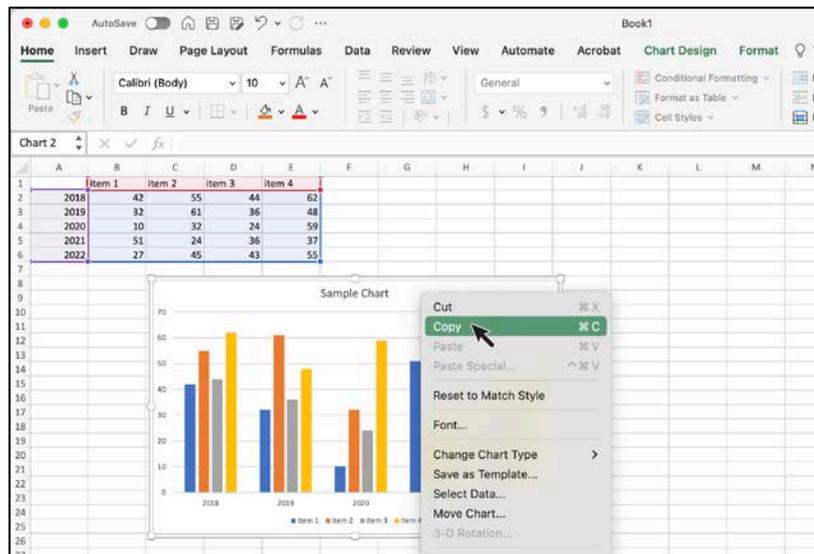
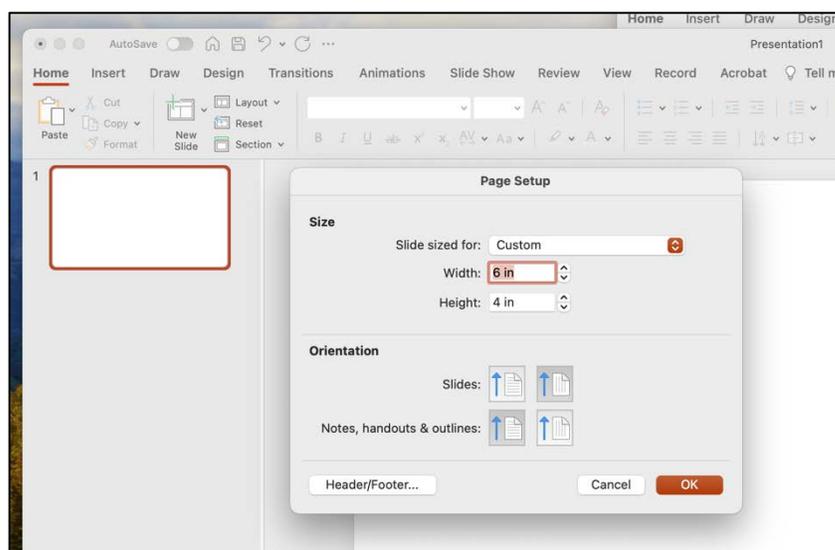


1. In Excel, select and copy your graph

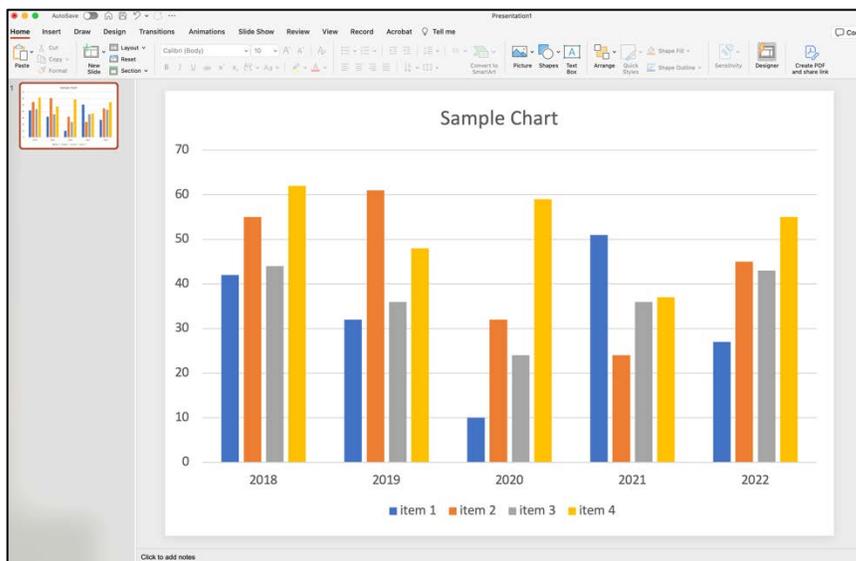


2. Open PowerPoint and create a new document
3. Navigate to File > Page Setup
4. In the dialog box, select "Custom" from the drop-down menu and then set the page size to your desired dimensions, and hit "OK"
 - a. If a pop-up window appears asking if you want to scale content down, select "Don't Scale"



