

## Nikon D7000 Setup Guide

For Nature, Landscape and Travel Photography

External Controls	
Exposure Mode	Aperture Priority
Metering Mode	3D Matrix Metering
Focus Pattern	21-pt Dynamic-area AF
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	100 - 1600 dep. on situation
QUAL	RAW
Autofocus Mode	AF-S or AF-C

Shooting Menu	
Reset shooting menu	Default
Storage folder	Default
File naming	MJH
Role ... card in slot 2	Overflow
Image quality	RAW
Image Size	N/A
JPEG Compression	Optimal Quality
NEF (RAW) recording	
Type	Lossless Compressed
bit depth	14 for landscapes, 12 others
White Balance	Variable, dep. on situation
Set Picture Control	Vivid or Landscape
Manage Picture Control	Default
Auto distortion control	On
Color Space	Adobe
Active D-Lighting	High
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity Settings	100 - 1600 dep. on situation
auto control	Off
Multiple Exposure	Off (until needed)
Movie Settings	
Quality	1920x1080; 24 fps high qual
Microphone	Auto
Destination	Slot 2
Manual movie setting	On
Intvl Timer Shooting	Off (until needed)
Remote control mode	Remote mirror-up

Setup Menu	
Format memory card	Default
Save user settings	U1 = travel, U2 = portrait
Reset user settings	As needed
LCD Brightness	0
Clean image sensor	Clean at startup/shutdown
Lock mirror up cleaning	As needed
Video Mode	NTSC
HDMI	Auto
Flicker reduction	60 Hz
Time zone and date	--
Language	En
Image comment	On (Mike Hagen)
Auto image rotation	On
Dust off ref photo	As needed
Battery info	--
Wireless Transmitter	--
Copyright Information	Mike Hagen (ON)
Save/load settings	--
GPS	--
Virtual Horizon	
Non-CPU lens data	As needed
AF fine tune	--
Firmware version	1.0

Custom Setting Menus	
R Reset custom settings	--
a1 AF-C priority select	Release
a2 AF-S priority select	Focus
a3 Focus with lock-on	Off
a4 AF point illumination	On
a5 Focus point wrap	Wrap
a6 Number of focus pts	39
a7 Built-in AF-assist	Off
a8 Live view/movie AF	
Autofocus mode	AF-F
AF-area mode	Wide-area AF
b1 ISO sensitivity step	1/3
b2 EV steps for expos.	1/3
b3 Easy exp. comp.	Off
b4 Center-weight area	8mm
b5 Fine tune opt. exp.	0 for all meters
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s for all
c5 Remote on duration	15 min
d1 Beep	Off
d2 Viewfinder grid disp.	On
d3 ISO display and adj.	Off
d4 Viewfinder warning	Off
d5 Screen tips	On
d6 CL mode shoot spd.	3 fps
d7 Max cont. release	100
d8 File No. Sequence	On
d9 Information display	Auto
d10 LCD illumination	On
d11 Exposure del. Mode	Off
d12 Flash warning	Off
d13 MB-D11 battery type	Dep. on batteries
d14 Battery order	MB-D11 batteries first
e1 Flash Sync Speed	1/320s (Auto FP)
e2 Flash shutter speed	1/60
e3 Built-in flash	Dep. on situation
e4 Modeling flash	On
e5 Auto Bracket Set	AE Only
e6 Bracketing order	Under > MTR > Over
f1 Switch	! and information display
f2 OK button shooting	Select center focus point
f3 Assign Fn button	Spot meter
f4 Assign Preview button	Preview
f5 Assign AE-L/AF-L	AE lock only
f6 Cust. command dials	OFF, OFF, ON, ON
f7 Release button dial	OFF
f8 Slot empty lock	LOCK
f9 Reverse indicators	Default ( + . . . 0 . . . - )
f10 MB-D11 button	AE lock only

Playback Menu	
Delete	Selected
Playback folder	Default
Hide image	Default
Display mode	All Selected except focus point
Copy image(s)	As needed
Image review	On
After delete	Show Next
Rotate tall	Off
Slide show	Default
Print set (DPOF)	Default

