

# How do I navigate the on-screen program guide?

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- Press Fast Forward to move the displayed time ahead two hours (one) page, or Rewind to move it backward.
  - Press Advance to jump 24 hours ahead, or Replay to jump 24 hours back.
  - Press OK on a shows in progress, and the channel changes to that shows. Press Record to record it.
  - Press OK on an upcoming show, and you'll see a screen with recording options. Set up your recording or press Back to go back to the guide.
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