New Recording

When opening a new recording, you have the option of choosing which inputs to record from.

- Record Video From Built In iSight
  Records video from the iSight camera for Picture in Picture use.
- Record Audio From Built In Microphone
  Records your voice using the built in mic.
- Record Computer Audio
  Records audio from the computer. I.e. audio from a website or a sound made by a program.

Start/Stop A Recording

Using Hot Keys is a quick way to start and stop a recording.
Shift+Command+2 – Start/Stop Recording

Preparing to Record
Press ⌘2 to stop recording

Adding Actions

Actions are the way to add motion, text, and callouts to a recording. Every tab (Video, Audio, Screen, Callout, Text) has a properties editor that allows for full control of the action.

Clicking the “Add --- Action” adds a colored block in the video time line. Adjusting the size of the action box effects the length of time the action will take to complete.

The changes will remain until another action returns the settings to it’s normal positions.
ScreenFlow Cheat Sheet

Exporting

You can export your recording to many different file types for use in anything from mobile devices to desktops. Name your file and specify the location in which to save the file.

Use the preset drop down to easily select the file type that is right for your application.

Video is recorded at the full resolution of the screen. You can scale down the exported video for your application by percentage or by inputting a custom size.

Clicking “Export” will start the rendering process and save the file to the specified location.