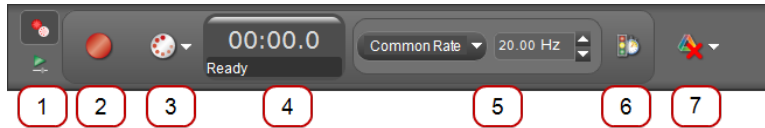# Tour the Controls Palette

The Controls Palette is used to start/stop data collection, set the data monitoring mode, set the sampling rate,delete data runs, define Start/Stop conditions, and playback synchronized video.

① Record / Play Selection

Icon	Description	
	Toggle between:	
	Recording Mode	Use to switch to recording Controls Palette
	Playback Mode	Use to switch to playback Controls Palette

② Record / Monitor

Icon	Description	
	Capstone toggles between:	
	Record	Begin recording all measurements from each connected sensor
	Monitor	Start monitoring measurements from connected sensors

③ Record Mode Selection

Icon	Description	
	Toggle between:	
	Continuous Mode	Set to record data at the current sample rate settings
	Keep Mode	Set to keep data points when commanded
	Fast Monitor Mode	Set to acquire data without recording; required for high speed sampling in Scope and FFT displays
	See "How do I record data in PASCO Capstone? ": 78	