

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~