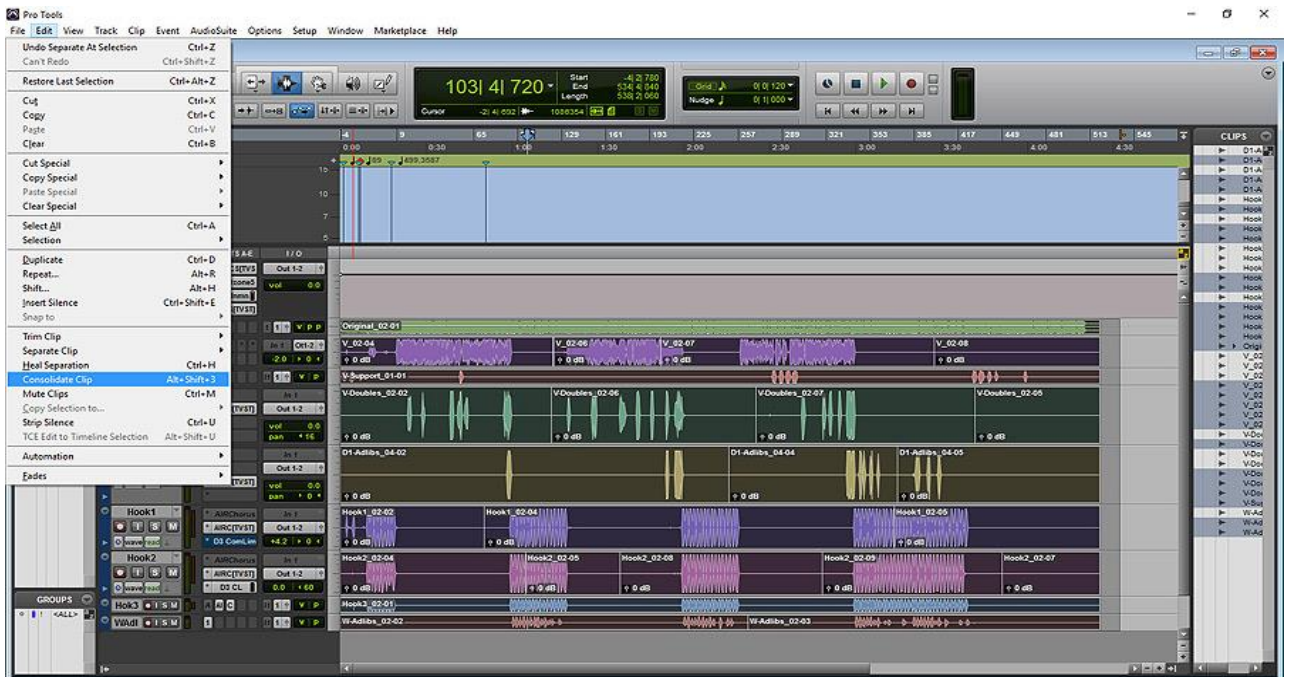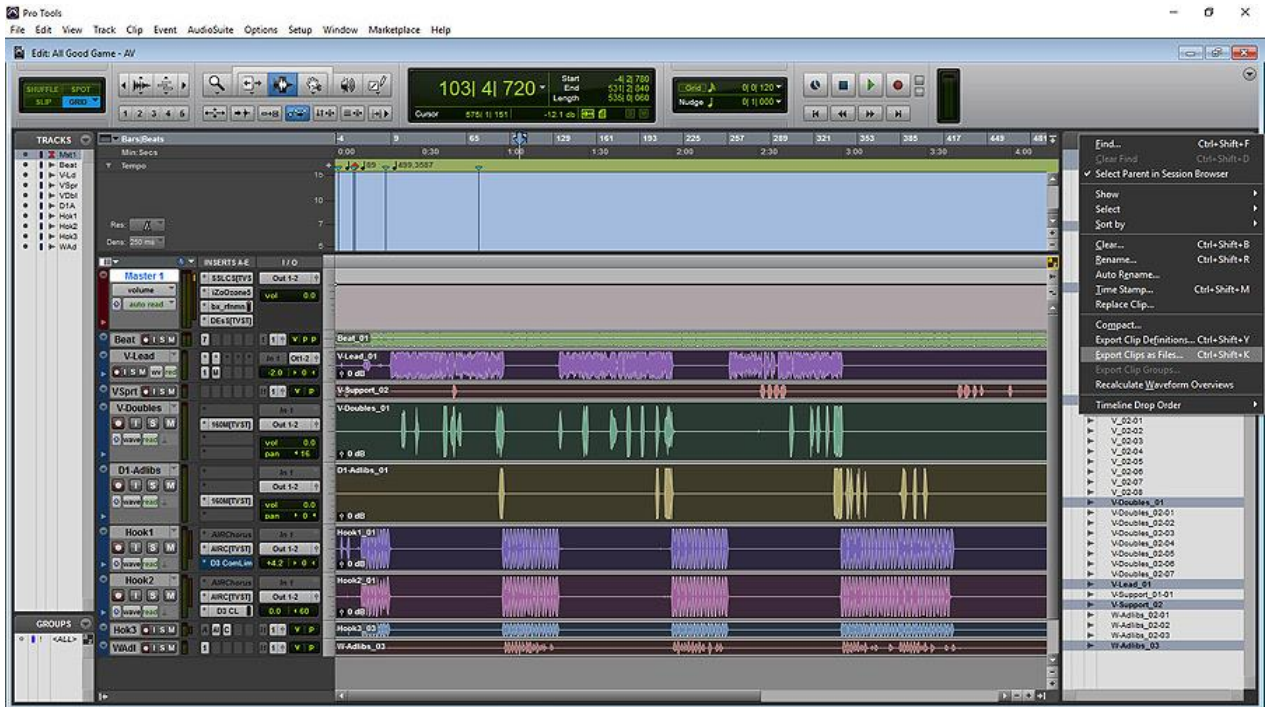# Exporting tracks from Pro Tools

1. Highlight all tracks and parts.

2. Consolidate Clip

3. Export Clips As Files

4. Export Menu- Use Multiple mono if your project has predominantly mono files. Use interleaved if they are mostly stereo.   24bit 44.1khz is ideal for Bit depth/Sample Rate.