1. Start by pressing "Launch the Form" : the form “Kinetic” should appear

2. Excel-Select the range marked in Grey on the sheet. (To Excel-Select the range: click first A1 cell using the mouse, then scroll to the bottom of the sheet (without clicking inside the sheet!) , press the “Shift” key on the key-board and click then the right-most bottom cell (the cell containing “878149” in this case). The Light Grey Range should become Dark Grey.

3. Press "Get Sequence/nRPF.." button on the Form "Kinetic"

4. Switch then to another Excel sheet (named here as Results, but any other sheet will do), select any cell there (by ckicking on it) and Press "Get_ML_zH" button to get the Initial Guess for the zFP Table

5. Press then " Hes-Refine zH to zF". This will ML refine the initial guess. Observe how Gradient Norm reduces towards Zero with each iteration

6. If the Progress to Zero is deemed insufficient press "Hes-Refine zFactors" and watch the gradient progress towards zero.

7. You may press "Hes-Refine zFactors" until further increase in the Likelihood value is deemed impossible by the algorithm

8. The reduction of GradNorm below 0.1 normally indicates that the Likelihood maximum is reached

9. Note that the progress/output account is printed starting from an "active cell" marked by the mouse cursor position on your Result Sheet

10. Print zFP table on a selected sheet ("Results" for instance) by pressing button "Print zH/F factors as:"
11. You may now treat zFP table the way you like!

12. The statistics of the fit can be printed by pressing "Print R2 statistic for"