

AF Microadjustment	(use if needed)	(use if needed)	(use if needed)	(use if needed)	(use if needed)	(use if needed)
Playback Menus						
(These are not applicable to shooting)						
Set-up 1 Menu						
Record Function+Card/Folder Selection	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)
File Numbering	Continuous	Continuous	Continuous	Continuous	Continuous	Continuous
File Name	User Setting1 - "IMG "	User Setting1 - "IMG "	User Setting1 - "IMG "	User Setting1 - "IMG "	User Setting1 - "IMG "	User Setting1 - "IMG "
Auto Rotate	On [Camera Computer]	On [Camera Computer]	On [Camera Computer]	On [Camera Computer]	On [Camera Computer]	On [Camera Computer]
Format Card	(use to initiate and reformat a card)	(use to initiate and reformat a card)	(use to initiate and reformat a card)	(use to initiate and reformat a card)	(use to initiate and reformat a card)	(use to initiate and reformat a card)
Set-up 2 Menu						
(These are not applicable to shooting)						
Set-up 3 Menu						
(These are not applicable to shooting)						
Set-up 4 Menu						
(These are not applicable to shooting)						
	General / Travel / Street (*1)	Landscape / Architecture	Action / Sports	Moving Wildlife / Birds	Studio / Portraits	Concert / Performance

Custom Functions NOTES

*8: Set for Av if you often switch between M Mode and Av Mode. Set for Tv if you often switch between M Mode and Tv Mode.

*9: Should be set for the "topside" of the Main Dial setting just above it.

*10: Direct AF Area Selection, or else the ISO option. If working in M Mode with Auto ISO, set for the Exposure Compensation option. See guide for explanation.

