Microsoft Outlook 97 Key	yboard Shortcuts
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ALT	Close the visible menu and submenu at the same time; works with menu commands.
ALT+0 (ZERO)	View 10 days; works when using general keys for moving around in the day/week/month/view.
ALT+1	View 1 day; works when using general keys for moving around in the day/week/month/view.
CTRL+Shift+Q	Keys to create a new meeting request or open an existing meeting request.
CTRL+Shift+R	Reply All to an E-Mail.
CTRL+Shift+RIGHT ARROW	Select or unselect one word to the right of the cursor.
CTRL+Shift+T	Reduce the size of a hanging indent formatted on onto a selected block of text.
CTRL+Shift+TAB	Go to the previous tab when working in a tabbed dialog box.
CTRL+Shift+TAB or CTRL+PAGE UP	Go to the previous tab when working in a tabbed dialog box.
CTRL+Shift+U	Create a new Task request or open an existing Task report in Outlook.
CTRL+Shift+UP ARROW	Extend the selection to the previous card, regardless of the starting point.
CTRL+Shift+V	Paste an item from one place to another.
ALT+B	Display the previous tip; use with Office Assistant.
ALT+C	Close Print Preview; use within menu commands.
ALT+D	Decline when responding to an E-Mail schedule request; use within menu commands.
ALT+DOWN ARROW	Go to the same day in the next week; works with general keys for moving around in day/week/month
	view.
ALT+DOWN ARROW	Move selected item to the same day in the next week; works with general keys for moving around in day/week/month view.
ALT+DOWN ARROW	Display more Help topics; works when using Office Assistant.
ALT+DOWN ARROW	Go to the same day in the next week; works with general keys for moving around in day/week/month view.
ALT+DOWN ARROW	Open a selected drop-down menu; works within a dialog box.
ALT+END	Go to the last day of the current week; use within the Date Navigator.
ALT+EQUAL SIGN	Switch to month view when using general keys for moving around in day/week/month view.
ALT+F4	Close a selected window while working in Outlook; if you have only one open window, close Outlook.
ALT+F6; repeat until the balloon is active	Activate Office Assistant while working in a document.
ALT+HOME	Go to the first day of the current week when using general keys for moving around in day/week/month view.
ALT+HYPHEN SIGN	Switch to week view when using general keys for moving around in day/week/month view.
ALT+I to select the Folder List; arrow keys to sel	Select the folder list in Save As dialog box (in the File menu); use arrow keys to select a folder.
ALT+K	Display the Task menu while working in Outlook.
ALT+key for number of days	View anywhere from 2 through 9 days at a time; works when using general keys for moving around in day/week/month view.
ALT+LEFT ARROW	Move a selected item to the previous day when multiple days appear; use when working with general keys for moving around in day/week/month view.
ALT+letter key, where the key is the underlined le	Select a menu, or select or clear the check box by the letter underlined in the menu name in a dialog box.
ALT+N	Display the next tip when working with Office Assistant.
ALT+number (where hitting key for 1 selects the le	Select a Help topic while using Office Assistant.
ALT+number (where hitting key for 1 selects the le	Select an option in the Save As dialog box (in the File menu).
ALT+O	Display the Format menu.
ALT+P	Print from Print Preview window.
ALT+PAGE DOWN	Go to the last day of the month when using general keys for moving around in day/week/month view.
ALT+PAGE UP	Go to the first day of the month when using general keys to move around in day/week/month view.
ALT+PRTSCR	Copy the active window to the Windows Clipboard.

Microsoft Outlook 97 Keyboard Shortcuts	
ALT+RIGHT ARROW	Move a selected item from one to the next day when multiple days appear; use when working with general keys for moving around in day/week/month view.
ALT+S	Save, close and Send when working with E-Mail.
ALT+S, ALT+U	Print Preview current page.
ALT+Shift+TAB	Move from active application window to previously active application window.
ALT+SPACE	Display the active window's title bar menu.
ALT+SPACEBAR	Open the menu of the leftmost icon on the main toolbar bar of the active window; this menu typically contains the following commands: Restore, Move, Size, Minimize, Maximize and Close.
ALT+TAB	Move from active application window to the previously used application window; to select an application from a list of the open applications, hold ALT down and press TAB more than once to move through the list.
