**Welcome to the Video Frame Extractor! By Tracy Rose**

Hello! This little tool is designed to help you easily grab still pictures (frames) from your MP4 video files. Everything happens right here in your browser, so your files stay completely private and are never uploaded to the internet.

Let's get you started!

Step 1: Open the Tool & Load Your Video

First, simply open the index.html file in your favorite web browser (like Chrome, Firefox, or Edge).

1. Click the **"Choose File"** button.
2. Find and select the MP4 video you want to work with from your computer.

Once you select a video, you'll see a preview image from it appear on the screen. This means the video is loaded and ready to go!

Step 2: Choose Where to Start Extracting

Now, you need to tell the program where in the video you want to start grabbing frames.

* Look for the **"Start Point"** section. You will see a slider.
* Drag the **"Start"** slider left or right. As you move it, you'll see the percentage and a timestamp (like 01:23) change. This shows you exactly where you are in the video.

Set the slider to the moment you want to begin capturing images.

Step 3: Decide How Many Pictures You Want

Next, tell the tool how many frames you'd like to save.

* Find the **"Number of Frames"** slider.
* Drag it to select the total number of pictures you want to extract. You can choose anywhere from 10 to 1,000 frames.

For a smooth-looking sequence, a higher number is better. For just a few key moments, a lower number is fine. A good starting point is the default **300 frames**.

Step 4: Name Your Files

To keep your saved images organized, you can give them a base name.

* In the **"Base Filename"** box, type a name that describes your video (e.g., beach\_sunset, birthday\_party).
* The program will automatically add a number to the end of each saved file, like beach\_sunset\_001.jpg, beach\_sunset\_002.jpg, and so on.

If you don't change it, your files will be named video\_frames\_001.jpg, etc. by default.

Step 5: Start Extracting!

You're all set!

1. Click the green **"Extract Frames"** button.
2. The process will begin! You will see a progress bar appear, and the status text will tell you which frame is being saved.
3. Your browser will start asking you to **save each image file**. They will typically go to your **Downloads** folder unless you choose a different location.

**Friendly Tip:** The browser will ask you to save a file for *every single frame*. If you are extracting hundreds of frames, be prepared for many download prompts! Some browsers have a setting to automatically save files from a trusted site to your Downloads folder, which can speed this up.

What If I Want to Start Over?

Easy! Just click the red **"Reset"** button. This will clear the current video and reset all the controls, so you can start fresh with a new one.

That's all there is to it. Enjoy creating high-quality images from your videos