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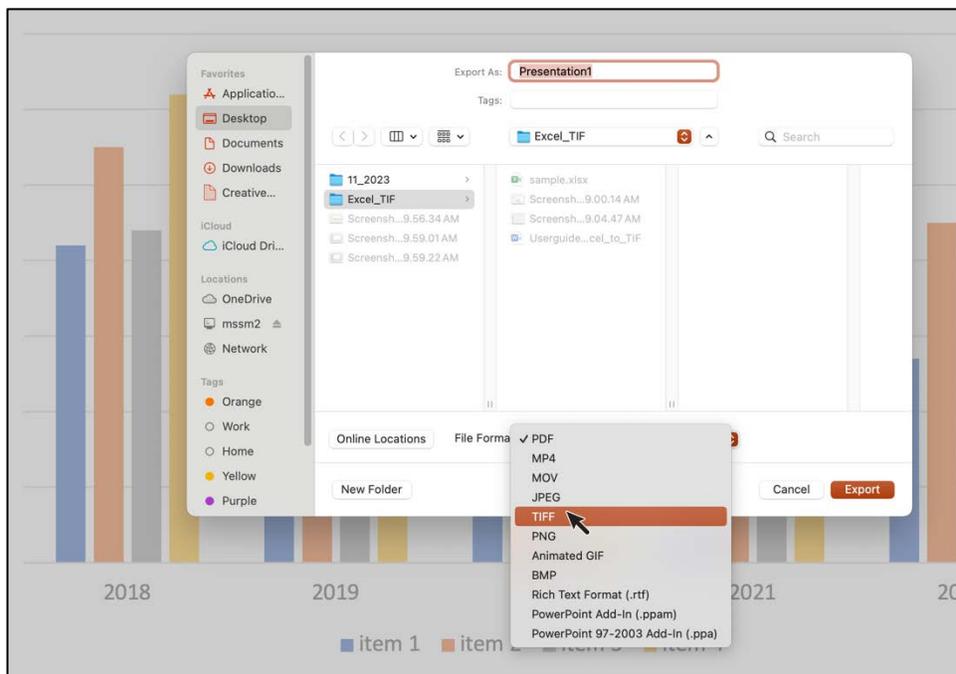
5. Paste the Excel graph into the PowerPoint document. Resize as needed to fill the slide



6. Navigate to File > Export

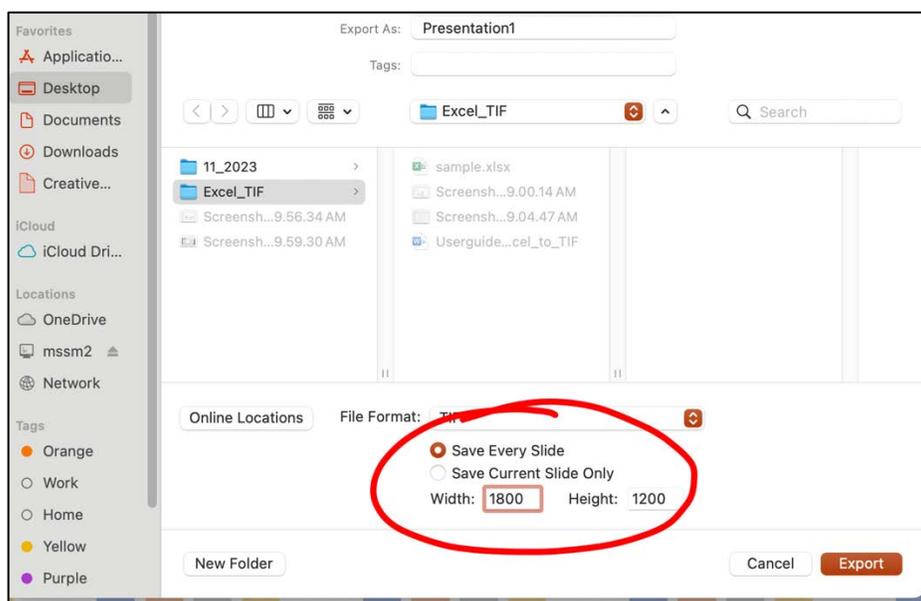
7. In the drop-down menu at the bottom of the dialog box, select "TIFF"

a. Side note, TIF and TIFF are interchangeable, similar to JPEG and JPG



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8. In the options that appear, change the dimensions to fit the requirements of the journal. For example, this graph is 6 by 4 inches. The journal wants the figure to be 300 dpi (dots per inch). So, the file should be exported as 1800 by 1200 (6x300 by 4x300)



9. PowerPoint will save the slide as a TIF in a folder with the same name as the PowerPoint file itself. In this case, Presentation1. This file is ready to send to the journal.

