

FREEZE ROWS IN GOOGLE SHEETS



Stop scrolling up and down in your Google Sheets to remember what your Column headings are. Learn how to FREEZE rows in Google Sheets.

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1. From within your Google Sheet, go to the **View** menu and select **Freeze >>1 row**.
2. Now, as you scroll down in your spreadsheet, row 1 will ALWAYS be in view.
3. To turn off the Freeze of the row, go to the **View** menu and select **Freeze >> No rows**.

