Nikon D7000 Setup Guide

For Nature, Landscape and Travel Photography

External Controls		Custom Setting Menus	
Exposure Mode	Aperture Priority	R Reset custom settings	
Metering Mode	3D Matrix Metering	a1 AF-C priority select	Release
Focus Pattern	21-pt Dynamic-area AF	a2 AF-S priority select	Focus
Shooting Mode	Сн (Continuous High)	a3 Focus with lock-on	Off
WB	Variable, dep. on situation	a4 AF point illumination	On
ISO	100 - 1600 dep. on situation	a5 Focus point wrap	Wrap
QUAL	RAW	a6 Number of focus pts	39
Autofocus Mode	AF-S or AF-C	a7 Built-in AF-assist	Off
		a8 Live view/movie AF	
Shooting Menu		Autofocus mode	AF-F
Reset shooting menu	Default	AF-area mode	Wide-area AF
Storage folder	Default	b1 ISO sensitivity step	1/3
File naming	MJH	b2 EV steps for expos.	1/3
Role card in slot 2	Overflow	b3 Easy exp. comp.	Off
Image quality	RAW	b4 Center-weight area	8mm
Image Size	N/A	b5 Fine tune opt. exp.	0 for all meters
JPEG Compression	Optimal Quality	c1 Shutter-release AE-L	Off
NEF (RAW) recording		c2 Auto meter-off del.	8s
Туре	Lossless Compressed	c3 Self-timer delay	Dep. on situation
bit depth	14 for landscapes, 12 others	c4 Monitor off delay	10s for all
White Balance	Variable, dep. on situation	c5 Remote on duration	15 min
Set Picture Control	Vivid or Landscape	d1 Beep	Off
Manage Picture Control	Default	d2 Viewfinder grid disp.	On
Auto distortion control	On	d3 ISO display and adj.	Off
Color Space	Adobe	d4 Viewfinder warning	Off
Active D-Lighting	High	d5 Screen tips	On
Long Exp. NR	Off (until needed)	d6 CL mode shoot spd.	3 fps
High ISO NR	Off	d7 Max cont. release	100
ISO Sensitivity Settings	100 - 1600 dep. on situation	d8 File No. Sequence	On
auto control	Off	d9 Information display	Auto
Multiple Exposure	Off (until needed)	d10 LCD illumination	On
Movie Settings		d11 Exposure del. Mode	Off
Quality	1920x1080; 24 fps high qual	d12 Flash warning	Off
Microphone	Auto	d13 MB-D11 battery type	Dep. on batteries
Destination	Slot 2	d14 Battery order	MB-D11 batteries first
Manual movie setting		e1 Flash Sync Speed	1/320s (Auto FP)
Intvl Timer Shooting	Off (until needed)	e2 Flash shutter speed	1/60
Remote control mode	Remote mirror-up	e3 Built-in flash	Dep. on situation
		e4 Modeling flash	On
Setup Menu		e5 Auto Bracket Set	AE Only
Format memory card	Default	e6 Bracketing order	Under > MTR > Over
Save user settings	U1 = travel, U2 = portrait	f1 Switch	! and information display
Reset user settings	As needed	f2 OK button shooting	Select center focus point
LCD Brightness	0	f3 Assign Fn button	Spot meter
Clean image sensor	Clean at startup/shutdown	f4 Assign Preview button	Preview
Lock mirror up cleaning	As needed	f5 Assign AE-L/AF-L	AE lock only
Video Mode	NTSC	f6 Cust. command dials	OFF, OFF, ON, ON
HDMI	Auto	f7 Release button dial	OFF
Flicker reduction	60 Hz	f8 Slot empty lock	LOCK
Time zone and date		f9 Reverse indicators	Default (+0)
Language	En	f10 MB-D11 button	AE lock only
Image comment	On (Mike Hagen)		
Auto image rotation	On	Playback Menu	
Dust off ref photo	As needed	Delete	Selected
Battery info		Playback folder	Default
Wireless Transmitter		Hide image	Default
Copyright Information	Mike Hagen (ON)	Display mode	All Selected except focus po
Save/load settings		Copy image(s)	As needed
GPS		Image review	On
Virtual Horizon		After delete	Show Next
Non-CPU lens data	As needed	Rotate tall	Off
AF fine tune		Slide show	Default
Firmware version	1.0	Print set (DPOF)	Default
	1.0		

