

The `appendRow()` method takes a one dimensional array. An array is enclosed in square brackets.

```
var arrayOfData = ["value one", "date", "number", "First Name", "etc"];
```

The proper term to use is "elements", for the content of the array. Each element can be a value, or a date, or another array, or an object.

To use the `appendRow()` method, you must create an array of data to write to the spreadsheet.

There are basically three ways to get values into an array

- 1) Using the "push()" method
- 2) Manually type out the array
- 3) put variable names into the array

But first you need to get the values that you want to put into the array. So, you'll need to use the "getValues()" method. But you can't use the "getValues()" method, until you have a reference to the range to get values from. But you can't get a reference to a range until you get a reference to a sheet tab, and you can't get a reference to the sheet tab until you have a reference to the spreadsheet.

To learn about how to get a reference to the spreadsheet, etc. see this document:

[Looping Through spreadsheet Data](#)