<table>
<thead>
<tr>
<th>ISO</th>
<th>100</th>
<th>200</th>
<th>400</th>
<th>800</th>
<th>1600</th>
<th>3200</th>
<th>6400</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunny day</td>
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<tr>
<td>Outdoors</td>
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<tr>
<td>Med. motion</td>
<td></td>
<td>Sports</td>
<td></td>
<td>Sports</td>
<td></td>
<td>Low light</td>
<td></td>
</tr>
</tbody>
</table>

- Sunny day: ISO 100, 200, 400, 800, 1600, 3200, 6400
- Night: ISO 1600, 3200, 6400
- Dawn: ISO 100, 200, 400, 800, 1600, 3200, 6400
- Twilight: ISO 400, 800, 1600, 3200, 6400
- Astro: ISO 1600, 3200, 6400
- Med. motion: ISO 100, 200, 400, 800, 1600, 3200, 6400
- Sports: ISO 100, 200, 400, 800, 1600, 3200, 6400
- Low light: ISO 1600, 3200, 6400
ISO: Sensitivity of Sensor:
Photons -> electrons -> adjust gain (ISO)

WHEN TO INCREASE YOUR ISO
When all other exposure options have run out you can increase the ISO, or sensitivity.

STRONG LIGHT PRODUCES A STRONG SIGNAL THAT DOESN’T NEED TO BE AMPLIFIED
- **STRONG SUNLIGHT**
  - Bright light produces a strong signal
  - The ISO can be left at its lowest setting

LOW LIGHT PRODUCES A WEAKER SIGNAL AND AMPLIFYING IT WILL ALSO AMPLIFY THE NOISE
- **WEAK CANDLELIGHT**
  - The signal from a very dim light source is very weak
  - This also amplifies the background noise in the image, which is why high ISO shots are noisy

Prepared by T. Riseman