

Checklist for HIASM Videos

- Use your microphone, or if you don't have one, make sure there's no background noise (including no wind)
- The video should be from your bellybutton up, but stand close enough that you mostly fill the screen.
- Film in landscape (horizontal) orientation
- Film outdoors, never indoors
- Make sure you end with "I'm [your name] and thank you for joining me at Here I Am Send Me 360."
- MAKE SURE** you say "360"!!!
- Film with at least HD, if not 2K or 4K.
- Turn in your video to Eden on the 25th of every month.