

Sheet1

\*---A macro to INSERT the current TIME or DATE in the current cell  
\*---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  
DATESTMP  
!  
menu010  
!  
!  
!  
!  
date010  
day1010  
day2010  
month010  
year010  
fulldate010

{BREAKON}  
{WINDOWSOFF}@NOW~{MENUBRANCH menu010}

Standard\_Date  
Date stamp as formula that updates every time the worksheet is retrieved  
/RFD{?}~~

Permanent\_std  
Date stamp as value only  
{edit}{calc}~/RFD{?}~~

#NAME?  
#NAME?  
#NAME?  
#NAME?  
#NAME?  
#NAME?

Date\_full

Full date in words as label

{recalc date010}{recalc day1010}{recalc month010}{recalc year010}{recalc day2010}{recalc fulldate010}  
{fulldate010}~

Sheet1

Time\_std

Time stamp as formula that updates every time the worksheet is retrieved  
/RFDT{?}~~

Fixed\_time

Time stamp as value only  
{edit}{calc}~/RFDT{?}~~

Quit  
Quit the macro  
/re~