



YOU WITH A VLOG

Start Your First Vlog in 7 Days

One public URL by Sunday. Phone only.
First vlog is a draft, not a debut.

A printable workbook
Companion to How to Start a Vlog

youwithavlog.com

Your first vlog starts here.

Tiny House Media LLC

Start Your First Vlog in 7 Days

A printable workbook from You With A Vlog. Companion to [How to Start a Vlog](https://youwithavlog.com/how-to-start-a-vlog/) (https://youwithavlog.com/how-to-start-a-vlog/). That page taught the path. This is the week, on paper — the thing you hold when you stall.

Subtitle: One public URL by Sunday. Phone only. First vlog is a draft, not a debut.

Who this is for: You have a phone. You have not uploaded. You do not need a new camera, a niche manifesto, or a free evening that never comes. You need a week with a finish line.

Who this is not for: People shopping for gear, researching income, or hunting a growth hack after ten videos. Go back to [How to Start a Vlog](https://youwithavlog.com/how-to-start-a-vlog/) and jump to the section you are actually on.

How to use it this week

Print it, or keep it in notes with the checkboxes intact. One day at a time. If you already have footage, skip to Day 5. If you already have a sentence, skip to Day 2.

Each day: the job, the worksheet, done looks like, the stall fix. The why is in the cornerstone. Money is later. This week is a URL.

1. The one-week promise

Done is a public URL. Not a perfect video. Not a channel trailer. Not a logo.

By Day 7 you will have:

- One sentence that says what the vlog is
- One 60-second clip you already survived
- One shot list (open, three beats, close)
- Footage in one folder
- One exported file
- A title a stranger can understand
- A live link, three humans who have it, and a note for video 2

Target length: 6–10 minutes. Under 4 feels unfinished. Over 15 is an editing problem. The week is one finished thing. Protect Day 7 like a class.

Week start date

Upload day

2. Before Day 1 — 10-minute setup

Do this before you write the sentence. Ten minutes. Not a shopping trip.

Charge the phone. Make room on it. Lock a setting so you do not fight the app on Day 4. Find the window. Pick a quiet hour. That is the kit.

Setup checklist

- ☐ Phone is charging now, or already at 80%+
- ☐ At least 10GB free (old bursts, screenshots, the podcast you finished)
- ☐ Camera app locked at **1080p / 30fps**. 4K only if you already know your editor can handle it. 1080p is enough.
- ☐ Grid on if the app has it (eyes in the top third)
- ☐ I know which window I will face (brightest room; window in front of you, not behind)
- ☐ I know one quiet hour for Day 4 and Day 5
- ☐ Notes app: one note titled **vlog-001**
- ☐ Optional: wired earbuds with a mic, stack of books at eye height

Later setup: phone horizontal, face the window, phone at eye height, a little space above your head, room to gesture. If you look like a silhouette, turn around.

Do not open a camera review. Do not clear 40GB “just in case.” Ten is enough for one vlog.

Setup done looks like: *phone can record for an hour, note exists, window is picked.*

DAY 1

3. Day 1 — Pick your lane + one-sentence vlog

Job today: Decide the life you can film on a Tuesday. Write one sentence. Not a brand.

If you cannot film it on a normal week, it is a fantasy channel. Those die on day four.

Overlap test

Three lists. The vlog lives where they overlap.

- Fails **access** → you will fake it.
- Fails **stamina** → you quit around video 4.
- Fails **curiosity** → you film into a void. Fine for practice. Fatal as a plan.

Access — what I already do every week (rooms, work, people who said yes, places a camera is allowed)

1. _____
2. _____
3. _____
4. _____
5. _____

Stamina — what I will still care about in 90 days (not tonight's mood)

1. _____
2. _____
3. _____

Curiosity — what a stranger would click (a situation, not “my life”)

1. _____
2. _____
3. _____

Circle one item in each list that can be the same story. That is the lane. If nothing circles, pick a constraint and write the sentence anyway: new place, new job, one skill, one budget, first month of something true.

Lane choices

Pick one. Flavor later. Do not start a new channel for each idea.