## Nikon D7000 Setup Guide

For Portrait and Wedding Photography

External Controls	
Exposure Mode	Aperture Priority
Metering Mode	3D Matrix Metering
Focus Pattern	21-pt Dynamic-area AF
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	100 - 6400 dep. on situation
QUAL	RAW or JPG
Autofocus Mode	AF-S or AF-C

Shooting Menu	
Reset shooting menu	Default
Storage folder	Default
File naming	MJH
Role ... card in slot 2	Overflow
Image quality	RAW or JPG
Image Size	Large
JPEG Compression	Optimal Quality
NEF (RAW) recording	
Type	Lossless Compressed
bit depth	12-bit
White Balance	Variable, dep. on situation
Set Picture Control	Portrait or Neutral
Manage Picture Control	Default
Auto distortion control	On
Color Space	sRGB
Active D-Lighting	Off
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity Settings	100 - 6400 dep. on situation
auto control	Off
Multiple Exposure	Off (until needed)
Movie Settings	
Quality	1920x1080; 24 fps high qual
Microphone	Auto
Destination	Slot 2
Manual movie setting	On
Intvl Timer Shooting	Off (until needed)
Remote control mode	Remote mirror-up

Setup Menu	
Format memory card	Default
Save user settings	U1 = travel, U2 = portrait
Reset user settings	As needed
LCD Brightness	0
Clean image sensor	Clean at startup/shutdown
Lock mirror up cleaning	As needed
Video Mode	NTSC
HDMI	Auto
Flicker reduction	60 Hz
Time zone and date	--
Language	En
Image comment	On (Mike Hagen)
Auto image rotation	On
Dust off ref photo	As needed
Battery info	--
Wireless Transmitter	--
Copyright Information	Mike Hagen (ON)
Save/load settings	--
GPS	--
Virtual Horizon	
Non-CPU lens data	As needed
AF fine tune	--
Firmware version	1.0

Custom Setting Menus	
R Reset custom settings	--
a1 AF-C priority select	Release
a2 AF-S priority select	Focus
a3 Focus with lock-on	Short
a4 AF point illumination	On
a5 Focus point wrap	Wrap
a6 Number of focus pts	39
a7 Built-in AF-assist	Off
a8 Live view/movie AF	
Autofocus mode	AF-F
AF-area mode	Wide-area AF
b1 ISO sensitivity step	1/3
b2 EV steps for expos.	1/3
b3 Easy exp. comp.	Off
b4 Center-weight area	8mm
b5 Fine tune opt. exp.	0 for all meters
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s for all
c5 Remote on duration	15 min
d1 Beep	Off
d2 Viewfinder grid disp.	On
d3 ISO display and adj.	Off
d4 Viewfinder warning	Off
d5 Screen tips	On
d6 CL mode shoot spd.	3 fps
d7 Max cont. release	100
d8 File No. Sequence	On
d9 Information display	Auto
d10 LCD illumination	On
d11 Exposure del. Mode	Off
d12 Flash warning	Off
d13 MB-D11 battery type	Dep. on batteries
d14 Battery order	MB-D11 batteries first
e1 Flash Sync Speed	1/320s (Auto FP)
e2 Flash shutter speed	1/60
e3 Built-in flash	Dep. on situation
e4 Modeling flash	On
e5 Auto Bracket Set	AE Only
e6 Bracketing order	Under > MTR > Over
f1 Switch	! and information display
f2 OK button shooting	Select center focus point
f3 Assign Fn button	Flash off
f4 Assign Preview button	Preview
f5 Assign AE-L/AF-L	AE lock only
f6 Cust. command dials	OFF, OFF, ON, ON
f7 Release button dial	OFF
f8 Slot empty lock	LOCK
f9 Reverse indicators	Default ( + . . . 0 . . . - )
f10 MB-D11 button	AE lock only

Playback Menu	
Delete	Selected
Playback folder	Default
Hide image	Default
Display mode	All Selected except focus point
Copy image(s)	As needed
Image review	On
After delete	Show Next
Rotate tall	Off
Slide show	Default
Print set (DPOF)	Default

