

# Smartphone Photography & Videography — Workbook

This workbook turns every module into hands-on practice. Complete each exercise directly after the corresponding lesson while the concepts are fresh. The action plan at the end gives you a sequenced 30-day challenge to take you from first manual shot to published reel.

## Camera Controls & Exposure Fundamentals

Practice identifying and controlling the core variables — sensor, ISO, shutter, white balance, RAW — by shooting the same scene under different settings and comparing results.

### Exercise: The Exposure Control Comparison Shoot

Choose a single fixed scene (a mug on a desk, a plant by a window, or a face). Open Pro/Manual mode. Shoot the same scene six times using the settings below. Import all six into Lightroom Mobile and compare side-by-side. Do not edit any of them.

- Set ISO 100, shutter 1/100s. Write what you observe about noise and motion rendering.  
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- Set ISO 1600, shutter 1/100s. Describe the noise character — is it luminance grain, colour blotching, or both?  
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- Set ISO 100, shutter 1/15s (handheld). What happened to any moving elements in the frame?  
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- Set white balance to 2700 K (tungsten) under daylight. Describe the colour cast. Repeat at 7000 K. Which matches your scene?  
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### Worksheet: Camera Setting Decision Log

For each of your next five shoots, record the conditions and settings chosen. After reviewing the exported images, write what you would change and why. This log becomes your personalised reference sheet. Shoot date and location

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Lighting conditions (natural / artificial / mixed)

\_\_\_\_\_

ISO chosen

\_\_\_\_\_

Shutter speed chosen

\_\_\_\_\_

White balance (Kelvin or preset)

\_\_\_\_\_

File format (RAW / JPEG / RAW+JPEG)

\_\_\_\_\_

Lens used (main / ultrawide / telephoto)

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Result rating 1–5

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What you would change next time

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### Checklist: Pre-Shoot Camera Setup Checklist

- Enable Pro / Manual / Expert mode in camera app
- Set file format to RAW or RAW+JPEG
- Enable 3x3 grid overlay
- Check available storage — minimum 2 GB free before starting
- Set white balance manually based on light source Kelvin
- Disable AI scene detection / Auto HDR (shoot your own exposure)
- Enable OIS and EIS if shooting video
- Set frame rate before recording — do not change mid-shoot
- Confirm battery above 40% or external battery connected

## Composition, Lighting, and Stabilization

Practice compositional principles through deliberate daily shooting constraints, build a portable lighting kit, and verify stabilization technique against measurable benchmarks.

### Exercise: Six-Day Composition Challenge

Shoot one intentional photo each day for six days, applying one composition principle per day. Review all six at the end of day six. For each image, identify one element you would reposition and how.

- Day 1 — Rule of thirds: place your subject's eye or primary element exactly on a grid intersection. Did the grid overlay help or feel constraining?
- Day 2 — Leading lines: find a real-world line (road, fence, shadow) and position it to guide the eye to your subject. Where does the line exit the frame?
- Day 3 — Negative space: leave at least 60% of the frame empty. What emotion does the emptiness create?
- Day 4 — Natural framing: shoot your subject through something (a doorway, leaves, a gap in a fence). Does the frame add depth or distract?

### Worksheet: Lighting Setup Planner

Plan three different lighting setups for an upcoming portrait or product shoot. For each setup, identify the key, fill, and back light source, their distances, and the mood you expect. After the shoot, record what the actual result was.

Subject type (portrait / product / food / other)

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Key light source (window / LED panel / reflector / other)

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Key light distance from subject (metres)

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Key light angle (degrees from front: 0 = front, 45 = side, 90 = side, 135 = rim)

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Fill light source

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Fill light intensity relative to key (same / half / quarter)

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Back / rim light source

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Expected mood

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Actual result — what matched, what surprised you

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Kelvin temperature used

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### Checklist: Stabilization Verification Checklist

- Elbows tucked to ribcage before pressing record
- Shot at bottom of exhaled breath for still photos
- OIS enabled in camera settings
- EIS enabled if recording video
- Gimbal balanced before powering on (if using gimbal)
- Gimbal mode selected appropriate to shot type (Follow / Pan Follow / FPV)
- Walking shots use heel-to-toe ninja walk
- Physical support (wall / doorframe / surface) used when available
- CapCut Stabilize applied in post as final insurance

## Photo Editing in Lightroom Mobile

Build an end-to-end editing workflow: correct a raw portrait, create a reusable preset, and batch-edit a ten-image series in under 20 minutes.

### Exercise: The Full-Stack Portrait Edit

Select one RAW portrait photo with at least two problems (e.g., slightly underexposed and warm-tinted). Edit it using the full sequence: Tone !' Colour Mixer !' Calibration !' Detail !' Geometry. Export at both web and print specs.

- Before editing, write down the three most obvious problems with the image (tone, colour, detail, geometry).
- After applying Light sliders, does the histogram sit cleanly within bounds? Where did highlights or shadows clip?
- In the Colour Mixer, which colour range contains the skin tone? How many stops did you move Luminance?
- After the full edit, name this preset and apply it to two other images. What adjustments were still needed per-image?

