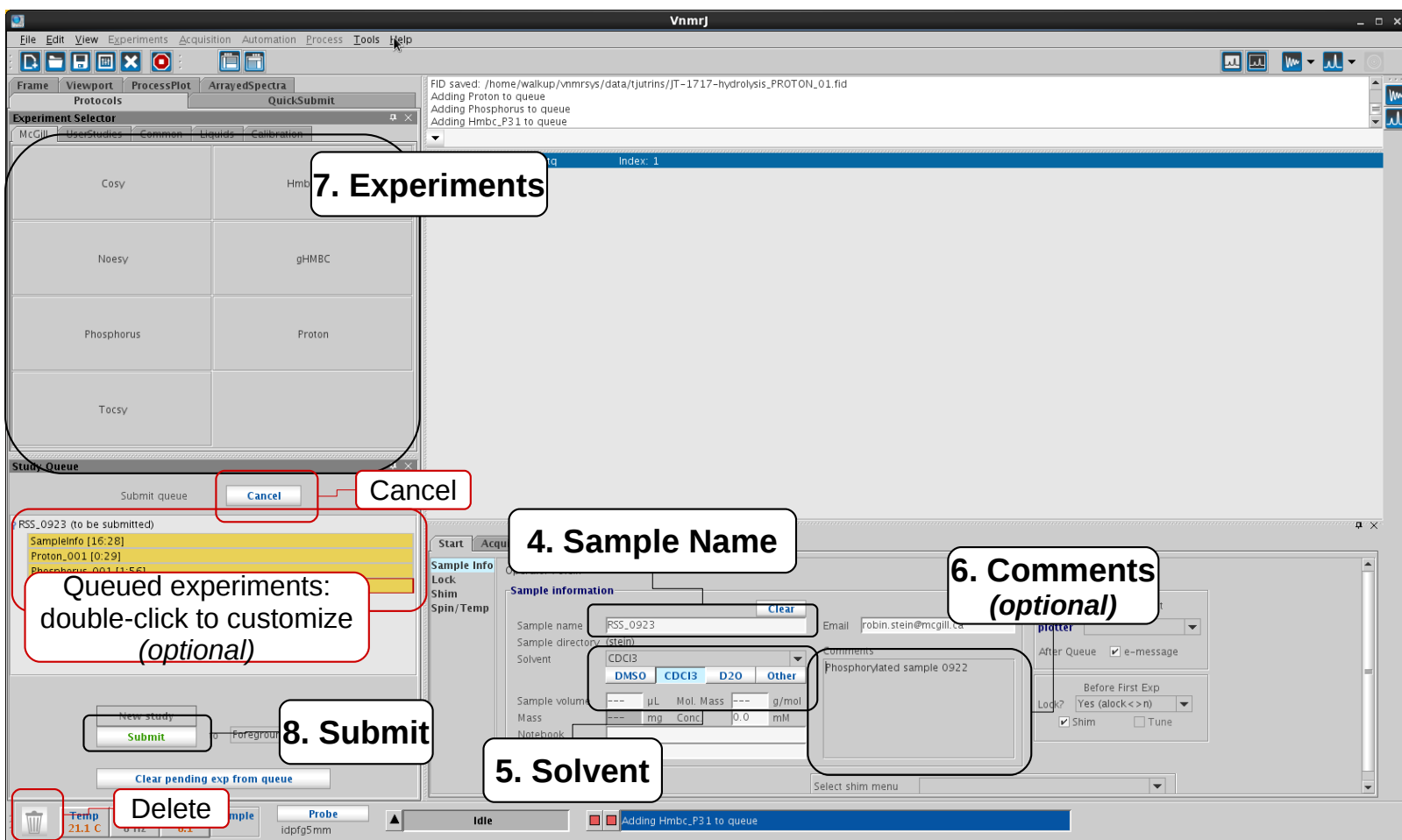# QUICK GUIDE TO USING VNMRJ 4.2
More details in the white notebook!

August 9, 2016

1. Log in (if you don't have a log in, let Robin know)

2. Insert and eject sample (e/i or buttons)

3. Click New Study (bottom left of screen)

9. To view your data, after it is done, double-click on it in the list on the left

10. When done, click on Logout

Note: If you don't want to use the instructions above, then **click on *Clear* on the Sample Info tab (just above the sample name position)** and run by: choosing experiment, choosing solvent, clicking on Auto Lock, clicking on Gradient Shim, customizing parameters, and typing ga. Then, after acquiring, use **File / Autosave** to save and email your data. (If emailing does not work, then use the command efid('<your email address>') to email yourself your data.)