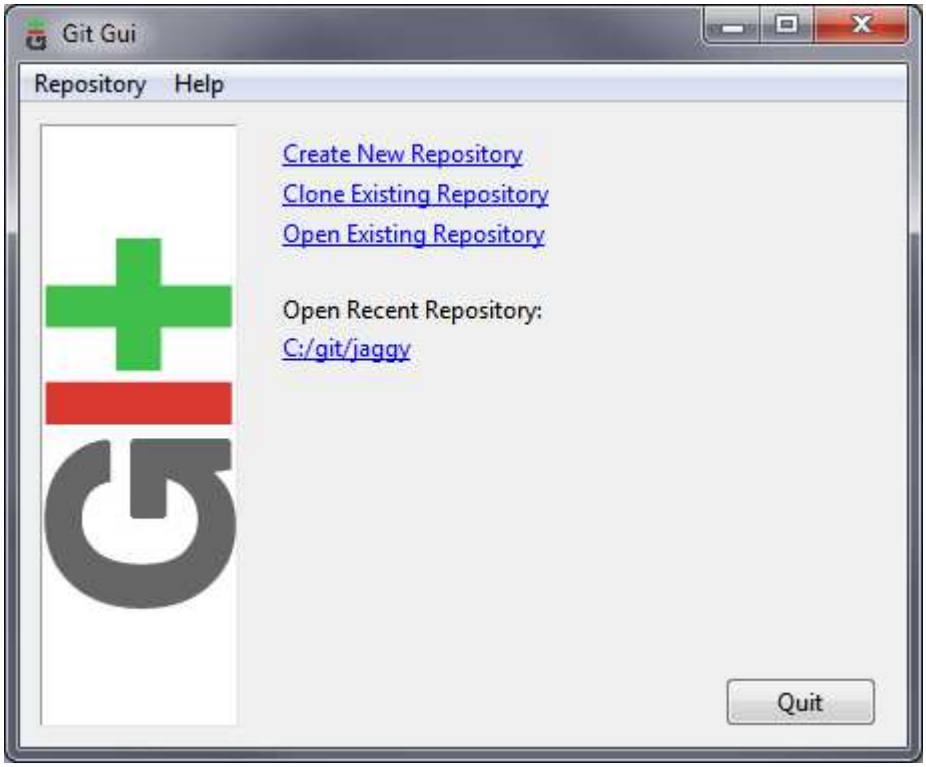
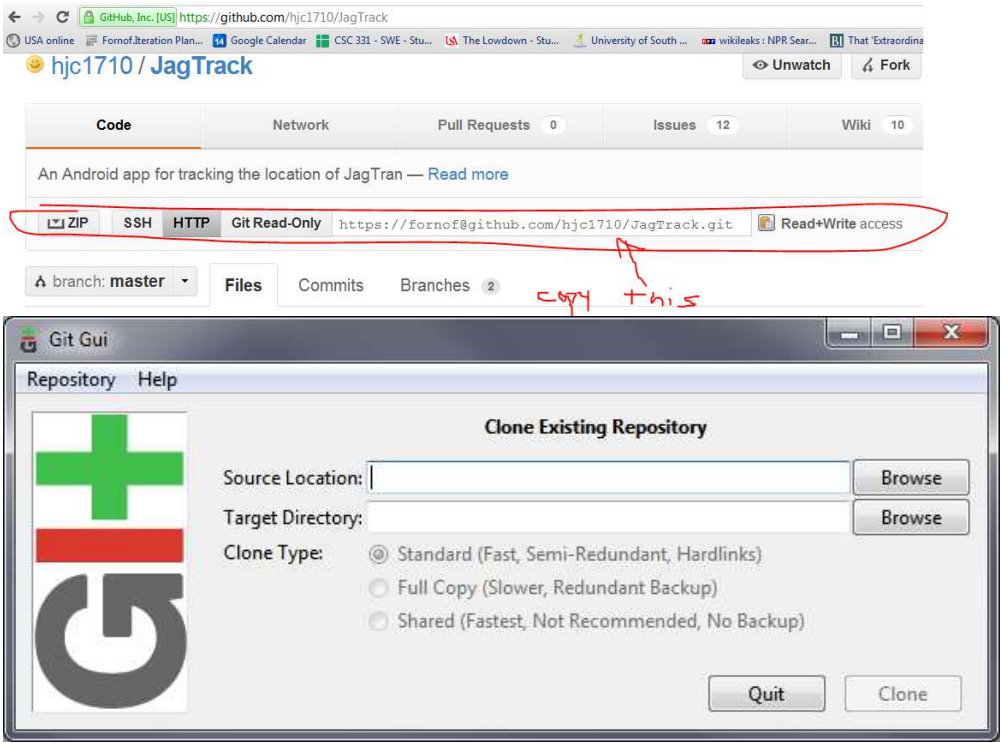
I'm using git-GUI.

Steps on Windows 7:

1. Install Git-GUI & msysgit : http://code.google.com/p/msysgit/downloads/list
2. Click on **Git-GUI** *(default location is either in the start menu under "git")* and an option screen will display:
3. Click "**Clone Existing Repository**" – this will sync a repository somewhere else with the repository on your local machine.



4. Type in the source location from github into the "**Source Location** on the GitGui. Use c:\git\jagtrack for the target directory:

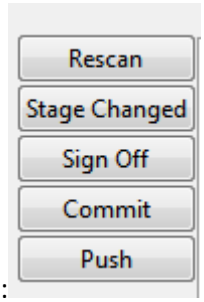


5. The program should sync.

6. In the **Repository menu**, click "**Explore Working Copy**" or browse with windows explorer to your target directory ("***c:\git\jagtrack***")

7. change a file in the target directory (perhaps add a test.txt somewhere)

8. click the following sequence:



   a. Rescan
   b. Stage Changed,
   c. (sign on - if needed)
   d. commit – with an appropriate message in the white space to the right
      i. *Note: this will change the local copy of the source.*
   e. Push – default settings are fine
      i. *Note: Push will sync the local copy with the main branch*