GoPro HERO5 Black Settings

Camera Settings
 Mode: Video
 Protune: On

Protune Settings:
 Color: Flat (makes it easier to match other cameras)
 WB: White balance should be manually set from 3000-6500K
 ISO: 400 (higher speeds are noisy)
 Shutter: Auto is normal, but you can set this manually for better quality)

Video Mode Settings
 Resolution: 1080
 FPS: 24 (The GoPro can shoot at higher fps but you'll need to change playback speed in post)
 FOV: Wide
 (FOV means "Field of View. Wide is the most common but there are several to choose from)

Please check that date and time are correct before shooting
Please format cards before using