

One-Page Upload Checklist (2025) — Picktoolbox.com

Before export

- ☐ Resolution & FPS locked (2160p/1440p/1080p • 60/30 fps)
- ☐ Levels legal (0-255 → sRGB), no crushed blacks / clipped whites
- ☐ Captions safe zone for mobile (no UI overlap)

Export (use included .epr)

- ☐ H.264, VBR 2-Pass, 2 s keyframes (120 @60fps, 60 @30fps)
- ☐ Target/Max Mbps — 1080p: 12/16 • 1440p: 24/32 • 4K: 45/60
- ☐ Audio AAC 320 kbps, 48 kHz, Stereo

Upload

- ☐ Title \leq 70 chars, focus keyword first
- ☐ Description: first 160 chars summary + links
- ☐ Chapters / Timestamps added
- ☐ End screens & cards set (no overlap with CTA)
- ☐ Thumbnail 1280×720 (min), bold text \leq 3 words
- ☐ Checks pass: no copyright, no restricted words

After publish

- ☐ Comment pinned (CTA + resource link)
- ☐ Add to playlists / series
- ☐ Community post scheduled