

## HOW TO: Change the Tap and Hold Speed in the App

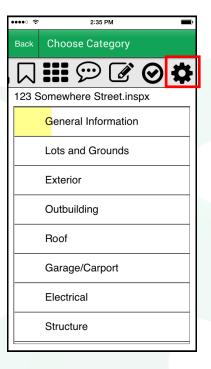
This step by step How To article explains how to change how fast tap and hold cycles through dropdown options in the Palm-Tech App

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The Palm-Tech app allows you to enter information on the 'Edit Category' screen by tapping and holding your finger down. You also can adjust how fast tap and hold cycles through items in the dropdown list.

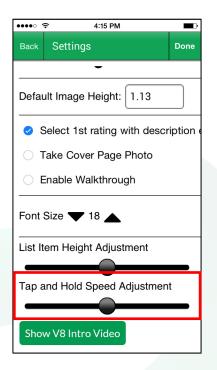
1. The first step is to go to the 'Settings' screen. You can access this from the opening screen or from the right side of the toolbar on the 'Choose Category' screen.

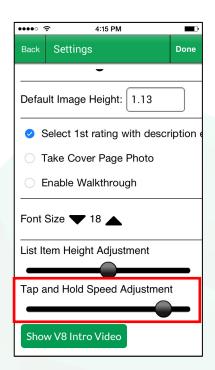


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2. On the 'Settings' screen there is an option for 'Tap and Hold Speed Adjustment'. You can adjust the speed up and down by simply moving your finger on the slider. To make it faster, move the slider to the right. To make it slower, move the slider to the left. When finished, tap on 'Done' in the top right corner.





3. The tap and hold speed has now been changed.

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