

- *---Use the numeric key pad to enter data in a column.
- *---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
- *---Press the NUMLOCK key then place the cell pointer at the first cell and start data entry, every time you press the ENTER key the cell pointer moves down one cell. Use <Ctrl Break> to quit.

!

!

```
\Z          {BREAKON}  
NUMLOCKD {BREAKON}  
loop240    {?}~{DOWN}  
!          {BRANCH loop240}
```