

Getting Updates:

```
git pull
```

May have to update fork on GitHub if this doesn't work then try again

First Time:

```
git add --all
```

```
git commit -m "message about what you did"
```

```
git push
```

Enter your git hub user name

Enter the Personal Access Token that you created (the characters will not show up as you type but they are being entered)

Every other time:

```
git add --all
```

```
git commit -m "message about what you did"
```

```
git push
```