

## Step 1: Install Jupyter Notebook

If you haven't installed Jupyter Notebook on your system, you can do so via pip. Open your terminal or command prompt and type:

```
pip install notebook
```

## Step 2: Download the Practical

To download today's practical, use the commandline to clone the following repository.

```
git clone https://github.com/TomMaullin/crtoolbox_demo.git
```

Once the repository is cloned, navigate to the `crtoolbox_demo` folder.

```
cd crtoolbox_demo
```

## Step 3: Run the Jupyter Notebook

Launch Jupyter Notebook by typing the following command in your terminal:

```
jupyter notebook CR_Tutorial_OHBM23.ipynb &
```

This will start the Jupyter Notebook server and open your web browser. If your web browser does not automatically open, the terminal will display the URL of the Jupyter Notebook server, usually something like `http://localhost:8888`. In a browser, navigate to the link shown.

Alternatively, if you use a text editor which supports upyter, such as VScode, you may run the practical through this.