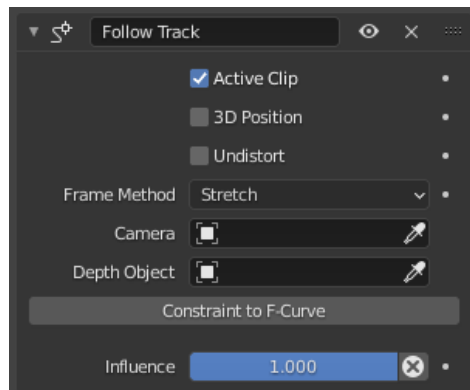


# Follow Track Constraint

By default the Follow Track constraint is making objects have the same position at a frame as the track has. The motion of this object happens on a single plane defined by the camera and the original position of the object.

## Options



Follow Track Constraint panel.

### Active Clip

Receive tracking data from the scene's [Active Clip](#). If unchecked, an option appears to choose from the other clips.

### 3D Position

Use the 3D position of the track to parent to.

### Undistort

Parent to the undistorted position of the 2D track.

### Frame Method

Defines how the footage is fitted in the camera frame.

### Camera

Select the camera to which the motion is parented to (if empty, the active scene camera is used).

### Depth Object

If this object is set, constrained objects will be projected onto the surface of this depth object which can be used to create facial makeup visual effects.

### Constraint to F-Curve

Creates F-Curves for the object that copies the movement caused by the constraint.

### Influence

Controls the percentage of affect the constraint has on the object. See [common constraint properties](#) for more information.

## Example

[Follow Track Example Video](#)