### Worksheet: Edit Decision Record

For each significant edit session, record your slider values so you can reverse-engineer your own aesthetic over time. After 20 edits, look for patterns — they reveal your natural style.

Image filename

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Shoot date

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Subject type

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Exposure adjustment (stops)

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Highlights adjustment

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Shadows adjustment

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Whites adjustment

---

Blacks adjustment

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Temperature (Kelvin shift from as-shot)

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Tint adjustment

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Key Colour Mixer moves (which channels, which sliders)

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Calibration changes (yes / no — describe)

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Preset applied (name or none)

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Export destination (Instagram / web / print)

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### Checklist: Preset Creation and Batch Edit Checklist

- Complete a full edit on the hero image before creating a preset
- Name the preset descriptively (Subject + Lighting + Version, e.g. Outdoor Portrait Warm v2)
- Deselect Geometry and Crop from the preset before saving
- Deselect Spot Removal from the preset before saving
- Include Light, Color, Detail, Calibration, and Effects in the preset
- Apply preset to 3 test images from the same shoot to verify it holds
- In batch sync: select hero !' select all !' deselect hero !' Sync
- Review every synced image individually and trim Exposure  $\pm 0.3$  as needed
- Export batch as queue rather than individually

## Video Production and Editing in CapCut

Plan and execute a 60-second reel from script to published post, tracking every production decision and the resulting engagement outcomes.

### Exercise: 60-Second Reel Production Sprint

Plan, shoot, and publish one 60-second vertical reel this week. Use the three-act structure: hook (0–10s), value delivery (10–50s), payoff and CTA (50–60s). Track engagement for 48 hours after publishing.

- Write the hook before you shoot a single frame. What is the single most arresting visual or audio moment in this reel? Does the first three seconds demand that the viewer stay?

- List the five visual beats in act two. What information or emotion does each beat deliver? What footage supports each beat?
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• After editing, play the reel with the sound off. Does the story still communicate? If not, which beat is carrying the load entirely on audio?

• Record the 48-hour engagement data: views, average watch time percentage, shares, saves. What does the drop-off point tell you about the weakest edit cut?

### Worksheet: Reel Pre-Production Brief

Complete this brief before picking up your phone. Shooting without a brief produces footage that looks good in isolation but does not cut into a coherent story.

Reel title / working concept

Platform (Instagram / TikTok / YouTube Shorts / all three)

Target audience

Hook (first 3 seconds — describe the opening frame and audio)

Act 2 beat 1 — visual and information

Act 2 beat 2 — visual and information

Act 2 beat 3 — visual and information

Act 2 beat 4 — visual and information (optional)

Act 2 beat 5 — visual and information (optional)

Payoff / CTA (final 10 seconds)

Background music track name and source

Filming locations

Equipment needed (gimbal / LED panel / external mic / tripod)

Posting date and time

48-hour goal metric (views / saves / comments)

## Checklist: Reel Publishing Checklist

- [ ] Reel exported at 1080x1920, H.264, 30fps
- [ ] Audio peaks verified — no clips above 0 dBFS
- [ ] Captions added via CapCut Auto Captions and reviewed for accuracy
- [ ] LUT applied at 70–80% opacity (not 100%)
- [ ] Vignette added at 15–20% opacity
- [ ] Film grain overlay added at 5–10% opacity for lens consistency
- [ ] Hook confirmed: first 3 seconds do not show a logo or title card
- [ ] CTA delivered in final 10 seconds
- [ ] Cover frame selected (not auto-selected by platform algorithm)
- [ ] Hashtags prepared (3–5 niche + 2–3 broad)
- [ ] Caption written and reviewed before pasting into platform
- [ ] Post scheduled or published at optimal audience time window

## Your Action Plan

1. Day 1–2: Enable Pro/Manual mode, shoot the Exposure Control Comparison exercise (ISO 100 vs 1600 vs 1/15s), import into Lightroom Mobile
2. Day 3–4: Complete the Six-Day Composition Challenge days 1 and 2 (rule of thirds, leading lines)
3. Day 5–6: Complete composition challenge days 3–6 (negative space, natural framing, symmetry, depth layers)
4. Day 7: Build a three-point lighting setup at home using a window, white board reflector, and one LED panel; shoot ten portraits
5. Day 8–10: Complete the Full-Stack Portrait Edit exercise on your best shot from day 7; create your first custom preset
6. Day 11–12: Batch edit the remaining nine portraits from day 7 using your new preset; fill in the Edit Decision Record for all ten
7. Day 13–14: Shoot B-roll for your first reel using gimbal and 180-degree shutter rule; shoot at 24fps and 60fps for comparison
8. Day 15–17: Complete the Reel Pre-Production Brief, edit the 60-second reel in CapCut using L-cuts, J-cuts, and a LUT grade
9. Day 18: Publish the reel on at least one platform; add captions via Auto Captions; post at optimal audience time
10. Day 19–20: Track 48-hour engagement metrics; record watch-time drop-off point; identify the weakest edit cut for the next reel











