## [Worksheets](Worksheets.docx)

Sheets are the central structures within a [workbook](workbook.docx), and are where the user does most of their spreadsheet work. The most common type of [sheet](sheet.docx) is the [worksheet](worksheet.docx), which is represented as a grid of cells. Worksheet cells can contain text, numbers, dates, and formulas. Cells can be formatted as well. Sheets often have Workbooks usually contain more than one sheet. To aid in the analysis of data and making informed decisions, spreadsheet applications often implement features and objects which help calculate, sort, [filter](filter.docx), organize, and graphically display information. Since these features are often connected very tightly with the spreadsheet grid, these are also included in the [sheet](sheet.docx) definition on disk.

Other types of [sheets](sheets.docx) include chart [sheets](sheets.docx) and dialog sheets.

Note that [sheet](sheet.docx) information is organized into three [main](main.docx) sections:

* Top-level [sheet](sheet.docx) properties (everything before [sheetData](sheetData.docx))
* The [cell](cell.docx) [table](table.docx) ([sheetData](sheetData.docx))
* Supporting [sheet](sheet.docx) features (everything after [sheetData](sheetData.docx))