^{1}H 1D Spectrum Guide

Step	Function or Dialog Box	<Keystroke>/[Select]/<*Data Entry*>	Comment
1	Sample		See Sample Preparation Guide. Position sample spinner using the depth gauge, place in probe
2	Enter PNMR program.	<Alt+Tab>	(If necessary)
3	Select ^{1}H observe.	**C13>**nu H1<Enter>	Required only if the prompt is not "H1".
4	Verify parameters.		Verify that parameters make sense .
5	Acquire data.	**H1>**zg<Enter> then *filename*<Enter> or <Enter> for default	Enter file name if desired but it is usually better to use the default (pnmrfid) unless intending to save the data long term. Use acq<Enter> to shim and automatically set RG
6	Enter NUTS.	<Alt+Tab>	
7	Process data.	<Ctrl+F1>	Process and plot using aii_proc.mac, which references TMS, peak picks, integrates, and accepts spectral information and plots.
	OR, preferably:		
7b	Process data.	<Ctrl+F2> then **[filename] [Open]** to select a file or **[Open]** for default filename	Process using aii_H1.mac to show the entire spectrum referenced to TMS. Expansion zo**,** integration id**,** peak picking pp or dp, and plotting pl may be done manually.
8	Enter zoom routine.	**>**zo	Set up for phasing.
9	Select two regions of interest. (see comment)	<1> then <2> <Enter> to exit "zo"	Drag cursor over a **strong** peak on left. Press <1> to assign as region 1. Drag cursor over a **strong** peak on the right and press <2> to assign as region 2.
10	Trim phase.	**>**pe <Enter> to exit "pe"	Phase left side peak by pressing and holding left MB while dragging mouse side to side. Repeat using the right MB to adjust the right peak**.**
11	Fit baseline.	**>**fb <L> <Enter>	Enter fb subroutine, remove stripes on or too close to peaks, press the letter "l" for Least Squares fit, save result and exit fb with <Enter>.
12	Enter integral display.	**>**id	
13	Integrate data.	two clicks of left MB, then one left click <Enter> to exit "id"	For each broken integral, click left MB twice on left side of peak(s) then once on right side. To assign a relative integral value place cursor on integral, click left MB, press <v> and enter number. <Ctrl+I> toggles integrals on/off.
14	Pick Peaks a. Automatic or b. Manual	**>**pp or **>**dp <c> <Enter> to exit "dp"	a. Automatic peak pick - Vertical red lines indicate selected peaks. Use MH and RM to change peaks selected. b. Manual peak pick -The cursor becomes a crosshair with a DP label. <a> automatically picks peak; <c> clears all peak picks; **<**k> removes a single peak pick nearest the cursor. Add peak by clicking the left MB near any peak. <t> writes peak list to the table. <Ctrl+B> toggles peak pick table on/off. <Ctrl+P> toggles the peak labels on/off.
15	Expand selected region.	**>**zo <Enter> to exit "zo"	Select expansion region with mouse or <f> to enter fixed offsets with information dialog box. <Ctrl+E**>** gives the expanded region <Ctrl+F> gives the full spectrum.
16	Plot Data.	**>**pl	