Nikon D7000 Setup Guide

	For Portrait and Wedding Photography					
External Controls		Custom Setting Menus				
Exposure Mode	Aperture Priority	R Reset custom settings				
Metering Mode	3D Matrix Metering	a1 AF-C priority select	Release			
Focus Pattern	21-pt Dynamic-area AF	a2 AF-S priority select	Focus			
Shooting Mode	Сн (Continuous High)	a3 Focus with lock-on	Short			
WB	Variable, dep. on situation	a4 AF point illumination	On			
ISO	100 - 6400 dep. on situation	a5 Focus point wrap	Wrap			
QUAL	RAW or JPG	a6 Number of focus pts	39			
Autofocus Mode	AF-S or AF-C	a7 Built-in AF-assist	Off			
		a8 Live view/movie AF	í			
Shooting Menu		Autofocus mode	AF-F			
Reset shooting menu	Default	AF-area mode	Wide-area AF			
Storage folder	Default	b1 ISO sensitivity step	1/3			
File naming	MJH	b2 EV steps for expos.	1/3			
Role card in slot 2	Overflow	b3 Easy exp. comp.	Off			
Image quality	RAW or JPG	b4 Center-weight area	8mm			
Image Size	Large		0 for all meters			
JPEG Compression	Optimal Quality		Off			
NEF (RAW) recording			8s			
Туре	Lossless Compressed	c3 Self-timer delay	Dep. on situation			
bit depth	12-bit	c4 Monitor off delay	10s for all			
White Balance	Variable, dep. on situation	c5 Remote on duration	15 min			
Set Picture Control	Portrait or Neutral	d1 Beep	Off			
Manage Picture Control	Default	d2 Viewfinder grid disp.	On			
Auto distortion control	On	d3 ISO display and adj.	Off			
Color Space	sRGB	d4 Viewfinder warning	Off			
Active D-Lighting	Off	d5 Screen tips	On			
Long Exp. NR	Off (until needed)	d6 CL mode shoot spd.	3 fps			
High ISO NR	Off	d7 Max cont. release	100			
ISO Sensitivity Settings	100 - 6400 dep. on situation	d8 File No. Sequence	On			
auto control	Off	d9 Information display	Auto			
Multiple Exposure	Off (until needed)	d10 LCD illumination	On			
Movie Settings			Off			
Quality	1920x1080; 24 fps high qual	d12 Flash warning	Off			
Microphone	Auto	d13 MB-D11 battery type				
Destination	Slot 2		MB-D11 batteries first			
		e1 Flash Sync Speed	1/320s (Auto FP)			
Intvl Timer Shooting	Off (until needed)	e2 Flash shutter speed	1/60			
Remote control mode	Remote mirror-up	e3 Built-in flash	Dep. on situation			
Remote contraction of	Remote minor up	e4 Modeling flash	On			
Setup Menu		e5 Auto Bracket Set	AE Only			
Format memory card	Default	e6 Bracketing order	Under > MTR > Over			
Save user settings	U1 = travel, U2 = portrait	f1 Switch	! and information display			
Reset user settings	O1 = travel, O2 = portraitAs needed	f2 OK button shooting	Select center focus point			
LCD Brightness	As needed 0	f3 Assign Fn button	Flash off			
Clean image sensor	0 Clean at startup/shutdown					
Lock mirror up cleaning	As needed	f5 Assign AE-L/AF-L	AE lock only			
Lock mirror up cleaning Video Mode	As needed NTSC	f5 Assign AE-L/AF-L f6 Cust. command dials	AE lock only OFF, OFF, ON, ON			
Video Mode HDMI	Auto		OFF, OFF, ON, ON OFF			
HDMI Flicker reduction	Auto 60 Hz	f7 Release button dial	LOCK			
	60 Hz					
Time zone and date		f9 Reverse indicators	Default (+ 0)			
Language	En On (Miko Hagon)	f10 MB-D11 button	AE lock only			
Image comment	On (Mike Hagen)					
Auto image rotation	On As poseded	Playback Menu				
Dust off ref photo	As needed	Delete Blavback folder	Selected			
Battery info	<u> </u>	Playback folder	Default			
Wireless Transmitter		Hide image	Default			
Copyright Information	Mike Hagen (ON)	Display mode	All Selected except focus point			
Save/load settings	<u></u>	Copy image(s)	As needed			
GPS		Image review	On No. 1			
Virtual Horizon	Γ	After delete	Show Next			
Non-CPU lens data	As needed	Rotate tall	Off			
AF fine tune		Slide show	Default			
Firmware version	1.0	Print set (DPOF)	Default			
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Nikon D7000 Setup Guide

