

# Sesame One-Sheets

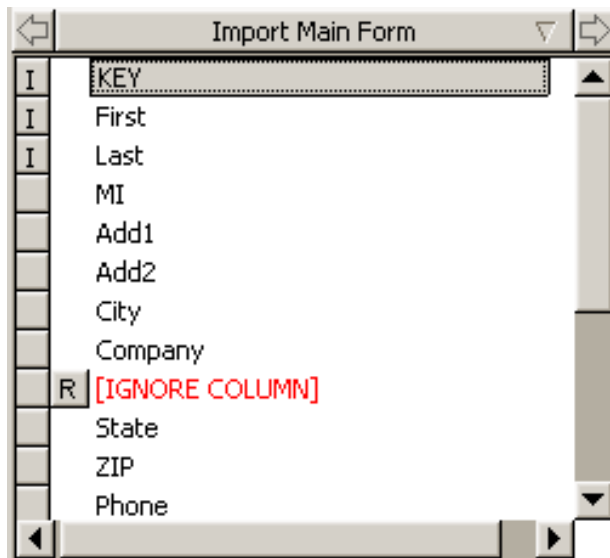
## Step-By-Step Quick Reference Guides

### Importing Data

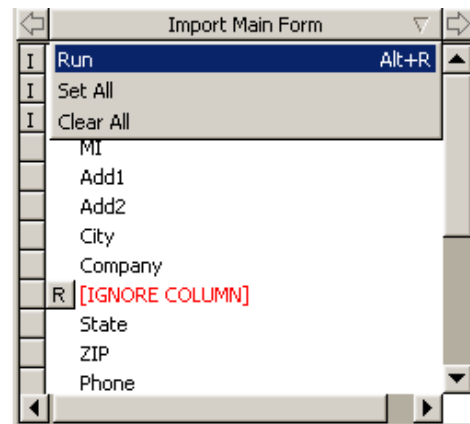
1. Open your application and **open your form in Add Data Mode**.
2. If the Spec Window title bar at the bottom left of your screen does not display Import followed by your form name, **click on the large arrow to the right of the title** until Export is the displayed spec.



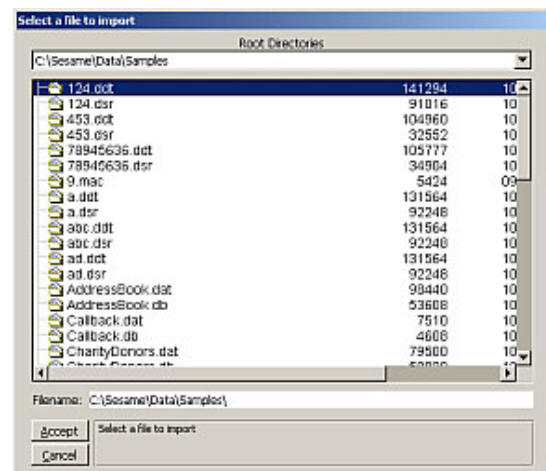
3. In the Spec Window at the bottom left of your screen, **click the grey box next to each field that you want to import**.



4. In the Spec Window, click on the title bar which should say Import followed by your form name. **Select Run** from the list of options that appears.



5. A window appears on your screen asking you to select the file you want to import. **Select your import file and click Accept**.



6. Sesame imports your data to the specified fields.

#### More Information:

It is important that you import your data in the **same order** as the data that is stored in your import file.

Information about Importing data into Sesame is located on page 311 of the 1.1 Sesame User Guide.