

## Create a Video Podcast:

1. Exporting video in mp4 format for itunes
  - A. Mpeg Streamclip Settings
    1. file menu: export to mp4
    2. click iTunes button
  - B. Naming your files
    1. Have episode #s in 001 format
  - C. Saving your files
  - D. Exporting a still image
    1. file menu: export frame
  
2. Uploading video file to server
  - A. create account with archive.org
  - B. upload files
  - C. Find .mp4 link
  - D. copy URL
  
3. Posting video to blog
  - A. create google account
  - B. create blog layout
  - C. new post
    1. post title
    2. paste URL
    3. Upload picture
    4. change picture link
    5. video description
    6. tags
  
4. Setting up feed
  - A. create feedburner account
  - B. enter blog info
  - C. Add Feed Chiclet to blogger sidebar
  
5. Submit to iTunes

For more details, check out: <http://www.how-to-podcast-tutorial.com/Questions?> email me at [arnoldfilm@gmail.com](mailto:arnoldfilm@gmail.com)