

Sheet1

*--A macro to insert dates for the future or the past. You can find the date several days ago (-) or ahead (+).
*--Use the /Range Name Label Right {End} {Down} <ENTER> to define the range names in this column (starts with the \Z macro name)
*--Hold the <ALT> key and press <Z> to activate the macro
!
!
!
!
\Z
DATEPAST
!
!
!
increment009

```
{BREAKON}  
{windowsoff}{paneloff}{panelon}{getnumber "Enter date increment ? ",increment009}{PANELOFF}{recalc increment009}{calc}  
@NOW+increment009{CALC}{down}{up}~  
{windowson}/RF{panelon}D{?}~~
```