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1. Install and configure JMeter on your machine.

2. Create a new Test Plan in JMeter.

3. Add a Thread Group to the Test Plan.

4. Add a HTTP Request Sampler to the Thread Group.

5. Configure the HTTP Request Sampler to use a website URL that returns data.

6. Add a Constant Timer to the HTTP Request Sampler.

7. Configure the Constant Timer to add a fixed delay between each request.

8. Add a Gaussian Timer to the HTTP Request Sampler.

9. Configure the Gaussian Timer to add a random delay based on a normal distribution.

10. Add a Poisson Timer to the HTTP Request Sampler.

11. Configure the Poisson Timer to add a random delay based on a Poisson distribution.

12. Run the Test Plan and observe the results.