Step 1: Obtain the table of data on the NIST web site (as shown in class and/or in a tutorial session) and **copy the complete URL of that web page**.

Step 2: Open an Excel spreadsheet and select ‘Data’ -> “From Web”.

Step 3: In the window “New Web Query” -> ‘Address’ **paste the URL from Step 1**. Click ‘Go’. The NIST web page will appear in the window.

Step 4: To select the table of data, click on the yellow/black arrow to the left of the table. Click on ‘Import’.

Step 5: When “Import Data” window appears in the spreadsheet, select the worksheet (and the beginning cell) where you want to paste the table. **Bingo**: the imported **and formatted** table will appear within a few seconds (depending upon the size of the table)!