- ☐ **Daily / week-in-the-life** — lowest barrier. Add a constraint: new city, new job, new skill, first month in a new apartment.
- ☐ **Travel** — only if you actually travel, or the commute is a place.
- ☐ **Family** — consent first. If a person cannot opt out, they are not B-roll.
- ☐ **Business / personal brand** — process of the work, not a pitch.
- ☐ **Hobby or food as a flavor** — only if you already do it. Access first, not because food does well.

Lane I am using this week

Constraint (if daily, write it)

One-sentence vlog

Template:

My vlog is me, doing _____, for people who _____.

Write it in speech, not keywords.

Shape to steal, not lives to copy:

- My vlog is me, turning a new apartment into a place I can cook, for people who just moved and feel behind.
- My vlog is me, running a small shop in real time, for people who want the work, not the pitch.
- My vlog is me, cooking from one grocery bag, for people who are tired of wasting food.

My sentence:

My vlog is me, doing

for people who

If it sounds like a slogan, rewrite it until it sounds like a text to a friend.

Day 1 stall fix

If you cannot finish the sentence, pick a constraint (new place, new job, one skill) and write it anyway. You can rewrite it on Day 3. You cannot rewrite a blank.

If four lanes feel right, pick the one you can film this week without asking permission.

Interesting is specific, not impressive. Use one item from the access list.

Done looks like: the sentence exists in the **vlog-001** note.

DAY 2

4. Day 2 — Camera fear drill + phone ready

Job today: Press record for 60 seconds. Do not watch it. Confirm the phone can do Day 4.

The fear is lack of reps. You do not fix it with a nicer microphone.

60-second phone letter

Pick one specific person. A friend, a sibling, last year's you. Not "the audience." Not "hey guys."

- ☐ I named the person: _____
- ☐ Phone at eye height, horizontal, facing the window
- ☐ I talked for 60 seconds about my actual day
- ☐ I did **not** watch it
- ☐ The clip is still on the roll (do not delete it to "clean up")

What happened today. What you are about to film. What feels stupid. Hit stop.

Narrate-a-task option

If the letter feels fake, narrate a task instead. Same time box. A-roll only.

Coffee. Dog. A bag. A box. Talk while you do it. Keep the take.

- ☐ I narrated one task for about 60 seconds
- ☐ I kept the take

You do not need both. One 60-second clip is the day. Home first. A public clip can wait.

Phone-ready checklist

- ☐ Charge will hold for an hour
- ☐ 1080p / 30 still locked (open the app and look)
- ☐ I know how to lock exposure (iPhone: tap and hold on your face; Android: tap face, drop exposure a notch if you can)
- ☐ Five-second window test. Not a silhouette.
- ☐ I know where the phone sits on Day 4 (books, shelf, cheap tripod, propped mug)
- ☐ Do Not Disturb on, so a text does not kill a take

Day 2 stall fix

If you freeze, talk to one specific person. Say their name first. "Hey Maya. I moved six days ago and the kitchen is still a pile." That is a take.

If you watch the clip and spiral, that is the stall. Put the phone down and stop. You already did the drill. Watching it tonight is how people skip Day 3.

The mismatch between your voice in your head and the mic is universal. You are on recording 1.

Done looks like: a 60-second clip is on the roll.

5. Day 3 — Shot list

Job today: Write the shape before you film. Open, three beats, close. Fifteen B-roll lines.

Without a shape, Day 4 is 22 minutes of nothing.

Structure

- **Open (15–30s):** who you are, what today is, why we should stay. Not a life story. Not “hey guys, welcome back” on a channel with no videos.
- **Three beats:** three places, tasks, or moments. Not twelve. Three.
- **Close (20s):** what happened, what is next, one question or nothing. Do not thank anyone three times. Do not apologize.

Keep the finished video in the 6–10 minute band.

Blank shot list

Copy this into **vlog-001**, or print and write.

Working title (can be ugly)

Open sentence (what you will say, 15–30s)

Beat 1 name

Where / when

B-roll (thing, hands, place, result — five shots, ~10 seconds each):

1. _____
2. _____
3. _____
4. _____
5. _____

Beat 2 name

Where / when

B-roll:

1. _____
2. _____
3. _____

4. _____

5. _____

Beat 3 name

Where / when

B-roll:

1. _____

2. _____

3. _____

4. _____

5. _____

Close line (20s)

Beat(s) at home

Out of the house

If you write a fourth beat, cross it out. Fourth beats are how first vlogs become 18 minutes and never export.