ALT+letter key, where the key is the underlined le	Select a menu, or select or clear the check box by the letter underlined in the menu name.
ALT+UP ARROW	Go to the same day in the previous week when using general keys for moving around in day/week/month view.
ALT+UP ARROW	Move selected item to the same day in the previous week when using general keys for moving around in day/week/month view.
ALT+UP ARROW	Display previously viewed Help topics while using Office Assistant.
ALT+UP ARROW	Go to the same day in the previous week when using general keys for moving around in day/week/month view.
ALT+UP ARROW or ESC (when a drop- down list box is	Close a drop-down list box while working in a dialog box.
ALT+UP, DOWN, LEFT, or RIGHT ARROW	Move a selected appointment up, down, left, or right when using general keys for moving around in day/week/month view.
ALT+Z	Zoom in on an area of detail while working in Print Preview.
CTRL+Shift+	Go to previous item (with an item open) in Outlook.
CTRL+Shift+>	Go to next item (with an item open) in Outlook.
CTRL+Shift+A	Create a new Appointment or to open a selected Appointment.
CTRL+Shift+B	Open the Address Book when sending an E-Mail.
CTRL+Shift+C	Create a new contact or open a selected contact.
CTRL+Shift+D	Dial.
CTRL+Shift+DOWN ARROW	Extend a selection of one card to the next card, regardless of the starting point.
CTRL+Shift+E	Create a new folder or open a selected folder.
CTRL+Shift+F	Display the Find dialog box when working in Outlook.
CTRL+Shift+I	Go to Inbox.
CTRL+Shift+J	Create a new journal entry or open an existing one.
CTRL+Shift+K	Create a new Task or open an existing one when working in Outlook.
CTRL+Shift+L	Add bullets to a selection when working in Outlook.
CTRL+Shift+LEFT ARROW	Select or unselect one word to the left of the cursor.
CTRL+Shift+M	Create a new Message or open an existing one when working in Outlook.
CTRL+Shift+N	Keys to create a new Note or open and existing Note when working in Outlook.
CTRL+Shift+O	Go to Outbox.
CTRL+Shift+P	Go to Find People command.
CTRL+Shift+Y	Copy an item.
CTRL+Shift+Z or CTRL+SPACEBAR	Clear formatting ona selected area.
CTRL+SPACEBAR	Select or unselect the active card.
CTRL+SPACEBAR	Select or unselect the active item.
CTRL+T	Increase indent on a selected block of text.
CTRL+TAB	Move to the next tab on a tabbed dialog box.
CTRL+TAB or CTRL+PAGE DOWN	Move to the next tab on a tabbed dialog box.
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CTRL+TAB or CTRL+Shift+TAB.	ok 97 Keyboard Shortcuts Select the next or previous toolbar.
CTRL+TAB or F6	Move between Calendar, TaskPad, and the Folder List when moving around in day/week/month view.
CTRL+UP ARROW	Move the insertion point to the previous card.
CTRL+UP ARROW or CTRL+DOWN ARROW	Go to the next or previous item without extending the selection.
CTRL+UP or HOME	Move to the beginning of a selected item when working in Print Preview.
CTRL+V or Shift+INSERT	Paste a copied item(s) from the Clipboard into a selected location (You also can choose Paste from the Edit menu.).
CTRL+X or Shift+DELETE	Copy and remove the selected item(s) from their original location to the Clipboard. (You also can choose the Cut command from the Edit menu.).
CTRL+Y	Display Go to Folder dialog box in order to find and open a specific folder.
CTRL+Z or ALT+BACKSPACE	Undo the last action; note: some actions, like Shutdown, cannot be undone (You also can choose Undo from the Edit menu.).
DOWN ARROW	Select the next card.
DOWN ARROW	Go to the next line in a multiline field in Outlook.
DOWN ARROW	Go to the item below when working in a Table.
DOWN ARROW	Select the next group when a group in a Table is selected.
DOWN ARROW	Select the next group in a Timeline.
DOWN ARROW	Select the next block of time when working in day/week/month view.
DOWN ARROW or UP ARROW (with the menu or submenu v	Select the next or previous command on the menu or submenu.
