# How to Adjust Camera Back Focus - Box Lens

When your back focus is set correctly you can zoom in and focus on a subject and then zoom out and that subject will remain in focus. If it goes out of focus you need to adjust your back focus. This should be part of your camera tech check every time you work.







To adjust your camera back focus:

1. You should work with Video Shading and they should open your aperture up wide and move you to ND Filter 4 to make your depth of field as shallow as possible. This will help you dial your back focus in as close as possible.
2. Zoom into something as far away as possible and get your focus. Then, without changing your focus, zoom all the way wide.
3. Next, push the lever forward to unlock. Then, spin the wheel to the left or right while looking at your Viewfinder for reference. You will see your picture start to either become more in focus or out of focus. Once you find the “sweet spot” where your picture is perfectly in focus, move the lever back to the locked position.
4. Zoom back to original spot, set your focus, and then zoom all the way out full wide. If that subject is still in focus when you’re full wide, then your back focus is good.