For Sports and Action Photography

External Controls		Custom Setting Menus	
xposure Mode	Aperture Priority @ f2.8	R Reset custom settings	
Metering Mode	3D Matrix Metering	a1 AF-C priority select	Release
Focus Pattern	21-pt Dynamic-area AF	a2 AF-S priority select	Focus
Shooting Mode	Сн (Continuous High)	a3 Focus with lock-on	Off
WB	Variable, dep. on situation	a4 AF point illumination	On
SO	100 - 6400 dep. on situation	a5 Focus point wrap	Wrap
QUAL	JPG	a6 Number of focus pts	39
Autofocus Mode	AF-C	a7 Built-in AF-assist	Off
	74 0	a8 Live view/movie AF	
Shooting Menu		Autofocus mode	AF-F
Reset shooting menu	Default	AF-area mode	Wide-area AF
Storage folder	Default	b1 ISO sensitivity step	1/3
File naming	MJH	b2 EV steps for expos.	1/3
	Overflow		Off
Role card in slot 2		b3 Easy exp. comp.	-
mage quality	JPG Fine	b4 Center-weight area	8mm
mage Size	Large	b5 Fine tune opt. exp.	0 for all meters
JPEG Compression	Optimal Quality	c1 Shutter-release AE-L	Off
NEF (RAW) recording		c2 Auto meter-off del.	8s
Туре	Lossless Compressed	c3 Self-timer delay	Dep. on situation
bit depth	12 bit	c4 Monitor off delay	10s for all
White Balance	Variable, dep. on situation	c5 Remote on duration	15 min
Set Picture Control	Vivid	d1 Beep	Off
Manage Picture Control	Default	d2 Viewfinder grid disp.	On
Auto distortion control	On	d3 ISO display and adj.	Off
Color Space	Adobe	d4 Viewfinder warning	Off
Active D-Lighting	High	d5 Screen tips	On
Long Exp. NR	Off (until needed)	d6 CL mode shoot spd.	3 fps
High ISO NR	Off	d7 Max cont. release	100
ISO Sensitivity Settings	100 - 1600 dep. on situation	d8 File No. Sequence	On
	Off		
auto control		d9 Information display	Auto
Multiple Exposure	Off (until needed)	d10 LCD illumination	On
Movie Settings		d11 Exposure del. Mode	Off
Quality	1920x1080; 24 fps high qual	d12 Flash warning	Off
Microphone	Auto	d13 MB-D11 battery type	
Destination	Slot 2	d14 Battery order	MB-D11 batteries first
Manual movie setting	On	e1 Flash Sync Speed	1/320s (Auto FP)
Intvl Timer Shooting	Off (until needed)	e2 Flash shutter speed	1/60
Remote control mode	Remote mirror-up	e3 Built-in flash	Dep. on situation
		e4 Modeling flash	On
Setup Menu		e5 Auto Bracket Set	AE Only
Format memory card	Default	e6 Bracketing order	Under > MTR > Over
Save user settings	U1 = travel, U2 = portrait	f1 Switch	! and information display
Reset user settings	As needed	f2 OK button shooting	Select center focus point
LCD Brightness	0	f3 Assign Fn button	Spot meter
Clean image sensor	Clean at startup/shutdown	f4 Assign Preview button	Preview
Lock mirror up cleaning	As needed	f5 Assign AE-L/AF-L	AE lock only
Video Mode	NTSC	f6 Cust. command dials	OFF, OFF, ON, ON
HDMI	Auto	f7 Release button dial	OFF
Flicker reduction	60 Hz	f8 Slot empty lock	LOCK
Time zone and date		f9 Reverse indicators	Default (+ 0)
Language	En	f10 MB-D11 button	AE lock only
mage comment	On (Mike Hagen)		
Auto image rotation	On	Playback Menu	
Dust off ref photo	As needed	Delete	Selected
Battery info		Playback folder	Default
Wireless Transmitter		Hide image	Default
Copyright Information	Mike Hagen (ON)	Display mode	All Selected except focus po
Save/load settings		Copy image(s)	As needed
GPS		Image review	On
Virtual Horizon		After delete	Show Next
Non-CPU lens data	As needed	Rotate tall	Off
AF fine tune		Slide show	Default
Firmware version	1.0	Print set (DPOF)	Default

