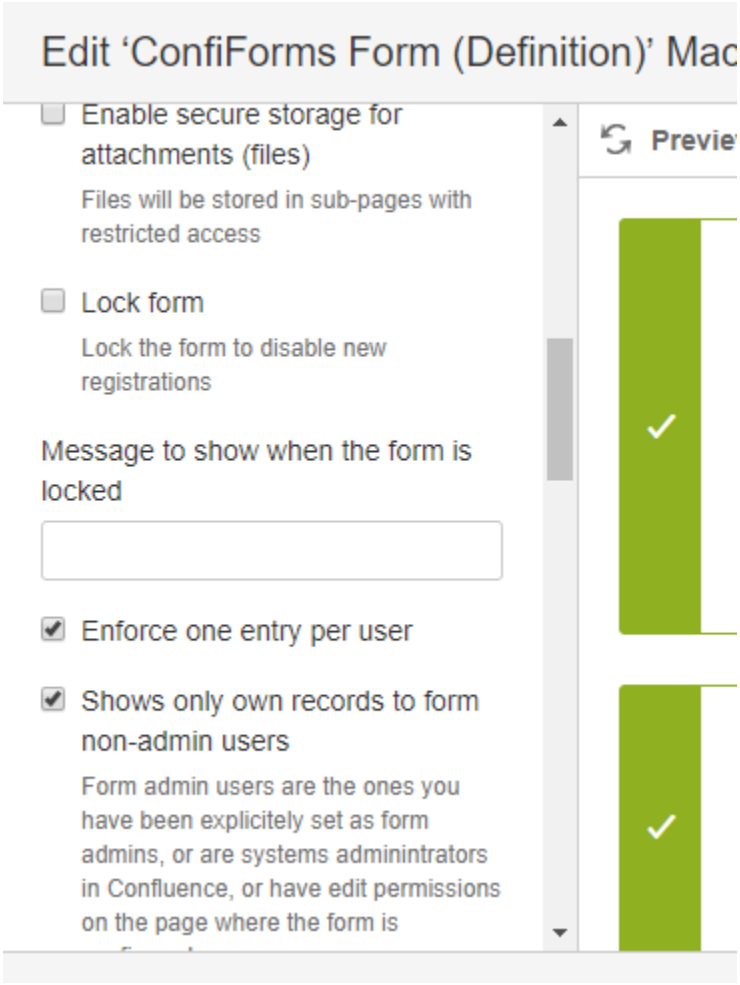
How to setup a rule to allow only one record per user per form

The screeshot below shows how to setup the form to allow only one record per user (registered user) and how to set it up to allow access to only OWN record



The form

Register

Table view to show the stored data (will show only own data to normal useds and everything to form administrators)