Custom Functions	General / Travel / Street (*1)	Landscape / Architecture	Action / Sports	Moving Wildlife / Birds	Studio / Portraits	Concert / Performance
C.Fn1: Exposure						
Exposure Level Increments	1/3 Stop	1/3 Stop	1/3 Stop	1/3 Stop	1/3 Stop	1/3 Stop
ISO Speed Setting Increments	1/3 Stop	1/3 Stop	1/3 Stop	1/3 Stop	1/3 Stop	1/3 Stop
Bracketing Auto Cancel	Enable	Enable	Enable	Enable	Enable	Enable
Bracketing Sequence	"-, 0, +" (or user preference)	"-, 0, +" (or user preference)	"-, 0, +" (or user preference)	"-, 0, +" (or user preference)	"-, 0, +" (or user preference)	"-, 0, +" (or user preference)
Number of Bracketed Shots	3 shots, (or more for HDR shooting)	3 shots, (or more for HDR shooting)	3 shots, (or more for HDR shooting)	3 shots, (or more for HDR shooting)	3 shots, (or more for HDR shooting)	3 shots, (or more for HDR shooting)
Safety Shift	ISO Speed	Disable	ISO Speed	ISO Speed	Disable	ISO Speed
Same Exposure for New Aperture	ISO Speed	ISO Speed	ISO Speed	ISO Speed	Shutter Speed	ISO Speed
C.Fn2: Exposure/Drive						
Set Shutter Speed Range	8000 / 30"	8000 / 30"	8000 / 30"	8000 / 30"	8000 / 30"	8000 / 30"
Set Aperture Range	91 / 1.0	91 / 1.0	91 / 1.0	91 / 1.0	91 / 1.0	91 / 1.0
Continuous Shooting Speed	8/4 (or user preference)	8/4 (or user preference)	10/4 (or user preference)	10/4 (or user preference)	8/4 (or user preference)	8/4 (or user preference)
C.Fn3: Display/Operation						
Focusing Screen	(use with optional Focusing Screen)	(use with optional Focusing Screen)	(use with optional Focusing Screen)	(use with optional Focusing Screen)	(use with optional Focusing Screen)	(use with optional Focusing Screen)
Warnings in Viewfinder	(select all of them, or user preference)	(select all of them, or user preference)	(select all of them, or user preference)	(select all of them, or user preference)	(select all of them, or user preference)	(select all of them, or user preference)
Live View Shooting Area Display	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)
Dial Direction during TV/Av	Normal	Normal	Normal	Normal	Normal	Normal
Multi Function Lock	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)
Custom Controls	(see guide for all options, some suggestions below)	(see guide for all options, some suggestions below)	(see guide for all options, some suggestions below)	(see guide for all options, some suggestions below)	(see guide for all options, some suggestions below)	(see guide for all options, some suggestions below)
Shutter Button Half-Press	Metering and AF Start, or Metering Start for back-tn focus	Metering and AF Start, or Metering Start for back-tn focus	Metering and AF Start, or Metering Start for back-tn focus	Metering and AF Start, or Metering Start for back-tn focus	Metering and AF Start, or Metering Start for back-tn focus	Metering and AF Start, or Metering Start for back-tn focus
-AF-ON Button	Metering and AF Start, or AF-OFF for advanced use	Metering and AF Start, or AF-OFF for advanced use	Metering and AF Start, or AF-OFF for advanced use	Metering and AF Start, or AF-OFF for advanced use	Metering and AF Start, or AF-OFF for advanced use	Metering and AF Start, or AF-OFF for advanced use
-AE Lock Button	AE Lock, or AE Lock (Hold)	AE Lock, or AE Lock (Hold)	AE Lock, or AE Lock (Hold)	AE Lock, or AE Lock (Hold)	AE Lock, or AE Lock (Hold)	AE Lock, or AE Lock (Hold)
-DOF Preview Button	DOF Preview, (or user preference)	DOF Preview, (or user preference)	DOF Preview, (or user preference)	DOF Preview, (or user preference)	DOF Preview, (or user preference)	DOF Preview, (or user preference)
-Lens AF Stop Button	(user preference if using applicable lens)	(user preference if using applicable lens)	(user preference if using applicable lens)	(user preference if using applicable lens)	(user preference if using applicable lens)	(user preference if using applicable lens)
-Multi-Function Button	FEL, or Cycle	FEL, or Cycle	FEL, or Cycle	FEL, or Cycle	FEL, or Cycle	FEL, or Cycle
-SET Button	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)
-Main Dial (*8)	Av-Aperture Setting in M Mode (*8)	Av-Aperture Setting in M Mode (*8)	Tv-Shutter Speed Setting in M Mode (*8)	Tv-Shutter Speed Setting in M Mode (*8)	Av-Aperture Setting in M Mode (*8)	Av-Aperture Setting in M Mode (*8)
-Quick Control Dial (*9)	Tv-Shutter Speed Setting in M Mode (*9)	Tv-Shutter Speed Setting in M Mode (*9)	Av-Aperture Setting in M Mode (*9)	Av-Aperture Setting in M Mode (*9)	Tv-Shutter Speed Setting in M Mode (*9)	Tv-Shutter Speed Setting in M Mode (*9)
-Multi-Controller	Direct AF Point Selection	Direct AF Point Selection	Direct AF Point Selection	Direct AF Point Selection	Direct AF Point Selection	Direct AF Point Selection
-Multi-Controller+INFO-Direct Select on Press	Switch to Center AF Point	Switch to Center AF Point	Switch to Center AF Point	Switch to Center AF Point	Switch to Center AF Point	Switch to Center AF Point
-AF Area Selection Lever (*10)	Direct AF Area Selection, (or user preference) (*10)	Direct AF Area Selection, (or user preference) (*10)	Direct AF Area Selection, (or user preference) (*10)	Direct AF Area Selection, (or user preference) (*10)	Direct AF Area Selection, (or user preference) (*10)	Direct AF Area Selection, (or user preference) (*10)
C.Fn4: Others						
Add Cropping Information	Off, (or used when desired with alternate aspect ratios)	Off, (or used when desired with alternate aspect ratios)	Off, (or used when desired with alternate aspect ratios)	Off, (or used when desired with alternate aspect ratios)	Off, (or used when desired with alternate aspect ratios)	Off, (or used when desired with alternate aspect ratios)
Default Erase Option	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)	(user preference)
	General / Travel / Street (*1)	Landscape / Architecture	Action / Sports	Moving Wildlife / Birds	Studio / Portraits	Concert / Performance

Shooting / Exposure Settings NOTES

*11: There are, of course, no "correct" shooting settings for any situation. They must be set and changed to accommodate and adapt to the situation, subject, lighting, and user intention. However, here are some basic starting points and reminders.

