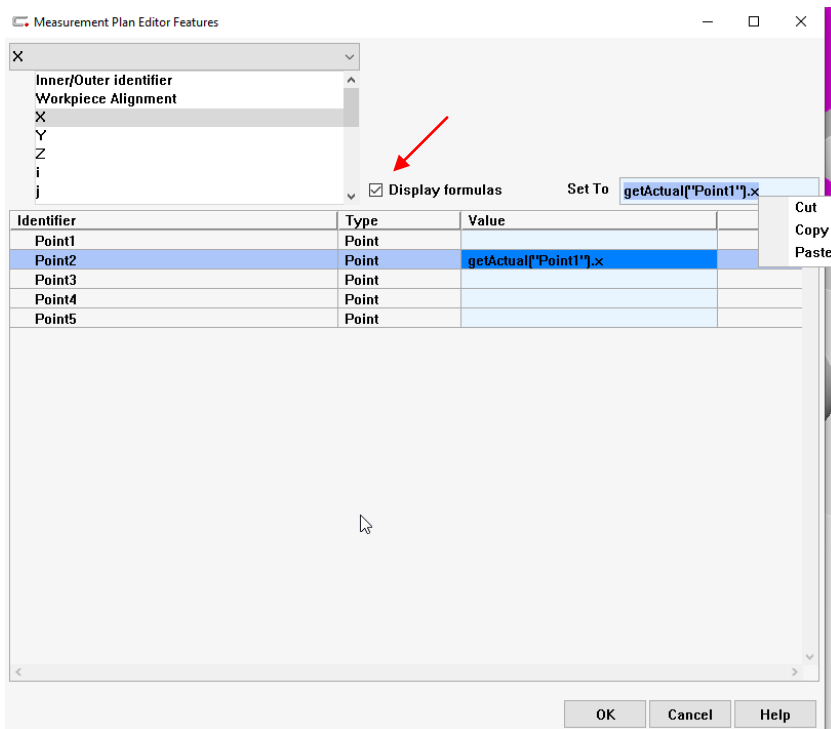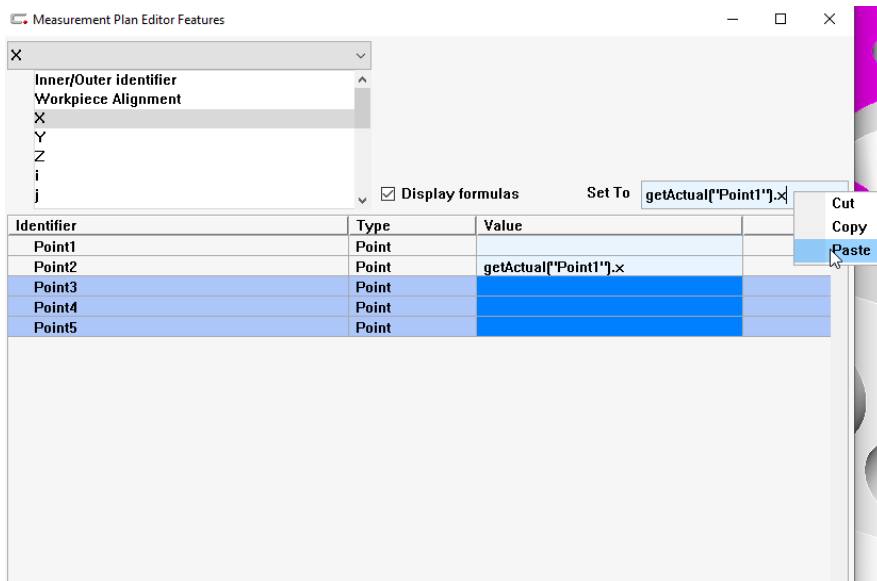Copy the formula out of Point 2 from <Set To> field
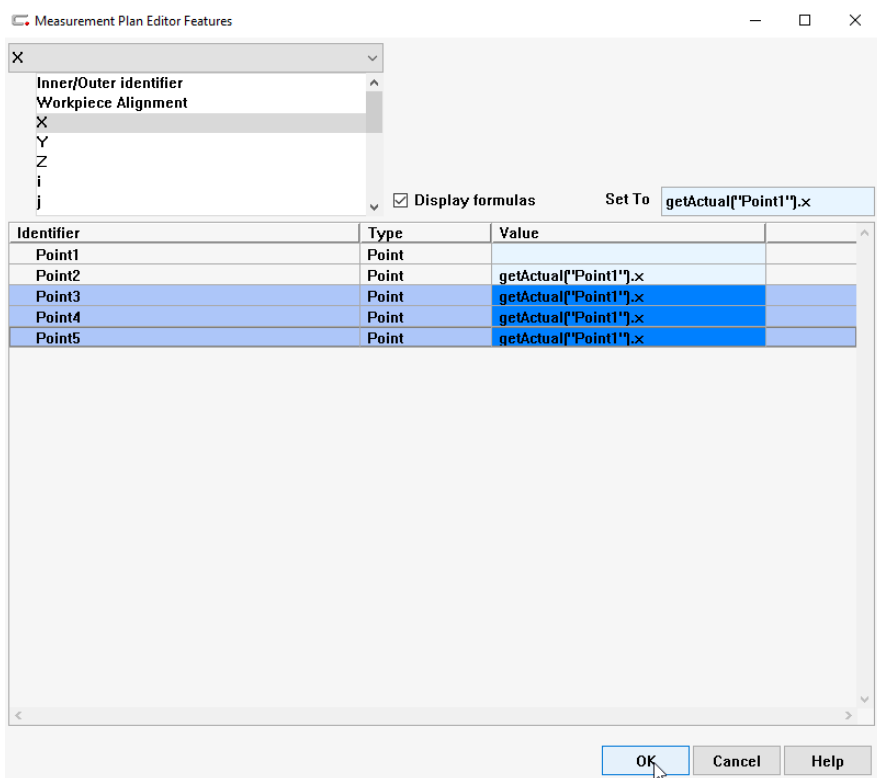

Then select the features where the formula has to go and paste the formula

In the <Set To> field !

Hit <Return> after <paste> will bring the formula in the selected features

The same you can do with Y