Exporting AfterEffects to Quicktime (.mov) files

In the menu bar, select Composition > Add to Render Queue.

Your timeline will open a new tab, this is the render queue. Your file will be listed in here along with Output Module. Change that to QuickTime (.mov), then change the Output to your folder (the one you want to save to).

Hit the Render button in the far right corner.

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Composition Mini-Flowchart

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