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1. Create a Test Plan in JMeter.

2. Add a Thread Group to the Test Plan and configure it with the desired number of threads, ramp-up time, and loop count.

3. Add an If Controller or While Controller to the Thread Group.

4. Add one or more samplers to the If Controller or While Controller.

5. Configure each sampler with a unique request or action to perform.

To demonstrate the While Controller in JMeter, we can create a scenario where the While Controller executes a sampler multiple times until a specific condition is met.