatically check for updates each time you start ScreenFlow, so you can update ScreenFlow immediately.
	Note: This option is not available if you purchased ScreenFlow from the Mac App Store. The App Store has its own update procedure.

Timeline Settings Tab

Use the *Timeline Settings* tab to set timeline options.

The Timeline Settings controls are described in Table 2.

Table 2. Timeline Settings Options

Control	Description
Editing	When checked, the scrubber will be repositioned after a paste action.
Display	
Use SMPTE timecode	Check to display the scale as SMPTE timecode (HH:MM:SS:FF—Hours:Minutes:Seconds:Frames). If unchecked, the scale displays the scale informally. For example: 1h2m30s.
Hide Action Menu	Check to hide the action gear menu in clips.
Double-click in Media Catalog	Choose between sending a clip to the clip editor (when double clicking), or sending it directly to the timeline.
Thumbnail Cache	Enter size of the thumbnail cache (in megabytes). A value of zero means unlimited cache sizing. Once you have updated the maximum cache size, the cache is checked for cleanup. While thumbnails are being generated, the cache is automatically cleaned up every three minutes, to ensure it does not run out of control. When thumbnail icons are removed due to the size of the cache, the oldest are deleted first. The thumbnails are stored at: ~/Library/Caches/net.telestream.ScreenFlow9/Thumbnails
Default Transition	Select the default effect to use when generating a transition. Default: Bars Swipe.
Default Track Height	Select the default track height of timeline tracks: Small, Regular, or Large. If your project has many tracks, you can set this to Small to view more tracks in your window without scrolling. Default: Regular.
Default Action Curve	Select the default Action Curve: Linear, Ease In or Out, Exponential Ease In or Out, or None.
Default Durations	Select the duration field of the item you want to change. These are default time values for actions, transitions, still images, callouts, and annotations. Enter the value (in seconds) of the default length of the item when added to the timeline. Range: one-tenth of a second (typically 3 frames) up to (but not including) 30 seconds.

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Canvas Settings Tab

Use the *Canvas Settings* tab to set canvas options.

The Canvas Settings controls are described in Table 3.

Table 3. Canvas Settings Options

Control	Description
Lock Aspect Ratio	Check to cause aspect ratio to be maintained when scaling using the mouse.
Show Z Rotation Controls	Check to display Z rotation controls.
Default Background Color	Click on the color square to open the default background color pallet.
Snap to other clips	Check to cause new clips to snap to other clips.
Snap to edges	Check to cause new clips to snap to edges.
Snap Line Color	Click on the color square to open the snap line color pallet.

Shortcuts Settings Tab

To speed up your workflow, you can start many ScreenFlow features with keyboard shortcut commands. Use the *Shortcuts* tab to create custom keyboard shortcuts.

For a complete list of ScreenFlow keyboard shortcuts that you can customize, see ScreenFlow keyboard shortcuts.

Also see *Finding Keyboard Shortcuts*, *Changing Shortcut Keys*, and Keyboard Shortcuts and Hotkey Customizations.

The *Shortcuts Settings* controls are described in Table 4.

Table 4. Shortcuts Settings Options

Control	Description
Keyboard Shortcut Set	Select Configure, Import, or Export. Configure opens a configuration window.
Default	Select this option to activate the default keyboard shortcuts.
<Custom Shortcut>	Select from a list of user created custom shortcuts.
Configure	Select to open the configuration window. Click the plus icon (+) to add a new custom shortcut set. Click the minus icon (-) to delete any selected set.
Import	Select to import a saved (exported) shortcut set.

Table 4. Shortcuts Settings Options

Control	Description
Export	Select to export (save) a shortcut set.
Show	Select All or Customized. All displays all shortcuts sets, whereas Customized display only the set created by the user.
Search	Enter a word to use for searching in the list of shortcuts. The list is reduced, as matches are found, while your type.

See *Changing Shortcut Keys* and Keyboard Shortcuts and Hotkey Customizations.

Proxy Settings Tab

The *Proxy* tab provides ScreenFlow settings for proxy media. Proxies are lower quality media files that take the place of the originals during editing. When the final export is done, ScreenFlow renders from the original files (not from the proxy files) for the best quality output.

ScreenFlow indicates the progress of proxy creation with a pink progress bar on the Timeline and on the Timecode user interface. When the proxy file is created, ScreenFlow displays a solid pink circle.

The Proxy Settings options are described in Table 5.

Table 5. Proxy Settings Options

Preference	Description
Proxy Creation Mode	In *Automatic* mode, ScreenFlow will decide if the imported content would benefit from having a proxy created.
	In *Always* mode, when a media file that can have a proxy made is added to the Media Library or the Timeline, the proxy creation progress starts.
Options	Check *Limit size of proxy cache to*, then enter the size in GBs.
	Check *Automatically delete proxy files after*, then enter the number of days.
	Check *Create proxies at half original resolution* (Optionally).
Proxy Cache Location	Click *Change* to select a proxy cache location.

Advanced Settings Tab

The *Advanced Settings* tab provides ScreenFlow settings for video magnification, compression, and managing your audio driver and scratch disk. The Advanced Settings options are described below.

