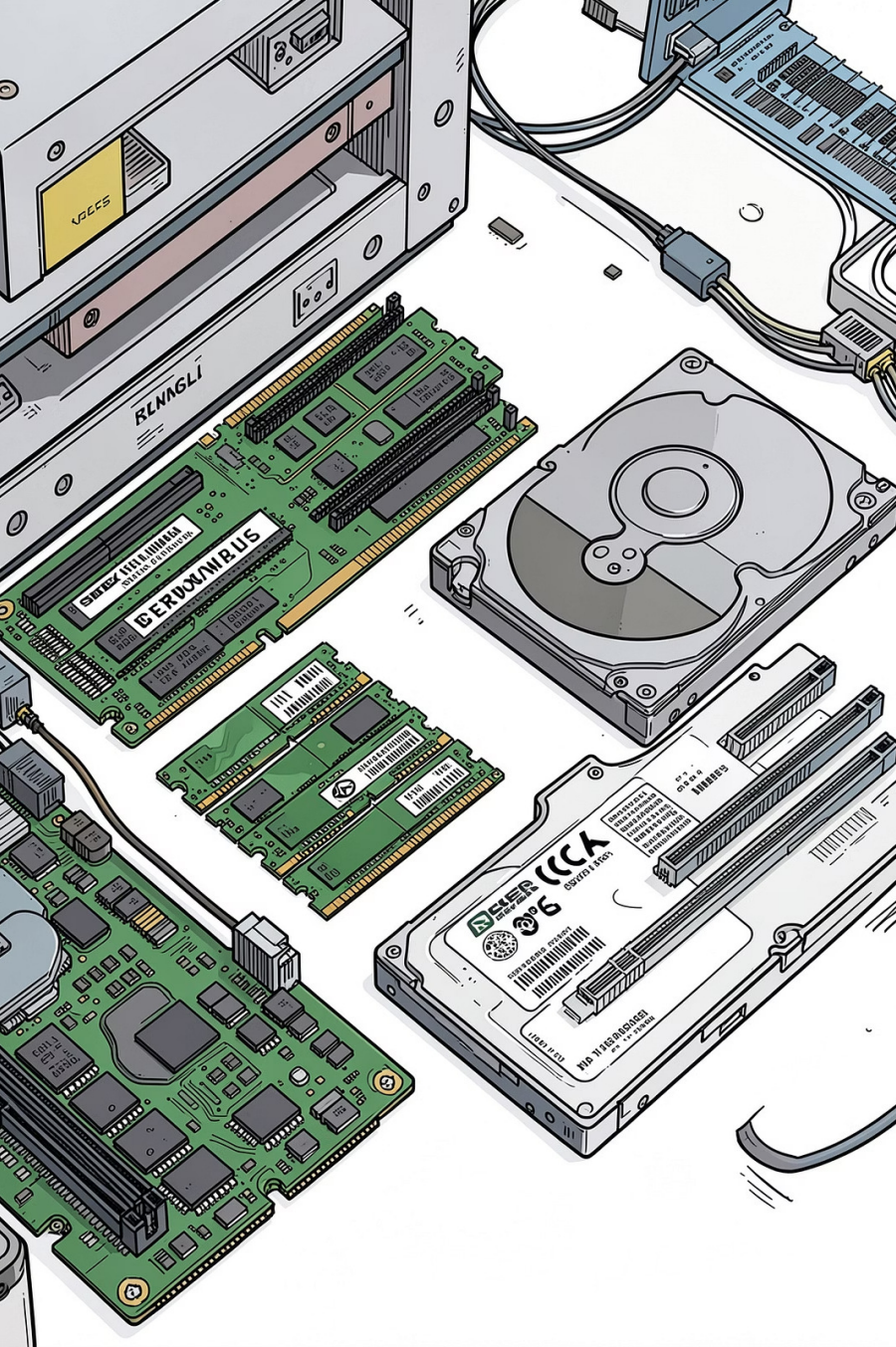


Installing Windows 7 on VMware Workstation

A step-by-step guide to creating a virtual machine and installing Windows 7 using VMware Workstation. By the end of this activity, students will be able to create a virtual machine, install Windows 7, and configure basic Windows 7 settings after installation.