Filled example — first week in a new apartment

Steal the shape. Swap the life.

Working title: First week, still mostly boxes

Open sentence: “I moved in six days ago. This week I’m turning a pile of boxes into a place I can cook and sleep, and I’m filming the first pass so I have a record of how empty it still is.”

Beat 1 — Stock the kitchen. Grocery run, then first food in a fridge that still smells like cardboard.
B-roll: list on the counter · store exterior · hands on produce · receipt · fridge door opening with the first items on a shelf

Beat 2 — Build one piece of furniture. The desk, bed, or shelf blocking the room. One thing.
B-roll: the flat box · the hardware bag · two assembly steps · the finished piece in the room · the leftover screws

Beat 3 — First real evening. Cook something simple. Walk the block. Come back.
B-roll: onion or garlic in a pan · the plate · keys · sidewalk · one shopfront

Close line: “The shelf is up, the pasta was fine, I still don’t know the neighborhood. Next week I want a coffee shop that isn’t a chain. If you have a first-week-in-a-new-place story, I want it.”

Same skeleton for an errand Saturday, a work week, or a travel day. Beats change. Skeleton does not.

Day 3 stall fix

If the week feels too big, shrink to one room plus one errand. Do not add a fourth beat.

If you cannot name three beats, you have an access problem. Circle three things from the Day 1 access list a camera can see in the next 48 hours. Those are the beats.

Stop at 15 B-roll lines. You will use three clips per beat.

Done looks like: the list exists in the note app.

6. Day 4 — Film

Job today: Open, three beats, and close on the phone. Home first. One out-of-house beat is optional.

Stop when the list is covered, not when you have every angle.

A-roll rules

A-roll is your face and your voice. It is the spine.

- Wide enough to gesture. Eyes near the top third.
- Phone slightly off-center, not under the chin (nostrils and a ceiling).
- Talk in **20–40 second chunks**. Pause. Another chunk. A 4-minute monologue is a hostage situation on Day 5.
- If you blank, narrate what you are doing. Silence is the enemy, not awkwardness.
- Two takes of the open. Keep both. Pick one tomorrow.
- One short stand-up before or after each beat. You do not need to talk the entire grocery run.

B-roll rule

B-roll is the thing, not your face. Thing, hands, place, result.

Five clips per beat. Ten seconds each. You will use three. Hold still enough that the clip is usable. Hunting a cinematic angle is how you lose the hour.

Home first

First vlog can be 80 percent indoors. That is control. Write the out-of-house beat before you leave. A store run, then home, is a plan. Wandering is sidewalk with no open.

Filming checklist

Before you hit record

- ☐ Phone charged, 10GB free, 1080p / 30 locked
- ☐ Shot list open
- ☐ Do Not Disturb on
- ☐ Window or lamp in front of you for stand-ups
- ☐ Quiet hour, or earbud mic at the collar

Open

- ☐ Two takes, 15–30 seconds each
- ☐ I said who, what today is, why someone might stay

Beat 1

- ☐ Stand-up (20–40s)
- ☐ Five B-roll clips (~10s each)
- ☐ I did not invent a second errand

Beat 2

- ☐ Stand-up (20–40s)
- ☐ Five B-roll clips
- ☐ One task, finished enough to have a result shot

Beat 3

- ☐ Stand-up (20–40s)
- ☐ Five B-roll clips
- ☐ A reason the day ends (plate, door, lights, block walk done)

Close

- ☐ One take, ~20 seconds
- ☐ What happened + what is next
- ☐ No triple thank-you, no apology

After

- ☐ All clips in one album or folder named **vlog-001**
- ☐ I did not start filming “just one more thing”

Day 4 stall fix

If you dread going out, film all three beats at home. A kitchen, a piece of furniture, and an evening are a vlog.

If you have 40 minutes of sidewalk and no open, stop. Film the open in the stairwell or the living room before you quit. An open plus two messy beats will edit. Sidewalk alone will not.

If a take dies because someone walked in, keep it or do one more. At the two-hour mark, check the list. If the boxes are ticked, stop.

