

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.