Setting "SaveGoals=yes" means the expression in each goal is written to the dataset.

freq	Gamma_out_Goal		
	optIter=0	optIter=4	
2.000 GHz	0.143	9.945E-5	

Setting "SaveSolns=yes" means results are written to the dataset.

optlter	OPTIM.TLout1.E	OPTIM.TLout2.E
0	45.000	45.000
4	52.783	42.617

Setting "SaveOptimVars=yes" means values for TLin1.E and TLin2.E are written to the dataset for each iteration.

OPTSOLNVALS.TLout1.E	OPTSOLNVALS.TLout2.E	
52.783	42.617	

m1 freq=2.000 GHz S(1,1)=9.945E-5 / 145.293 optlter=4 impedance = Z0 * (1.000 + j1.132E-4)