Done looks like: footage is in one folder or album.

7. Day 5 — Edit (six cuts)

Job today: Dead air out, B-roll in, export 1080p. This is not color grading.

Do not color-grade before you cut the pre-roll.

The six cuts

Do these in order. Then stop.

- ☐ **1. Cut the pre-roll.** Unlocking the phone. “Wait is it on.” The first two seconds of every take.
- ☐ **2. Cut the um-chains that do not contain information.** One “um” inside a real sentence can stay. A five-second search for the next word does not.
- ☐ **3. Cut the second take of the same sentence.** Keep the open where you meant it. Do not stitch both.
- ☐ **4. Drop B-roll over the boring half of a walking shot.** Keep your voice. Replace the dead picture.
- ☐ **5. Cut the ending that thanks the audience three times.** One close. If you apologized, cut the apology.
- ☐ **6. Stop.** Do not recut the open at 12:40 a.m.

If you only do 1, 3, and 6, the video is already better than most first uploads.

CapCut (or any free editor) pipeline

Default: CapCut on the phone or desktop. Another free editor is fine. Do not buy software. Phone edit is allowed.

- ☐ **Dummy export first** if you have never exported. Import one clip. Make one cut. Export 30 seconds. Confirm it plays.
- ☐ New project. Import everything from **vlog-001**.
- ☐ A-roll on V1. Arrange open → beat 1 → beat 2 → beat 3 → close.
- ☐ Six cuts on the A-roll.
- ☐ B-roll on V2, over walking and tasks. Three clips a beat is enough.
- ☐ Music quieter than you think. Duck it under voice, or pull it down until you forget it is there. Editor library or a licensed source — not a chart song.
- ☐ Text optional: names, places, one joke max. “Day 6.” “Still no cutting board.”
- ☐ Export **1080p**, 24 or 30 fps matching how you filmed.
- ☐ File name: **vlog-001-short-title.mp4**

Mine: vlog-001-_____.mp4

Watch once on mute, once with sound. Fix only the wince. Export again. Stop. The third watch is how people never upload.

Day 5 stall fix

If it is midnight and you are still trimming, you are past cut 6. Export. A rough 8-minute file that exists beats a perfect timeline.

If the timeline is 18 minutes, cut a beat. Do not add music to hide it.

If the editor feels new, do cuts 1, 3, and 6 only, skip music, export. If the dummy export failed, fix that before the vlog.

Done looks like: the file exists.

8. Day 6 — Package

Job today: A title a stranger understands, a thumbnail you can read on a phone, a two-line description. The vlog can be good and still die in a bad title.

Title formula

[what happened] + [context]

Human word first. A keyword only if it still sounds like speech.

Works:

- I Tried to Film a Vlog in My Apartment for the First Time
- First Week in a New Apartment — I Unpacked the Kitchen and Got a Desk Up
- I Moved and Filmed the First Real Evening in the Place

Does not:

- Vlog #1
- Hey guys
- A private joke (“The Cardboard Era”)
- A keyword pile (“new apartment vlog tour day in the life 2026”)

Title 1

Title 2

Title 3

Read them out loud. Circle the one a stranger would understand without knowing you.

Locked title

The one SEO habit

Search the locked title on YouTube before you keep it.

- ☐ I searched the title
- ☐ If nothing similar exists, I asked whether it is too vague (“my week”) and made it more specific
- ☐ If 20 similar exist, I wrote a clearer version, not a weirder one
- ☐ I did not turn the title into a search box

Thumbnail in 20 minutes

Face + one phrase + one object or place. High contrast. No tiny text. Readable on a phone in a bright room.

Shoot it after the vlog: same shirt, lens, window light, hold the object. A cropped still from the open with four words beats a poster you never finish.

Apartment-shape phrases: **DAY 6 / I MOVED / FIRST WEEK**. One phrase. Not a sentence.

Thumbnail checklist

- ☐ Face is big
- ☐ One phrase, four words or fewer
- ☐ One object or place in the frame
- ☐ I can read the phrase at arm's length
- ☐ I did not open a design app for two hours
- ☐ File saved next to the export

Phrase

Object

Description

Two lines in English. Then 2–3 links. Not 40 affiliates.