END	Go to the end of the entry when working in a text box.
END	Select the last card in a list.
END	Go to the end of a line.
END	Select the time that ends your work day when working in day/week/month view.
END	Go to the last day of the week when working in day/week/month view.
END	Go to the last item in a Table.
END	Select the last group in a Table is selected.
END	Select the last item on the timeline (if items are not grouped) or the last item in the group when workin in timeline.
END	Select the last group on the timeline when a group on the timeline is selected.
ENTER	Select an item.
ENTER	Perform the action assigned to a selected button in a dialog box.
ENTER	Move to the next field, or to add a line to a multiline field.
ENTER	Open a selected item in a table.
ENTER	Open selected items in a timeline.
ENTER	Perform the action assigned to a selected button on a toolbar.
ENTER	Open a selected menu on a toolbar.
ENTER	Enter text in a selected text box.
ENTER or LEFT ARROW	Collapse a selected group in a table.
ENTER or LEFT ARROW	Collapse a selected group in a timeline.
ENTER or RIGHT ARROW	Expand a selected group in a table.
ENTER or RIGHT ARROW	Expand a selected group in a timeline.
ESC	Cancel the current operation.
ESC	Close the visible menu; or, with a submenu visible, close the submenu only.
ESC	Cancel a command and close the dialog box.
ESC	Close an Office Assistant message or tip.
F1	Display Help or the Office Assistant.
F10	Activate, or select, the main toolbar beginning with the first toolbar option on the left, usually File; after the first option is activated you can navigate through toolbar and menu options using the appropriate

Microsoft Outloo	ok 97 Keyboard Shortcuts
	ARROW keys; press F10 or ALT again
F10.	Activate, or select, the main toolbar beginning with the first toolbar option on the left, usually File; after the first option is activated you can navigate through toolbar and menu options using the appropriate ARROW keys; press F10 or ALT again
F12	Display Save As dialog box (file menu).
F2	Activate editing in a field (except icon view field).
F2	Move to a field in the active card.
F2 or click the field	Display the insertion point in the active field in order to edit text.
F3, CTRL+Shift+F	Open the Find dialog box.
F4	Open the Find dialog box in Outlook.
F5	Refresh the current window (You also can choose Refresh from the View menu.).
F5	Update the files visible in the Open or Save As dialog box (File menu).
F6	Cycle through all the panes in the active window.
F6 or CTRL+Shift+TAB	Move between the Folder List and the information viewer to the right.
F6/Shift+F6	Move to the next or previous window.
F7	Display Spelling and Grammar dialog box (Tools Menu).
HOME	Move to the beginning of the current entry.
HOME	Select the first card in the list.
HOME	Move to the beginning of the current line.
HOME	
-	In day/week/month view, select the time that begins your work day.
HOME	In day/week/month view, go to the first day of the week.
HOME	Go to the first item.
HOME	Select the first group on a timeline with grouped items.
HOME	Select the first item on the timeline (if items are not grouped) or the first item in the group.
HOME or END	Select the first or last command on the menu or submenu.
LEFT ARROW	Select the closest card in the previous column.
LEFT ARROW	Move to the previous character in a field.
LEFT ARROW	Go to the previous day, when working in day/week/month/view.
LEFT ARROW	Select the previous item on the timeline.
LEFT ARROW	Move back in increments of time that are the same as those shown on the time scale, when a unit of time is selected on the time scale.
LEFT ARROW or RIGHT ARROW	With a menu open, select the menu to the left or right of the original, or, with a submenu visible, switch between the main menu and the submenu.
LEFT ARROW or RIGHT ARROW	Move one character to the left or right in a text box.
Letter key, where the letter is the same as the fi	Choose a selected menu, drop-down list, or dialog box option by typing the first letter in the option name.
PAGE DOWN	Select the first card on the next page.
PAGE DOWN	Move to the end of a multiline field.
PAGE DOWN	Select the block of time at the bottom of the screen when working in day/week/month view.
PAGE DOWN	Go to the item at the bottom of the screen, and then display another page of items when working in a Table.
PAGE DOWN	in a Timeline, display the items one screen below the items on the current screen.
PAGE DOWN or DOWN ARROW	In day/week/month view, go to the same day of the week in the next week (or 5 weeks ahead if viewing by month).
