For converting polaroid exposures to film Print out (160gsm card is good ), cut out both circles, laminate and fix together so they rotate. Set the polaroid exposure (Shutter speed and stop ) and read off the letter next to the ASA of the polaroid stock you are using. Move the letter to the ASA of the motion picture stock you want to use. The new t-stop can be read off at the "cine" mark.