## Nikon D7000 Setup Guide

### For Sports and Action Photography

External Controls	
Exposure Mode	Aperture Priority @ f2.8
Metering Mode	3D Matrix Metering
Focus Pattern	21-pt Dynamic-area AF
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	100 - 6400 dep. on situation
QUAL	JPG
Autofocus Mode	AF-C

Shooting Menu	
Reset shooting menu	Default
Storage folder	Default
File naming	MJH
Role ... card in slot 2	Overflow
Image quality	JPG Fine
Image Size	Large
JPEG Compression	Optimal Quality
NEF (RAW) recording	
Type	Lossless Compressed
bit depth	12 bit
White Balance	Variable, dep. on situation
Set Picture Control	Vivid
Manage Picture Control	Default
Auto distortion control	On
Color Space	Adobe
Active D-Lighting	High
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity Settings	100 - 1600 dep. on situation
auto control	Off
Multiple Exposure	Off (until needed)
Movie Settings	
Quality	1920x1080; 24 fps high qual
Microphone	Auto
Destination	Slot 2
Manual movie setting	On
Intvl Timer Shooting	Off (until needed)
Remote control mode	Remote mirror-up

Setup Menu	
Format memory card	Default
Save user settings	U1 = travel, U2 = portrait
Reset user settings	As needed
LCD Brightness	0
Clean image sensor	Clean at startup/shutdown
Lock mirror up cleaning	As needed
Video Mode	NTSC
HDMI	Auto
Flicker reduction	60 Hz
Time zone and date	--
Language	En
Image comment	On (Mike Hagen)
Auto image rotation	On
Dust off ref photo	As needed
Battery info	--
Wireless Transmitter	--
Copyright Information	Mike Hagen (ON)
Save/load settings	--
GPS	--
Virtual Horizon	
Non-CPU lens data	As needed
AF fine tune	--
Firmware version	1.0

Custom Setting Menus	
R Reset custom settings	--
a1 AF-C priority select	Release
a2 AF-S priority select	Focus
a3 Focus with lock-on	Off
a4 AF point illumination	On
a5 Focus point wrap	Wrap
a6 Number of focus pts	39
a7 Built-in AF-assist	Off
a8 Live view/movie AF	
Autofocus mode	AF-F
AF-area mode	Wide-area AF
b1 ISO sensitivity step	1/3
b2 EV steps for expos.	1/3
b3 Easy exp. comp.	Off
b4 Center-weight area	8mm
b5 Fine tune opt. exp.	0 for all meters
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s for all
c5 Remote on duration	15 min
d1 Beep	Off
d2 Viewfinder grid disp.	On
d3 ISO display and adj.	Off
d4 Viewfinder warning	Off
d5 Screen tips	On
d6 CL mode shoot spd.	3 fps
d7 Max cont. release	100
d8 File No. Sequence	On
d9 Information display	Auto
d10 LCD illumination	On
d11 Exposure del. Mode	Off
d12 Flash warning	Off
d13 MB-D11 battery type	Dep. on batteries
d14 Battery order	MB-D11 batteries first
e1 Flash Sync Speed	1/320s (Auto FP)
e2 Flash shutter speed	1/60
e3 Built-in flash	Dep. on situation
e4 Modeling flash	On
e5 Auto Bracket Set	AE Only
e6 Bracketing order	Under > MTR > Over
f1 Switch	! and information display
f2 OK button shooting	Select center focus point
f3 Assign Fn button	Spot meter
f4 Assign Preview button	Preview
f5 Assign AE-L/AF-L	AE lock only
f6 Cust. command dials	OFF, OFF, ON, ON
f7 Release button dial	OFF
f8 Slot empty lock	LOCK
f9 Reverse indicators	Default ( + . . . 0 . . . - )
f10 MB-D11 button	AE lock only

Playback Menu	
Delete	Selected
Playback folder	Default
Hide image	Default
Display mode	All Selected except focus point
Copy image(s)	As needed
Image review	On
After delete	Show Next
Rotate tall	Off
Slide show	Default
Print set (DPOF)	Default

