

# OBS SETTINGS CHEATSHEET — Livestream Starter Kit

Setting	720p (Basic)	1080p (Standard)	1080p HQ (Advanced)
Resolution	1280x720	1920x1080	1920x1080
FPS	30	30	60
Encoder	x264 (or NVENC/AMF)	x264 (or NVENC/AMF)	NVENC/AMF recommended
Rate Control	CBR	CBR	CBR
Bitrate	2,500 Kbps	4,500 Kbps	6,000 Kbps
Keyframe Interval	2	2	2
CPU Preset (x264)	veryfast	veryfast	—
Audio Bitrate	128 Kbps	160 Kbps	192 Kbps
Audio Sample Rate	48 kHz	48 kHz	48 kHz
Audio Channels	Stereo	Stereo	Stereo
Min. Upload required	3–5 Mbit/s	6–8 Mbit/s	8–12 Mbit/s
Min. CPU	i5 / Ryzen 5	i5 / Ryzen 5	i7 / Ryzen 7 + GPU
Data per hour	~1.5 GB	~2.5 GB	~3.5 GB

- CBR = Constant Bitrate. Provides the most stable stream.
- NVENC (NVIDIA) or AMF (AMD): use hardware encoding if you have a dedicated GPU. Halves your CPU usage.
- Keyframe Interval 2 = YouTube/Facebook requirement. Do not change.