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Table 6. Advanced Settings Options

Preference	Description
Video Magnification	Select *Smooth* or *Sharp* to set the compression algorithm for magnification. *Smooth* blurs color values and creates smoother edges. *Sharp* does not blur color values, but can result in jagged, pixelated edges. Default: *Smooth*. This setting controls both how ScreenFlow displays inputs in the *Preview* window, and how ScreenFlow generates outputs.
Screen Recording Compression	Select Adaptive | Lossless to specify the method of compression used. Adaptive is compressed, which minimizes file size, but the loss in video quality is not noticeable to most users. Lossless is uncompressed which captures all pixels, thereby resulting in a larger file size. Default: Adaptive.
Computer Audio	Click to install or uninstall the ScreenFlow audio driver, which is required for recording computer audio. **Note:** If you purchased ScreenFlow through the App Store, the computer audio driver is installed automatically.
DAW Support	Check *Allow device to be Sound Output*, or *Disable Sound Output Monitoring*, as desired.
Allow device to be sound output	Checking this option makes the Telestream Audio Capture device always available for output and configuration. This allows you to design an audio workflow while not actively recording. The Telestream Audio Capture device is normally hidden from the user to simplify the common usage patterns.

Table 6. Advanced Settings Options

Preference	Description
Disable sound output monitoring	Checking this option turns off the sound output monitoring capabilities of ScreenFlow. This results in the following: • When recording begins, ScreenFlow routes all output automatically to the Telestream Audio Capture device. • ScreenFlow records all audio routed to the Telestream Audio Capture device, but does not play the audio through the speakers. To monitor output, configure your audio workflow. • ScreenFlow records only mixed output. The ScreenFlow per-application recording option is not available.
Default File Format	Select the file format in which you want to save your ScreenFlow documents by default. ScreenFlow displays this default format in the File Format menu in the Save As dialog box. (See *The ScreenFlow Document Formats* and *Save As*.)
Capture Scratch Disk	Click *Change* to specify a directory where ScreenFlow can temporarily save media as it is being recorded. By default, this is set to a private system location: *~/Movies/ScreenFlow Data*. Specifying a custom scratch disk allows you to locate your recording in the event that it was interrupted before completion.

Licenses Settings Tab

Note: If you purchased ScreenFlow through the Mac App Store, ScreenFlow doesn't display the *Licenses* tab. The Mac App Store has its own licensing and updating processes.

The Licenses Settings options are described below.

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Table 7. Licenses Settings Tab

Preference	Description
Serial Number	Editable field where you enter the serial number for your license.
Stock Media Library	ScreenFlow displays the path to your stock media library.
Purchase	When clicked, the Purchase button sends your purchase order to Telestream.
Activate	When clicked after a serial number has been entered into the Serial Number field, Telestream activates your ScreenFlow license.

Troubleshooting

You can troubleshoot common ScreenFlow issues. If your issue is not listed, or if the recommended procedure doesn't work, please contact technical support.

How do I provide Customer Service with diagnostic information about an issue?

1. Press Shift and click the *Help* menu.

2. Select *Gather Support Diagnostics > Gather*.

3. ScreenFlow collects debugging logs, crash reports, a system profile, names of open documents, and a snapshot of the current state of ScreenFlow.

   ScreenFlow generates an archive of these files.

4. Save the archive to your desktop, and send it to Telestream Customer Service when requested.

How do I provide Mac App Store with diagnostic information about an issue?

Mac App Store users can gather support diagnostics for the Mac App Store with a software tool provided by Telestream.

See ScreenFlow: Gather Support Diagnostics / Reset ScreenFlow Preferences.

My exported video looks fuzzy or blurry. What can I do to make it look better?

Compression of video on output can reduce sharpness. Here are a few things you can do to retain as much sharpness as possible:

- On the *Advanced* tab of the *Settings* dialog, check the *Sharp* box for the *Video Magnification* setting.

  See *Advanced Settings Tab*.

- Export using the *Lossless - Apple ProRes with Alpha* uncompressed video format. If you don't reduce the resolution, the output resolution matches the resolution of the input video, but results in a large output-file size. Generate uncompressed video if it requires additional editing before publishing.

- Before recording, reduce your Mac display resolution through the Mac System Preferences for Displays. A lower display resolution requires less compression. Make your display resolution the same as, but not lower than, the desired output resolu-

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tion. If you set the display to a smaller resolution than the output resolution, the image loses clarity.

- If you don't want to reduce your display resolution or export to a large, uncompressed format, select *Video Properties > Scale* or *Callout Action > Zoom*. Scale and zoom functions allow you to increase the visibility of a specific portion of the recording. This helps maintain clarity in a heavily compressed video.

- Sharp, clear text is hard to produce in digital video. Thin lines can look blurry or jagged. If you have small text in your screencast, consider applying the *Scale* feature or increasing the text size.

How do you designate a display recording area?

ScreenFlow can capture the entire display, or a specific recording area. You can make use of any display area during editing 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, however, you can move outside your area of focus when necessary.

Does ScreenFlow work with Parallels or VMware?

Since ScreenFlow captures everything on your display, both Parallels and VMware are supported (including Computer Audio output). However, ScreenFlow can't use the Callout features, as these are dependent on information provided by macOS.

Telestream has tested ScreenFlow with Parallels in all modes (Coherence, Window, and Full Screen) without issue. In fact, when using Parallels/VMware, some users have reported that ScreenFlow produces smoother, higher-quality output while using fewer CPU resources than native Windows screen-capture programs.

What kind of graphics card should I use?

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. As a result, video skips during playback.

Does ScreenFlow support closed captioning?

ScreenFlow does support closed captioning. For details, see *Displaying and Previewing Closed Captions*.

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

ScreenFlow can capture directly from the screen of an iOS device over a USB connection. For details, see *Touch Callout Properties*.

My USB microphone and iSight camera are out of sync. What should I do?

There can be a latency problem between the computer USB input and the iSight camera. If audio and video are out of sync, try using an analog mic instead of a digital one. Plug the analog mic into the analog audio jack on the computer.

I can't find my media files. Where is the media library?

Once the first media file has been recorded or the first file has been imported into ScreenFlow, each document in ScreenFlow has a media library. To open the media library, see *Viewing the Media Library*.