7.

1. Open JMeter and create a new Test Plan.

2. Add a Thread Group to the Test Plan.

3. Add a JUnit Request Sampler to the Thread Group.

4. Configure the JUnit Request Sampler with the necessary details such as the name of the test class and method to be executed.

5. Add a Listener to the Thread Group to view the results of the JUnit Request Sampler.

6. Save the Test Plan.

7. Run the Test Plan to execute the JUnit sampler script.