There are entire books dedicated to understanding and using these settings, and dozens of pages in my guide. Please see theCanon 7D Mark II Experience for detailed information and explanations about exposure, metering modes, and shooting settings.

*12: Shooting Mode - Use Aperture-Priority (Av) if your priority is controlling depth of field and out-of-focus backgrounds; Use Shutter-Priority (Tv) if your priority is controlling shutter speed in order to freeze or blur motion; Use Manual (M) if you want full control over the exposure settings.

*13: Aperture Setting - use a wide aperture to blur the background (such as f/4), or a narrow aperture for deep depth of field (such as f/16).

*14: Shutter Speed Setting - These are very loose starting points, and will vary widely based on lens, situation, and intention. Typically should be fast enough to freeze subject movement and prevent blur from camera and shutter movement.

*15: ISO Setting - starting points are 100-200 for daylight, 400-800 for shade, 1600 or higher for darker scenes.

*16: ISO Setting - A higher ISO setting than the lighting dictates will allow you to use the faster shutter speeds you need plus your desired aperture setting.

*17: With Landscape photography you might wish to use slower shutter speeds and a tripod, but be sure to avoid motion blur of elements from wind. Use an ND filter to achieve very slow shutter speeds in order to blur or "smooth" water.

*18: For concerts and performances, you may prefer Single Shooting or Low Speed Continuous. For quieter dances, performances, theater, or lectures, use Silent Single or Silent Continuous.

Shooting / Exposure Settings (*11)	General / Travel / Street (*1)	Landscape / Architecture	Action / Sports	Moving Wildlife / Birds	Studio / Portraits	Concert / Performance
Shooting Mode (*12)	Av, Tv, or M, based on your priority	Av or M	Tv, or M with Auto ISO	Tv, or M with Auto ISO	Av, Tv, or M, based on your priority	Av or Tv, or M with Auto ISO
Aperture Setting (*13)	typically wide for portraits and details, narrow for deeper dof	typically narrow aperture for deep dof, wide for details	typically a wide aperture	typically a wide aperture	typically a wide aperture	typically a wide aperture
Shutter Speed Setting (*14)	fast enough for motion and camera shake (1/250 or faster)	can use slower speeds with tripod (*17)	fast enough to freeze motion (1/1000 or faster)	fast enough to freeze motion (1/1000 or faster)	fast enough for motion and camera shake (1/250 or faster)	fast enough for motion and camera shake (1/250 or faster)
ISO Setting (*15)	lowest possible, down to 100 ISO, based on lighting	lowest possible, down to 100 ISO, based on lighting	based on lighting plus a little higher, or Auto ISO (*16)	based on lighting plus a little higher, or Auto ISO (*16)	lowest possible, starting at 100 ISO, based on lighting	High ISO (such as 1600) based on lighting, or Auto ISO
Metering Mode	Evaluative	Evaluative, or user preference	Evaluative	Evaluative, or user preference	Evaluative, Center-Weighted, or Spot	Evaluative, or Center-Weighted
Release Mode	Single Shooting, or Low Speed Continuous	Self Timer / Remote	High Speed Continuous	High Speed Continuous	Single Shooting, or Low Speed Continuous	(user preference, based on situation) (*18)
White Balance	Auto, or set for current conditions	Auto, or set for current conditions	Auto, or current conditions, or Custom for mixed lighting	Auto, or current conditions	Auto, to handle changing lighting	Auto, to handle changing lighting
Autofocus Mode	One Shot	AI Servo	AI Servo	AI Servo	One Shot	One Shot
Autofocus AF-Area Mode	Single-Point AF, or AF Point Expansion if needed	Single-Point AF	Single-Point AF, AF Point Expansion, or Zone AF	Single-Point AF, AF Point Expansion, or Zone AF	Single-Point AF	Single-Point AF, or AF Point Expansion
Options		Mirror Lockup and a remote, to help reduce movement	Use the appropriate AF Case	Use the appropriate AF Case		