

Exposure Exercise worksheet

Name _____

White on white

Change camera to Manual mode (M)
Set ISO to 400, aperture to f/5.6

	Shutter speed (second)	@	Aperture	
1 Metered exposure	_____	@	f/5.6	Round to the nearest whole shutter speed
2 one stop darker	_____	@	f/5.6	
3 two stops darker	_____	@	f/5.6	
4 one stop lighter	_____	@	f/5.6	
5 two stops lighter	_____	@	f/5.6	

Don't tone your pictures. See which picture looks best natively without tweaking.

Black on black

Change camera to Manual mode (M)
Set ISO to 400, shutter speed to 1/60 second

	Shutter speed (second)	@	Aperture	
1 Metered exposure	1/60	@	_____	Round to the nearest whole aperture
2 one stop darker	1/60	@	_____	
3 two stops darker	1/60	@	_____	
4 one stop lighter	1/60	@	_____	
5 two stops lighter	1/60	@	_____	

Don't tone your pictures. See which picture looks best natively without tweaking.

Don't fill the frame with a face or there will be little black background left to affect exposure.

List of whole apertures

1, 1.4, 2, 2.8, 4, 5.6, 8, 11, 16, 22, ...

List of whole shutter speeds

1, 1/2, 1/4, 1/8, 1/15, 1/30, 1/60,
1/125, 1/250, 1/500, 1/1000, 1/2000, ...

Reset your camera back to your normal shooting mode after doing this exercise.