To use the data validation capability:
Here is a cell with data validation used and the warning if you type a value outside the set limits.

Select the cell where you want to limit the inputs. Then go to Data and select Validation...

This menu with three tabs will appear. Select Decimal from the list on the Allow drop down menu. Set your limits, and then click on the Input Message tab.

Developer's Guide to Excel's/Sinex
A new menu will appear.

Type in the information you want in the boxes.

This is the information that will appear when you click on the cell to enter data. It will stay on the screen until you click on another cell.

Now click on the Error Alert tab.

Type in the information you want in the boxes.

This is what you see if you go outside the limits set.

Click the OK button when completed.

Developer’s Guide to Excelets/Sinex