## Nikon D7000 Setup Guide

### For Point and Shoot Photography

External Controls	
Exposure Mode	Program
Metering Mode	3D Matrix Metering
Focus Pattern	Auto Area AF
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	Auto ISO
QUAL	JPG
Autofocus Mode	AF-A

Shooting Menu	
Reset shooting menu	Default
Storage folder	Default
File naming	MJH
Role ... card in slot 2	Overflow
Image quality	JPG Fine
Image Size	Large
JPEG Compression	Optimal Quality
NEF (RAW) recording	
Type	Lossless Compressed
bit depth	12 bit
White Balance	Variable, dep. on situation
Set Picture Control	Vivid
Manage Picture Control	Default
Auto distortion control	On
Color Space	Adobe
Active D-Lighting	High
Long Exp. NR	Off (until needed)
High ISO NR	Norm
ISO Sensitivity Settings	Auto ISO
auto control	Off
Multiple Exposure	Off (until needed)
Movie Settings	
Quality	1920x1080; 24 fps high qual
Microphone	Auto
Destination	Slot 2
Manual movie setting	On
Intvl Timer Shooting	Off (until needed)
Remote control mode	Remote mirror-up

Setup Menu	
Format memory card	Default
Save user settings	U1 = travel, U2 = portrait
Reset user settings	As needed
LCD Brightness	0
Clean image sensor	Clean at startup/shutdown
Lock mirror up cleaning	As needed
Video Mode	NTSC
HDMI	Auto
Flicker reduction	60 Hz
Time zone and date	--
Language	En
Image comment	On (Mike Hagen)
Auto image rotation	On
Dust off ref photo	As needed
Battery info	--
Wireless Transmitter	--
Copyright Information	Mike Hagen (ON)
Save/load settings	--
GPS	--
Virtual Horizon	
Non-CPU lens data	As needed
AF fine tune	--
Firmware version	1.0

Custom Setting Menus	
R Reset custom settings	--
a1 AF-C priority select	Release
a2 AF-S priority select	Focus
a3 Focus with lock-on	Normal
a4 AF point illumination	On
a5 Focus point wrap	Wrap
a6 Number of focus pts	39
a7 Built-in AF-assist	On
a8 Live view/movie AF	
Autofocus mode	AF-F
AF-area mode	Wide-area AF
b1 ISO sensitivity step	1/3
b2 EV steps for expos.	1/3
b3 Easy exp. comp.	Off
b4 Center-weight area	8mm
b5 Fine tune opt. exp.	0 for all meters
c1 Shutter-release AE-L	Off
c2 Auto meter-off del.	8s
c3 Self-timer delay	Dep. on situation
c4 Monitor off delay	10s for all
c5 Remote on duration	15 min
d1 Beep	On
d2 Viewfinder grid disp.	On
d3 ISO display and adj.	Off
d4 Viewfinder warning	On
d5 Screen tips	On
d6 CL mode shoot spd.	3 fps
d7 Max cont. release	100
d8 File No. Sequence	On
d9 Information display	Auto
d10 LCD illumination	On
d11 Exposure del. Mode	Off
d12 Flash warning	Off
d13 MB-D11 battery type	Dep. on batteries
d14 Battery order	MB-D11 batteries first
e1 Flash Sync Speed	1/320s (Auto FP)
e2 Flash shutter speed	1/60
e3 Built-in flash	Dep. on situation
e4 Modeling flash	On
e5 Auto Bracket Set	AE Only
e6 Bracketing order	Under > MTR > Over
f1 Switch	! and information display
f2 OK button shooting	Select center focus point
f3 Assign Fn button	Spot meter
f4 Assign Preview button	Preview
f5 Assign AE-L/AF-L	AE lock only
f6 Cust. command dials	OFF, OFF, ON, ON
f7 Release button dial	OFF
f8 Slot empty lock	LOCK
f9 Reverse indicators	Default ( + . . . 0 . . . - )
f10 MB-D11 button	AE lock only

Playback Menu	
Delete	Selected
Playback folder	Default
Hide image	Default
Display mode	All Selected except focus point
Copy image(s)	As needed
Image review	On
After delete	Show Next
Rotate tall	Off
Slide show	Default
Print set (DPOF)	Default