PAGE UP	Select the first card on the current page.
PAGE UP	Move to the beginning of a multiline field.
PAGE UP	In day/week/month view, select the block of time at the top of the screen.
PAGE UP	
	In a Table, go to the item at the top of the screen.
PAGE UP APPOW	In a Timeline, display the items one screen above the items on current screen.
PAGE UP or UP ARROW	In day/week/month view, go to the same day of the week in the previous week (or 5 weeks previous if

	viewing by month).
PLUS or MINUS SIGN on the numeric keypad	Xxpand/collapse a group (with a group selected).
PRTSCR	Copy an image of the screen to the Windows Clipboard.
RIGHT ARROW	Move to the next character in a field.
RIGHT ARROW	In day/week/month view, go to the next day.
RIGHT ARROW	When a group in a table is selected, select the first item on screen in an expanded group or the first item off screen to the right.
RIGHT ARROW	in a Timeline, select the next item.
RIGHT ARROW	When a unit of time on the time scale for days is selected, move forward in increments of time that are the same as those shown on the time scale.
RIGHT ARROW	Select the closest card in the next column.
Shift+ALT+ESC	Move to the next open window.
Shift+CTRL+F6	Move to the next/previous Outlook window.
Shift+CTRL+TAB	Move between toolbars.
Shift+DOWN ARROW	Extend the selection to the next card or to unselect cards before the starting point.
Shift+END	Select from the insertion point to the end of the text box entry.
Shift+END	Extend the selection to the last card in the list.
Shift+ENTER	Move to the previous field without leaving the active card.
Shift+F1	Display ScreenTip for the active item.
Shift+F10	Display a shortcut menu that shows a list of commands relevant to the selected object.
Shift+F3	Change the case of selected letters.
Shift+F4	Find the previous occurrence of the text specified in the Find or Replace dialog box when the dialog box is closed.
Shift+HOME	Select from the insertion point in the text box to the beginning of the text box entry.
Shift+HOME	Extend the selection to the first card in a list.
Shift+LEFT ARROW	Select or unselect one character to the left of the cursor's position.
Shift+LEFT ARROW or Shift+RIGHT ARROW	Select several adjacent items on a timeline.
Shift+left mouse button	Specify a Web browser.
Shift+LEFT, RIGHT, UP, or DOWN ARROW; or Shift+HOM	Change the duration of the selected block of time when working in day/week/month view.
Shift+PAGE DOWN	Extend the selection to the last card on the last page.
Shift+PAGE UP	Extend the selection to the first card on the previous page.
Shift+RIGHT ARROW	Select or unselect by one character to the right of the cursor's current position.
Shift+TAB	Move to the previous option or option group in a dialog box.
Shift+TAB	Move to the previous field and, from the first field of a card, move to the last field in the previous card
Shift+TAB	Select the previous appointment when working in the day/week/month view.
Shift+TAB	When a unit of time on the time scale for days is selected, select the upper time scale (when the low time scale is selected).
Shift+UP ARROW	Extend the selection to the previous card and unselect cards after the starting point.
Shift+UP ARROW or DOWN ARROW	Extend or reduce the selected time when working in the day/week/month view.
Shift+UP ARROW or Shift+DOWN ARROW	Extend or reduce the selected items by one item when working in a table.
SPACEBAR	Perform the action assigned to the active button, or select or clear the active check box in the dialog box.
SPACEBAR (when the menu bar is active)	when the menu bar is active, display the program Control menu.
TAB	Move to the next option or option group.
ТАВ	Select a field when moving between fields on a card.
TAB	Move to the next field and, from the last field of a card, move to the first field in the next card.

Microsoft Outloo	ok 97 Keyboard Shortcuts
ТАВ	Select the next appointment when working in day/week/month view.
ТАВ	Move from item to item when working in day/week/month view.
ТАВ	Select the lower time scale (when the upper time scale is selected) and a unit of time on the time scale for days in selected.
ТАВ	Select the first item on screen or the first group on screen if items are grouped (when the lower time scale is selected) and a unit of time on the time scale for days in selected.
TAB or Shift+TAB (when a toolbar is active).	When a toolbar is active, select the next or previous button or menu on the toolbar.