Nikon D7000 Setup Guide

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For Point and Shoot Photography						
External Controls		Custom Setting Menus				
Exposure Mode	Program	R Reset custom settings				
Metering Mode	3D Matrix Metering	a1 AF-C priority select	Release			
Focus Pattern	Auto Area AF	a2 AF-S priority select	Focus			
Shooting Mode	Cн (Continuous High)	a3 Focus with lock-on	Normal			
WB	Variable, dep. on situation	a4 AF point illumination	On			
ISO	Auto ISO	a5 Focus point wrap	Wrap			
QUAL	JPG	a6 Number of focus pts	39			
Autofocus Mode	AF-A	a7 Built-in AF-assist	On			
		a8 Live view/movie AF	AF-F			
Shooting Menu	Default	Autofocus mode AF-area mode	AF-F Wide-area AF			
Reset shooting menu Storage folder	Default	b1 ISO sensitivity step	1/3			
File naming	MJH	b2 EV steps for expos.	1/3			
Role card in slot 2	Overflow	b3 Easy exp. comp.	Off			
Image quality	JPG Fine	b4 Center-weight area	8mm			
Image Size	Large	b5 Fine tune opt. exp.	0 for all meters			
JPEG Compression	Optimal Quality	c1 Shutter-release AE-L	Off			
NEF (RAW) recording		c2 Auto meter-off del.	8s			
Туре	Lossless Compressed	c3 Self-timer delay	Dep. on situation			
bit depth	12 bit	c4 Monitor off delay	10s for all			
White Balance	Variable, dep. on situation	c5 Remote on duration	15 min			
Set Picture Control	Vivid	d1 Beep	On			
Manage Picture Control	Default	d2 Viewfinder grid disp.	On			
Auto distortion control	On	d3 ISO display and adj.	Off			
Color Space	Adobe	d4 Viewfinder warning	On			
Active D-Lighting	High	d5 Screen tips	On			
Long Exp. NR	Off (until needed)	d6 CL mode shoot spd.	3 fps			
High ISO NR	Norm	d7 Max cont. release	100			
ISO Sensitivity Settings auto control	Auto ISO Off	d8 File No. Sequence	On Auto			
Multiple Exposure	Off (until needed)	d9 Information display d10 LCD illumination	On			
Movie Settings	On (until needed)	d11 Exposure del. Mode	Off			
Quality	1920x1080; 24 fps high qual	d12 Flash warning	Off			
Microphone	Auto	d13 MB-D11 battery type				
Destination	Slot 2	d14 Battery order	MB-D11 batteries first			
Manual movie setting	On	e1 Flash Sync Speed	1/320s (Auto FP)			
Intvl Timer Shooting	Off (until needed)	e2 Flash shutter speed	1/60			
Remote control mode	Remote mirror-up	e3 Built-in flash	Dep. on situation			
		e4 Modeling flash	On			
Setup Menu		e5 Auto Bracket Set	AE Only			
Format memory card	Default	e6 Bracketing order	Under > MTR > Over			
Save user settings	U1 = travel, U2 = portrait	f1 Switch	! and information display			
Reset user settings	As needed	f2 OK button shooting	Select center focus point			
LCD Brightness	0	f3 Assign Fn button	Spot meter			
Clean image sensor	Clean at startup/shutdown	f4 Assign Preview button	Preview			
Lock mirror up cleaning Video Mode	As needed NTSC	f5 Assign AE-L/AF-L f6 Cust, command dials	AE lock only OFF, OFF, ON, ON			
HDMI	Auto	fo Cust. command dials	OFF, OFF, ON, ON			
Flicker reduction	60 Hz	f8 Slot empty lock	LOCK			
Time zone and date		f9 Reverse indicators	Default (+ 0)			
Language	En	f10 MB-D11 button	AE lock only			
Image comment	On (Mike Hagen)					
Auto image rotation	On	Playback Menu				
Dust off ref photo	As needed	Delete	Selected			
Battery info		Playback folder	Default			
Wireless Transmitter		Hide image	Default			
Copyright Information	Mike Hagen (ON)	Display mode	All Selected except focus point			
Save/load settings		Copy image(s)	As needed			
GPS		Image review	On			
Virtual Horizon		After delete	Show Next			
Non-CPU lens data	As needed	Rotate tall	Off			
AF fine tune		Slide show	Default			
Firmware version	1.0	Print set (DPOF)	Default			

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