

*---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          {BREAKON}
DATEPAST   {windowsoff} {paneloff} {panelon} {getnumber "Enter date increment
!          @NOW+increment009 {CALC} {down} {up}~
!          {windowson}/RF {panelon}D{?}~~
!
increment009
```

? ",increment009} {PANELOFF} {recalc increment009} {calc}