


How to Install & Use 'Create Avid Proxy'

How to Install & Use ‘Create Avid Proxy’ (macOS Quick Action)


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Overview

 What it does:

Convert video files to Pro Tools–friendly Avid codecs with one right-click in Finder.

 Output: DNxHD 36/75 or DNxHR LB based on resolution.

 Why it's useful: No Media Encoder, no manual settings, fully automatable.

Create Avid Proxy is a macOS Quick Action designed for audio post workflows. With a single right-click, it converts `.mp4`, `.mov`, `.mxf`, or `.m4v` files into **Pro Tools-friendly Avid codecs** - DNxHD or DNxHR - depending on resolution. ➡ **All converted files are saved in the same folder as the original**, with an updated filename like `_DNxHD_36.mov` or `_DNxHR_LB.mov`.

 You will get a **desktop notification** when the process is complete.

 This workflow is designed for Apple Silicon Macs (M1, M2, M3, M4) only

The Quick Action runs a background **FFmpeg** script powered by **Homebrew**, and it installs in seconds with no coding required.

Requirements (Before Installation)

To use this Quick Action, you'll need:

1. Basic Awareness Of:

- Trying Automator - macOS's built-in automation tool. (All you need to do is install the script and save it)
- Finder Quick Actions (can you right-click?)
- Using the **Terminal** in macOS Utilities for setup (All commands are copy and pastable. Installation may take 5+ minutes based on internet speed)
- Changing **System Preferences**

2. Install Homebrew (if you don't already have it)

Homebrew is a package manager for macOS. You'll use it to install FFmpeg.

In **Terminal**, found in macOS Utilities folder, paste and hit enter.

```
/bin/bash -c "$(curl -fsSL  
https://raw.githubusercontent.com/Homebrew/install/HEAD/install.sh)"
```

Then follow the directions for User PW and installation (This may take 5+ minutes depending on connection speed and CPU):

3. Install FFmpeg with Homebrew

FFmpeg is the command-line tool that performs the audio replacement.

In **Terminal**, paste and hit enter,

```
brew install ffmpeg
```

Then confirm it's installed with:

```
which ffmpeg
```

You should see something like:

```
/opt/homebrew/bin/ffmpeg
```

If `which ffmpeg` does not return a path, make sure FFmpeg was installed using Homebrew in a standard location. If you used **MacPorts** or another method, or if you customized your shell `$PATH`, you may need to manually update the script to point to the correct FFmpeg path.

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Intel Macs may not support DNxHR encoding with standard FFmpeg installations. If you're using an Intel Mac, you'll need a custom-built FFmpeg with DNxHR enabled, which may require additional setup.

How to Install the Quick Action

1. Download the Automator Workflow

[Download 'Create Avid Proxy.workflow'](#)

2. Install It

- Double-click the `.workflow` file
- Click **Install** when Automator prompts you
- It will now appear in Finder under **Quick Actions** when you right-click

3. (Optional) Add a Keyboard Shortcut

- Go to:
`System Settings > Keyboard > Keyboard Shortcuts > Services`
 - Find `Create Avid Proxy (DNx)` under Files & Folders
 - Click to add a custom shortcut (e.g. F14)
-

System Settings You May Need to Adjust

Depending on your version of macOS, you may be prompted to approve permissions the first time you run this workflow. If the Quick Action doesn't appear to run, or fails silently, check the following:

1. Grant Full Disk Access to Automator and Terminal

Go to:

System Settings > Privacy & Security > Full Disk Access

Make sure these apps are listed and enabled:

- Automator
- Terminal
- (Optional) iTerm or another terminal app if you use one

If they're not listed:

- Click the “+” button
- Navigate to: `/Applications/Utilities/Automator.app`
- Repeat for Terminal

2. Approve Automation Permissions (if prompted)

Go to:

System Settings > Privacy & Security > Automation

Check that:

- Automator is allowed to control Finder
- Automator is allowed to run AppleScripts

These prompts usually appear the first time the workflow runs. Approve them when requested.

3. Enable the Quick Action in Finder (if needed)

If you don't see the workflow in the Finder context menu:

- Right-click any file
- Go to **Quick Actions > Customize**
- Enable **Create Avid Proxy** from the list




Additional Note:

On the first run, the workflow may silently fail or display a vague error message (e.g. "The action

could not be completed").

If that happens, go to **System Settings > Privacy & Security > Automation**, and make sure **Automator is allowed to control Finder** and other system apps.

How to Use It

1. Select one or more video files (or folders with video files) in Finder
 2. Right-click → Quick Actions → **Create Avid Proxy**
 3. Wait for the notifications:
 -  "Avid Proxy Created" – File successfully transcoded
 -  "Skipped" – Unsupported or non-video file
 -  "Avid Proxy Failed" – Encoding issue or unreadable file
 4. Look for your new file in the same folder
 - Example: `cut_04.mov` → `cut_04_DNxHD_36.mov`
-

Behaviors & File Types

This Quick Action is designed for real-world post workflows, handling batch encodes, vertical formats, and media bins with mixed content. Here's how it behaves depending on your input:

Resolution-Based Codec Selection

It automatically chooses the correct Avid proxy format based on resolution:


Input Resolution	Output Codec	File Label Suffix
1280×720 or smaller	DNxHD 75 Mbps	<code>_DNxHD_75</code>

1281x721 – 1920x1080

DNxHD 36 Mbps `_DNxHD_36`




Above 1920x1080 (2K, 4K, vertical, square)

DNxHR LB `_DNxHR_LB`

 Files are saved as `.mov` in the **same folder** as the source, with the format label added to the filename (e.g. `scene_03.mov` → `scene_03_DNxHR_LB.mov`).





Folder Support (Multi-File Friendly)

You can select a single file, multiple files, or an entire folder. When a folder is selected:

-  The workflow **recursively scans** subfolders
-  Only valid video files are processed: `.mp4`, `.mov`, `.m4v`, `.mxf`
-  All other files — audio, stills, text, etc. — are ignored automatically

Files That Will Be Skipped





The workflow will automatically **skip and notify** if:

-  The file is unreadable or corrupted
-  No video stream is detected
-  Resolution is too small (<640×360) or too large (>4096×2304)
-  The format isn't recognized as a supported video type

Each skipped file triggers a notification so you know exactly what was ignored.

Files That Will Be Processed







It will successfully encode:

-  Standard editorial formats (720p, 1080p, UHD, 2K, 4K)
-  Vertical and square videos
-  Unusual aspect ratios like 1440×1080 or 3840×1600
-  Mixed-resolution folders in a single batch run

Every successful encode is confirmed with a macOS notification when complete. Files are never overwritten — your originals remain untouched.



System Compatibility

macOS Version	Status	Notes
Sequoia 15.x	 Fully Working	
Sonoma 14.x	 Confirmed	
Ventura 13.x	 Confirmed	
Monterey 12.x	 May require FFmpeg path adjustment	
Big Sur 11.x	 Test recommended	
Catalina 10.15↓	 Not Recommended	