Line 1

Line 2

Links (channel only is fine; add video 2 later):

1.

2.

3.

Tags, optional: 3–8 real phrases, not 30 junk tags.

Day 6 stall fix

If you hate the thumb, reshoot in the same shirt by the window. Twenty minutes. Then stop.

“Vlog #1” is not an allowed title. If that is what you wrote, you are not done. Use the formula.

If you have been in a design app for an hour, close it. Crop the living-room still. Four words. Save. Move on.

Done looks like: a packaging folder (or the **vlog-001** note) holds the locked title, the thumb, and the two-line description.

9. Day 7 — Upload + tell three humans + start video 2

Job today: A public URL. Three texts. A note for the next one while Day 4 is still fresh.

Unlisted for ten minutes is allowed if you need to check the file on a TV. Private-forever is not. There is no “I will publish when it is better” option in this week.

Upload checklist

- ☐ File is **vlog-001-short-title.mp4** and plays on the phone
- ☐ Title is the locked one from Day 6 (not “Vlog #1”)
- ☐ Thumbnail uploaded
- ☐ Description: two lines, then the links
- ☐ Playlist: skip, or one playlist named after the lane. Do not build a library.
- ☐ End screen / cards: skippable. Add them if you already know how. Do not learn them tonight.
- ☐ **Optional:** publish **unlisted**, watch 10 minutes on a TV or laptop, fix only a true error (no audio, black frames, wrong file)
- ☐ Visibility set to **Public**
- ☐ I copied the URL: _____
- ☐ I did not immediately open Studio to refresh the view count

A clean public upload beats a tutorial spiral about end-screen timing.

Three humans worksheet

Share the one video, not the channel. Tell them you made this. Do not buy subscribers.

Human 1

Name

Why them (they will actually watch)

Text I will send

Human 2

Name

Why them

Text I will send

Human 3

Name

Why them

Text I will send

Send all three after the URL is public. If you cannot name three, name one and upload anyway.

Video 2 note

Write this today, while you still remember what was annoying about filming. Same shape. Do not invent a new lane.

Video 2 working title

Open sentence

Beat 1

Beat 2

Beat 3

Close idea

What I will do differently (one line, not a rebrand)

That note is how week two starts. One vlog a week. Daily is not a beginner plan.

Day 7 stall fix

If you want to wait until it is better, unlisted for 10 minutes, then public. There is no private-forever option in this week.

If you are rewriting the title at the upload screen, use the circled Day 6 title. Upload. You can change a title later.

If you freeze on the three texts, send one. Then send the other two before bed. Do not wait to “see how it does.”

Done looks like: the URL is live.

10. If you stall on day X, do Y

Open this mid-week. Do the Y. Do not restart the week.

DAY	IF YOU STALL HERE	DO THIS, THEN STOP
Before	Shopping for a camera / clearing the whole phone	Charge it. Free 10GB. Lock 1080p/30. Find the window.
1	Sentence will not finish; four lanes feel right	Pick a constraint (new place, new job, one skill). Write it ugly. Permission-free lane wins.
1	Waiting to become interesting	Specific over impressive. One item from the access list. Sentence around that.
2	Freeze in front of the lens	Talk to one named person. Say their name first. 60 seconds.
2	You watched the clip and spiraled	Phone down. Drill is done. Do not delete the clip. Day 3 tomorrow.
3	The week feels like a documentary	One room + one errand. Three beats max. Cross out beat 4.
3	Cannot name three beats	Circle three filmable things from Day 1 access that happen in 48 hours.
4	Dread of going out	Film all three beats at home. Still a vlog.
4	40 minutes of sidewalk, no open	Stop. Film the open in the stairwell or living room before you quit.
4	Two hours in and still shooting	Check the filming boxes. If they are ticked, stop.
5	Midnight, still trimming	You are past cut 6. Export the rough 8-minute file.
5	Timeline is 18 minutes	Cut a beat. Do not add music to hide it.
5	Never exported / export failed	Dummy export: one clip, one cut, 30 seconds. Fix that first.
6	Hate the thumbnail	Same shirt, window, 20 minutes, reshoot. Then stop.
6	Title is "Vlog #1" or a private joke	Use [what happened] + [context]. Search it on YouTube. Lock one.
6	Lost in a design app	Crop a still from the open. Four words. Save. Close the app.
7	"I'll publish when it's better"	Unlisted 10 minutes. Then public. No private-forever.
7	Rewriting the title on the upload screen	Use the circled Day 6 title. Upload. Titles can change later.
7	Cannot send the three texts	Send one now. The other two before bed. Do not wait on views.
Any day	Opened a gear or income tab	Close it. Money is later. This week is a URL. Return to today's done line.

