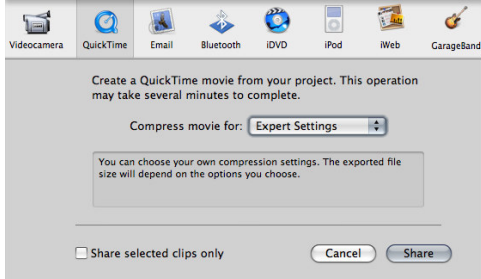
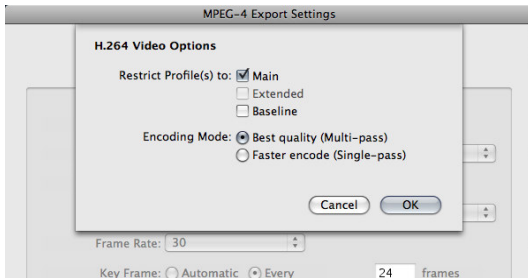


Creating MP4 files in iMovie

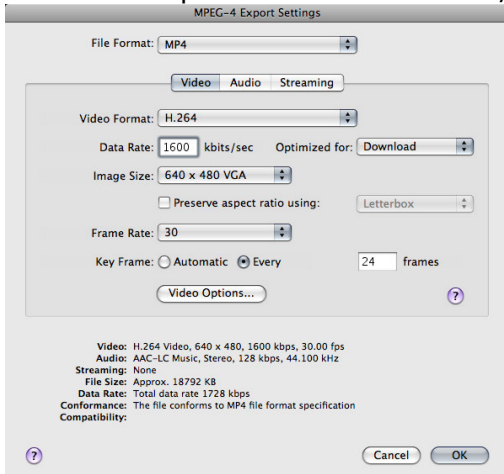
1. File > Export
2. select the "QuickTime" tab
3. under "Compress movie for" select "Expert Settings"
4. click "share"



5. name the movie in the save dialog that pops up
6. under "Export" select "Movie to MPEG-4"
7. click the "Options" button
8. on the MPEG-4 Export popup, under "File Format" select "MP4" (not the ISMA version)
9. under "Video Format" select "H.264"
10. click the "Video Options..." button
11. under "Encoding Mode" select "Best Quality (Multi-pass)"
12. click "OK"

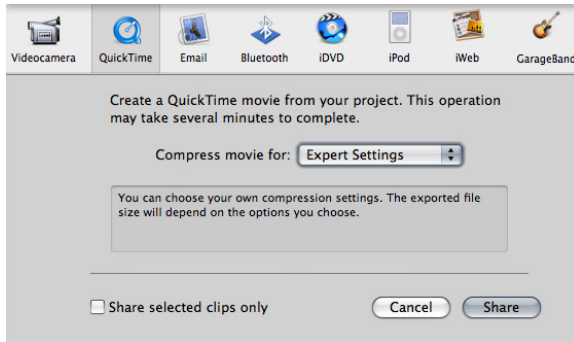


13. under "Image Size" select the best output size (e.g. 640 x 480 VGA)
14. under "Data Rate" type in "1600"
15. under "Optimized for" select "CD/DVD-ROM"



Creating WMV files in iMovie

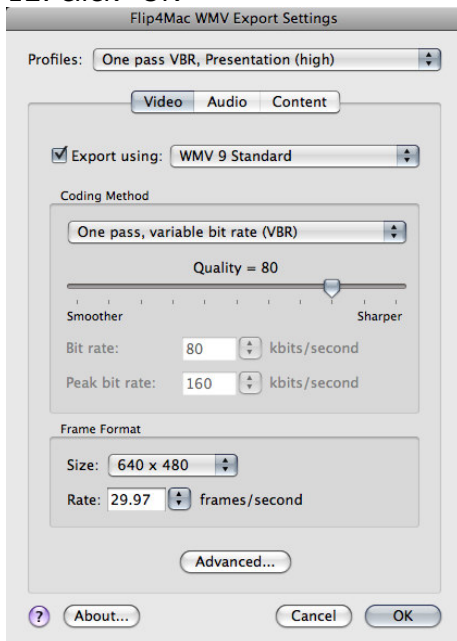
1. File > Export
2. select the "QuickTime" tab
3. under "Compress movie for" select "Expert Settings"
4. click "share"



5. name the movie in the save dialog that pops up
6. under "Export" select "Movie to Windows Media"
7. click the "Options" button

...at this point we are assuming you are using Flip4Mac as your compressor ...

8. under "Profiles" select "One pass VBR, Presentation (high)"
9. under the Video tab, under "Export using" select "WMV 9 Standard"
10. modify the Quality setting (slider bar) as necessary
11. under "Frame Format", under "Size" select the best output size (e.g. 640 x 480)
12. click "OK"



Note: Try different quality settings and compare, to make your own determination of what meets your needs.