

		Shutter		Aperure		ISO
		Whole	Half	Whole	Half	Whole
	1/1000					
			1/750			
	1/500					
			1/475			
	1/250					
			1/180			
	1/125					
			1/90			
	1/60			F32		
			1/45		27	
	1/30			F22		50
			1/20		19	
	1/15			F16		100
			1/10		13	
	1/8			F11		200
			1/6		9.5	
	1/4			F8		400
			0.3		6.7	
	1/2			F5.6		800
			0.7		4.8	
	1 s			F4		1600
			1.5s		3.3	
	2 s			F2.8		3200
			3s		2.4	
	4 s			F2		6400
			6s		1.7	
	8 s			F1.4		12800
			10s		1.2	
	15s			F1		
			20s			
	30 s					
			45s			
	60 s					
			1m 30s			
	2m					
			3m			
	4m					
			6m			
	8m					
			12m			
	16m					

Each increment is ONE stop in each column. You will have 1/2 or 1/3 stops inbetween each of these on your camera to take into account with possibly the exception of ISO.

EXAMPLE;

The correct exposure given by your camera is 1/125 at F8 with ISO 100. Say you want to slow the shutter to capture movement to 1/15 (3 stops down) you would then have to adjust the APERTURE and/or ISO the opposite direction by a total of 3 stops to keep the exposure correct. So 1/15 at F22 ISO 100 would do it, or, 1/15 at F16 ISO 50 would do the same.