If you skip a day, do not double up and burn the next one. Do yesterday's "done looks like" in twenty minutes, then today's job. A late URL still counts. A perfect calendar with no file does not.

11. What this week is not

Do not add these jobs. They feel like progress. They are how the URL never happens.

No new camera. The phone you charged is the camera. Buying a body to feel ready is how people delay six months. Upgrade later, after uploads, when the phone is the bottleneck. Not this week.

No rebrand. No new channel name, no trailer, no logo. Ten videos in one lane first. Video 3 is where novelty dies and fear comes back dressed as "maybe the niche is wrong." The sample is too small. Stay.

No daily upload promise. One vlog this week. Then a weekly cadence you can keep. Every other week is real if weekly is too heavy. Do not promise three a week in the description of video 1.

No money research. No “how much do vloggers make” spiral. Most new vlogs make nothing for a long time. That is normal. Researching revenue feels like work. Film.

If you skip those, you will still make other mistakes. Make those instead. They are cheaper.

12. After the week

You have a URL. That is the only diploma this site issues for week one.

Pick a day and protect it. One vlog a week. Same lane. Same shape — open, three beats, close — until it is boring in a useful way. Watch who stayed past the open. Remake the packaging on the best video if you want. Film 11 before you talk about a rebrand.

When you want the path again, go back to [How to Start a Vlog](https://youwithavlog.com/how-to-start-a-vlog/) (https://youwithavlog.com/how-to-start-a-vlog/). Later, when they are live and you need them: [How Often Should You Upload?](https://youwithavlog.com/how-often-should-you-upload/) (https://youwithavlog.com/how-often-should-you-upload/). First 100 Subscribers can wait until you have uploads. Do not read them instead of filming video 2.

This kit is free. The second week needs the video 2 note and the same phone, not a paid pack.

Live URL

On the site (when you need them — not instead of this week)

- <https://youwithavlog.com/how-to-start-a-vlog/>
- <https://youwithavlog.com/start-your-first-vlog-in-7-days/>
- <https://youwithavlog.com/can-you-vlog-with-your-phone/>
- <https://youwithavlog.com/what-equipment-do-you-need-to-vlog/>
- <https://youwithavlog.com/how-to-film-yourself/>
- <https://youwithavlog.com/how-to-edit-a-vlog/>
- <https://youwithavlog.com/how-to-talk-naturally-on-camera/>
- <https://youwithavlog.com/how-often-should-you-upload/>

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Printable templates

Copy, print, or tear out. The week is the filled page.

A. One-sentence vlog

My vlog is me, doing

for people who

Lane

Constraint

Week start

Upload day

TEAR-OUT · TEMPLATE B

B. Shot list

Working title

Open sentence (15–30s)

Beat 1

Where / when

B-roll 1

B-roll 2

B-roll 3

B-roll 4

B-roll 5

Beat 2

Where / when

B-roll 1

B-roll 2

B-roll 3

B-roll 4

B-roll 5

Beat 3

Where / when

B-roll 1

B-roll 2

B-roll 3

B-roll 4

B-roll 5

Close line (20s)

Do not add a fourth beat.

TEAR-OUT · TEMPLATES C–E

C. Title ×3

Formula: **[what happened] + [context]**

1. _____
2. _____
3. _____

Locked title (the one a stranger gets)

☐ YouTube search done: yes

☐ “Vlog #1” crossed out: yes

D. Three humans

1. Name: _____

Text

2. Name: _____

Text

3. Name: _____

Text

URL I am sending

E. Video 2 note

Working title

Open

Beat 1

Beat 2

Beat 3

Close

One thing I will do differently

Same lane. No rebrand. Film while Day 4 is still fresh.

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