**Step 1: Install Java**

JMeter is a Java-based application, so you need to have Java installed on your system.

1. **Download Java**:
   * Visit the Oracle Java SE Downloads page.
   * Download the latest Java SE Development Kit (JDK) suitable for your operating system.
2. **Install Java**:
   * Follow the installation instructions provided on the Oracle website to install Java on your system.
3. **Verify Java Installation**:
   * Open a command prompt or terminal.
   * Type java -version and press Enter.
   * You should see the installed Java version details.

**Step 2: Download and Install JMeter**

1. **Download JMeter**:
   * Visit the Apache JMeter download page.
   * Download the latest version of JMeter (ZIP file).
2. **Extract JMeter**:
   * Extract the downloaded ZIP file to a directory of your choice.

**Step 3: Launch JMeter**

1. **Navigate to JMeter Directory**:
   * Open the directory where you extracted JMeter.
   * Go to the bin folder.
2. **Run JMeter**:
   * **Windows**: Double-click jmeter.bat.
   * **Mac/Linux**: Open a terminal, navigate to the bin folder, and run ./jmeter.sh.

**Step 4: Create Your First Test Plan**

1. **Open JMeter**: Once JMeter is running, you'll see the JMeter GUI.
2. **Add a Test Plan**:
   * Right-click on Test Plan in the left pane.
   * Select Add -> Threads (Users) -> Thread Group.
3. **Configure Thread Group**:
   * Name: My First Test
   * Number of Threads (users): 1
   * Ramp-Up Period (seconds): 1
   * Loop Count: 1

**Step 5: Add an HTTP Request Sampler**

1. **Add HTTP Request**:
   * Right-click on Thread Group.
   * Select Add -> Sampler -> HTTP Request.
2. **Configure HTTP Request**:
   * Name: Sample API Request
   * Server Name or IP: api.example.com (replace with your API server)
   * Path: /endpoint (replace with your API endpoint)
   * Method: GET (or the appropriate HTTP method)

**Step 6: Add a Listener**

1. **Add a Listener to View Results**:
   * Right-click on HTTP Request.
   * Select Add -> Listener -> View Results Tree.

**Step 7: Run Your Test**

1. **Save the Test Plan**:
   * Go to File -> Save Test Plan As....
   * Save your test plan with a suitable name.
2. **Run the Test Plan**:
   * Click the green Start button in the toolbar to execute the test plan.
3. **View Results**:
   * Click on View Results Tree in the left pane to see the results of your test.