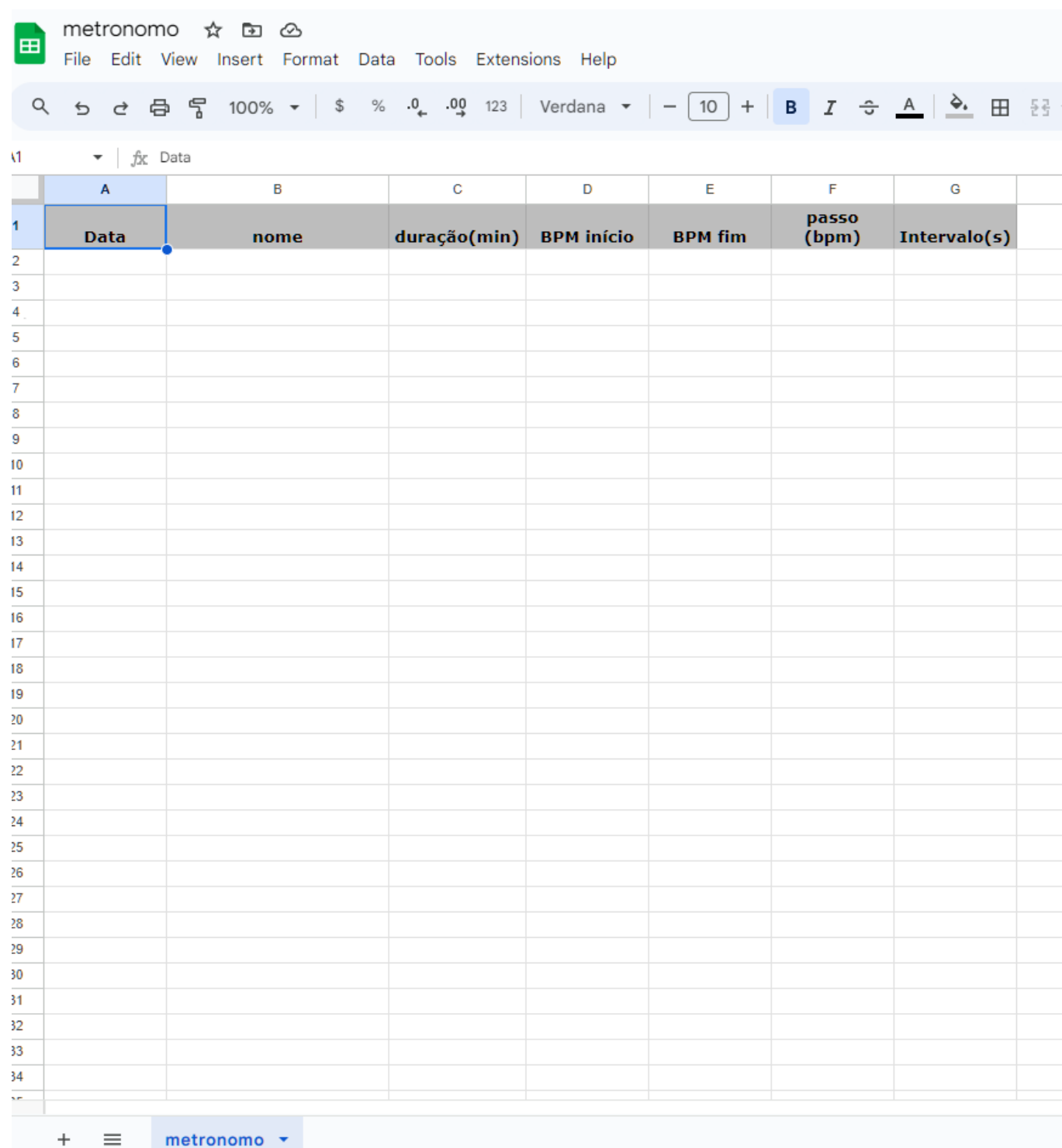


- 1 - Abra o Google Planilhas: <https://docs.google.com/spreadsheets/>
- 2 - Crie uma planilha igual a da imagem abaixo (com uma aba chamada "metronomo")
- 3 - Copie o ID da planilha na barra de endereço (exemplo:
<https://docs.google.com/spreadsheets/d/1l8wcGyggqnVGjo3cafjaJzKStH9jCkY1bQgpTblo/edit#gid=0118>,
o ID é wcGyggqnVGjo3cafjaJzKStH9jCkY1bQgpTblo)



The image shows a Google Sheets spreadsheet titled "metronomo". The spreadsheet has a single tab named "metronomo". The first row (row 1) contains the following headers: "Data" (column A), "nome" (column B), "duração(min)" (column C), "BPM início" (column D), "BPM fim" (column E), "passo (bpm)" (column F), and "Intervalo(s)" (column G). The rest of the spreadsheet is empty, with rows 2 through 30 visible. The interface includes a menu bar (File, Edit, View, Insert, Format, Data, Tools, Extensions, Help) and a toolbar with various icons for editing and formatting.

	A	B	C	D	E	F	G
1	Data	nome	duração(min)	BPM início	BPM fim	passo (bpm)	Intervalo(s)
2							
3							
4							
5							
6							
7							
8							
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