

- 1) **Log In:** Log into your user account.
- 2) **Launch VnmrJ:** Launch **VnmrJ** software using the icon on the desktop. 
- 3)
- 4) **Insert sample:** Turn off lock, type **e** to remove the standard sample. Place your sample in the spinner, wipe with Kimwipe, place your sample in the spinner and back into the magnet on the bed or air. Type **i** to insert. Make sure **spin** is on (20 Hz).
- 5) **Lock:** Under the Start tab and Sample Info, **select your solvent**. Enter sample information into the comment section. 
- 6) **Adjust Z0:** Turn **lock scan** on, adjust **Z0** to maximize square wave.  
- 7) **Shim:** Turn on **lock**. Then, navigate to the Start / Shim tab. Maximize the value of the lock level, indicated by the dial, by changing the **Z1C, Z2C, Z1 and Z2** shims only! (DO NOT TOUCH ANY OTHER SHIMS).
- 8) **Load in proton experiment and parameters:**
  - i) Select **Experiments -> Proton** (or **Carbon**) to load the default proton. **--or--**
  - ii) Open a saved 1D <sup>1</sup>H experiment (or 1D <sup>13</sup>C). Click the **Open** icon. Type: **load='y' su** 
- 9) **Check important acquisition parameters:** Block size (bs), pulse width (pw), number of scans (nt), spectral width (sw), recycle delay (d1), etc.
- 10) **Start the experiment:** Type **ga** or **go**, or select the **Acquire** button. 
- 11) **Processing:** Perform a weighted FT by typing **wft f full aph vsadj vp=15 lb=1**  
***If no manual phasing, peak picking, integration, or plotting needs to take place please skip to step 15.***
- 12) **Manual phase adjustment:** Select the **Adjust Phase** button. Left-click and hold on the most upfield peak. Move the cursor up or down. Then repeat with the downfield region. 
- 13) **Peak picking:** Define the peak threshold using the **Show/Hide Threshold** button, and using the left mouse button to define the threshold. Peaks that show above the defined threshold will be found for peak picking. Hit the **Pick Peaks** button.
- 14) **Integration:** Navigate to the Process / Integration tab. Enter Integration mode using the **Integration** button. Defining Integration Regions: To define your true integration regions, use the left mouse button (LMB) while in **Cut Integrals** mode, and click once on the left side of your peak, and again on the right side of your peak (repeat as needed). Calibrating Integrals: LMB to select the integral you will use for calibration. You should have only one red cursor through the selected integral. Then under the Set Integral Area option, select **Single Peak**, and set the desired integral value. 
- 15) **Plotting:** To create a hard plot, type: **pl pscale pir ppa page**
- 16) **Saving:** To save your FID, hit the **Save** icon. 
- 17) **Remove your sample:**
- 18) **Logout:** Close VnmrJ (**File -> Exit VnmrJ**). Log out of your Linux user account. Clean up the workspace.