LETTER KEY, where you type one or more letters of	Select a specific card in the list.
UP ARROW	Select the previous card.
UP ARROW	Move to the previous line in a multiline field.
UP ARROW	Go to the item above current position when working in a table.
UP ARROW	When a group in a table is selected, select the previous group.
UP ARROW	When a group in a timeline is selected, select the previous group.
UP ARROW	Select the previous block of time when working in day/week/month view.
UP ARROW, DOWN ARROW, PAGE UP, or PAGE DOWN	Scroll through pages when working in Print Preview.
UP, DOWN, LEFT, OR RIGHT ARROW	Move from item to item when working in day/week/month view.
ALT+Shift+UP ARROW or DOWN ARROW, with the cursor	Change an appointment start or end time when working in day/week/month view.
ARROW KEY	Move between options in a selected drop-down menu or dialog box or between some options in a group of options.
ARROW KEY	Move between options in a selected drop-down menu or dialog box or between some options in a group of options; add ENTER to select an option.
CRTL+U	Underline the following text or to underline a selected section of text.
CTRL+ Shift+S	Post selected item to a designated folder.
CTRL+[	Decrease the font size of selected text by 1 point.
CTRL+]	Increase the font size of selected text by 1 point when working within a document.
CTRL+A	Select all items in an active folder when working in Windows Explorer-Tree View.
CTRL+A	Select All in a designated area or document.
CTRL+ALT+DELETE	Display the Close Program dialog box in order to close active programs, or to shut down the entire computer system.
CTRL+B	Apply or remove Bold formatting to selected text or document.
CTRL+C or CTRL+INSERT	Copy selected text or items to Windows Clipboard.
CTRL+D	Delete the current selection or item in Outlook.
CTRL+DOWN ARROW	Move to the next card while working in Outlook.
CTRL+DOWN or END	Move to the end of an item while in Print Preview.
CTRL+E	Center the paragraph in which the cursor is positioned within an Outlook document.
CTRL+END	Move to the last card in the list while working in Outlook.
CTRL+END	Display (without selecting) the last item on the timeline (if items are not grouped) or the last item in a group while working in Outlook.
CTRL+ENTER (except WordMail)	Send/post/invite all when working in Outlook.
CTRL+ESC	Display Windows Start menu.
CTRL+F	Forward a selected E-Mail itemwhile working in Outlook.
CTRL+F2	Display the Print Preview dialog box while working in Outlook.
CTRL+HOME	Go to the first card in a list when working in Outlook.
CTRL+HOME	Display (without selecting) the first item on the timeline (if items are not grouped) or the first item in the group when working in Timeline mode of Outlook.
CTRL+HOME or CTRL+END	Move every item in a selection to the top or bottom of a specified list.
CTRL+I	Apply or remove italic formatting to selected characters.

Microsoft Outlook 97 Keyboard Shortcuts	
CTRL+K (except in WordMail); ALT+K (WordMail only)	Check names.
CTRL+K (WordMail only)	Insert a hyperlink from a document to a specified Web page address.
CTRL+L	Align selected text to the left.
CTRL+LEFT ARROW	Go to the closest card in the previous column while working in Outlook.
CTRL+LEFT ARROW or CTRL+RIGHT ARROW	Move cursor's position one word to the left or right.
CTRL+LEFT ARROW+SPACEBAR or CTRL+RIGHT ARROW+SPACE	Select several nonadjacent items when navigating in Outlook Timeline.
CTRL+left mouse button	Edit the address of web page (URL) in a body of text.
CTRL+M, F5	Check for new E-Mail messages.
CTRL+N	Open a New Message dialog box in order to compose and send an E-Mail.
CTRL+P	Display the Print dialog box in order to print the active selection.
CTRL+PAGE DOWN	Move cursor's position to the first card on the next page when working in Outlook.
CTRL+PAGE UP	Go to the first card on the previous page.
CTRL+Q	Mark a selected item as read in Outlook.
CTRL+R	Reply to the active E-Mail.
CTRL+RIGHT ARROW	Go to the closest card in the next column in Outlook.
CTRL+S or Shift+F12	Save active element in Outlook.

Visit http://www.shortcutmania.com/ for more printable keyboard shortcuts