function doGet(e){  
  var ss = SpreadsheetApp.openByUrl("URL of the google sheet");  
  var sheet = ss.getSheetByName("Sheet1");  
  
  insert(e,sheet);  
  
}  
  
function doPost(e){  
  var ss = SpreadsheetApp.openByUrl("URL of the google sheet");  
  var sheet = ss.getSheetByName("Sheet1");  
  
  insert(e,sheet);  
  
}  
  
  
  
function insert(e,sheet)  
{  
  var sdata = e.parameter.sdata;  
   
  var date = new Date()  
   
  sheet.appendRow([date,sdata]);  
 }