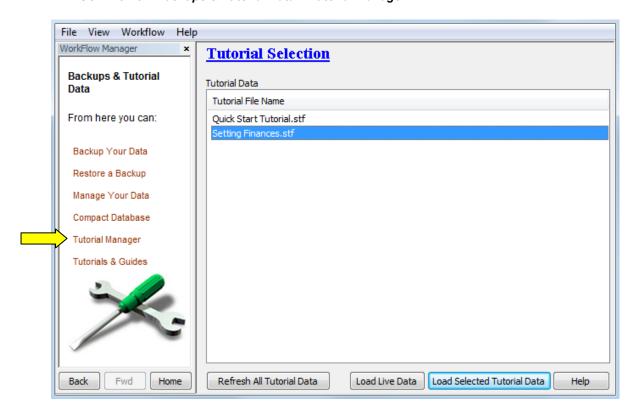# TUTORIAL DATA

SuperFox includes two tutorial data sets that are used in the tutorials and mini guides. To loaded them:

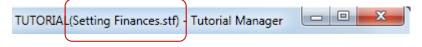> *Go > Home > Backups & Tutorial Data > Tutorial Manager >*

The first time you come to the Tutorial Manager the list of tutorial data sets will be blank. Click on the 'Refresh All Tutorial Data' button to refresh the list.

You can use the refresh button any time that you want to restart a tutorial and return to the original data.

Now click on the Tutorial Data that you wish to load, as shown above, and load it by pressing the 'Load Selected Tutorial Data' button.

SuperFox will remind you not to put your live data into the tutorial data - it is just for practice. When the Tutorial data is correctly loaded you will see the title at the top of the SuperFox window has changed to show the tutorial title, check that you can see it:

You can return to using your live data at any time you like. Simply return to the Tutorial Manager and click on the 'Load Live Data' button.