Requirements

Before you begin, prepare the following:

VMware Software

VMware Workstation Pro or Player must be installed on your host machine before starting.

Windows 7 ISO

Obtain a Windows 7 ISO file (e.g., `Windows7_x64.iso`) for the installation media.

RAM

At least 4 GB RAM (8 GB recommended) on your host machine.

Disk Space

At least 40 GB of free disk space available on your host machine.

Steps 1–2: Launch VMware & Create a New VM

Step 1: Open VMware Workstation

1. Click **Start**
2. Search for **VMware Workstation**
3. Open the application

You will see the VMware home screen.

Step 2: Create a New Virtual Machine

On the VMware home screen, click **Create a New Virtual Machine**. When prompted to choose a setup type, select **Typical (recommended)** and click **Next**.



Steps 3–4: Select ISO & Enter Windows Info

Step 3: Select Installation Media

Choose **Installer disc image file (ISO)**, then click **Browse** to locate your Windows 7 ISO file (e.g., Windows7_x64.iso). Click **Open**, then **Next**.

Step 4: Enter Windows Information

Fill in the following fields:

- **Product Key** (optional — leave blank if you don't have one)
- **Windows Version**
- **Full Name**
- **Password** (optional)

Click **Next** when finished.

Steps 5–6: Name the VM & Set Disk Capacity

Step 5: Name the Virtual Machine

Enter a name for your virtual machine (e.g., **Windows 7 Lab**). Choose the folder location where the VM files will be saved, then click **Next**.

Step 6: Specify Disk Capacity

Recommended settings:

- **Maximum disk size:** 40 GB
- **Store virtual disk as a single file** (recommended)

Click **Next** to continue.

Step 7: Customize Hardware

Click **Customize Hardware** to configure your VM's resources. Use the recommended settings below, then click **Close** and **Finish**.

Hardware	Recommended Setting
Memory	2048 MB (2 GB) or 4096 MB (4 GB)
Processors	2
Hard Disk	40 GB
Network Adapter	NAT
USB Controller	Enabled
Sound Card	Enabled

Step 8: Power On the Virtual Machine

Click **Power on this virtual machine**. VMware will boot using the Windows 7 ISO, and the Windows Setup screen will appear.

1

Select Language

Choose your language, time, and keyboard preferences.

2

Install Now

Click **Install Now** to begin.

3

Accept License

Accept the license terms and click **Next**.

4

Custom Install

Select **Custom (advanced)**.

5

Next

Click **Next** to proceed.

Windows will begin installing. This process may take several minutes. The virtual machine may restart automatically.

Step 9: Complete Windows 7 Setup

After installation, complete the Windows 7 setup by configuring the following:

User Account

Enter a username and computer name.

Password

Set a password (optional).

Product Key

Enter your product key or skip.

Update Settings

Select **Ask me later**.

Time Zone

Set your time zone.

Network

Select **Public network**.

Windows 7 will finalize the setup and display the desktop.

Step 10: Install VMware Tools

VMware Tools improves performance and enables features like screen resizing and shared clipboard.

01

Click VM → Install VMware Tools

02

**Open the CD/DVD drive in
Windows**

03

Run setup.exe

04

Click Next until installation finishes

05

Restart the virtual machine

Expected Output & Activity Outcome

When completed successfully, you should see:

- A running Windows 7 virtual machine
- Proper screen resolution
- Working network connection
- Functional USB and audio (if enabled)

Students should be able to:

- Create a virtual machine using VMware Workstation
- Install Windows 7 on a virtual machine
- Configure basic Windows 7 settings after installation

📌 **Troubleshooting Tips:** If Windows setup does not start, verify the ISO is correctly loaded. If the VM is slow, increase RAM allocation. If there is no internet, ensure the network adapter is set to NAT.