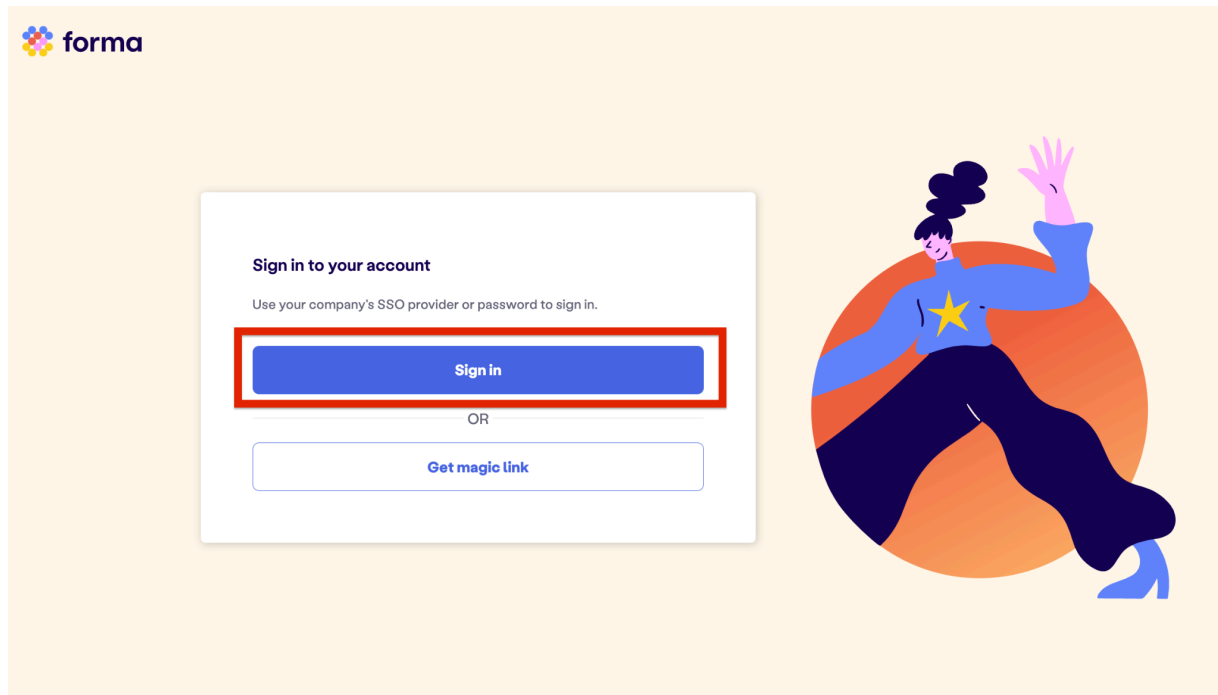# How to set your password for the first time

First, navigate to https://client.joinforma.com/login and click on "**Sign In**"


Next, enter in the email associated with your Forma account. If you have a Toyoda work email, use your work email, if not, please use the email that is in your ADP account.
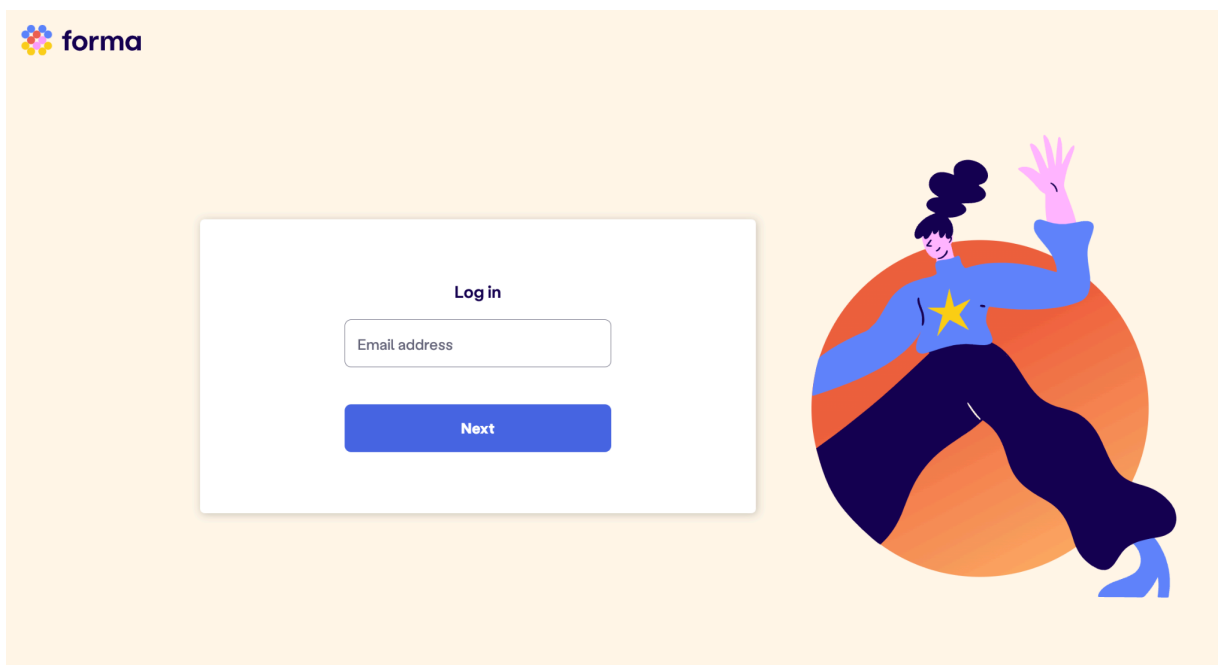
On the next screen, you will be prompted to enter your password. Please click "**Reset it here"** and enter your email (the same one you have been using throughout this process) and hit "**Reset"**
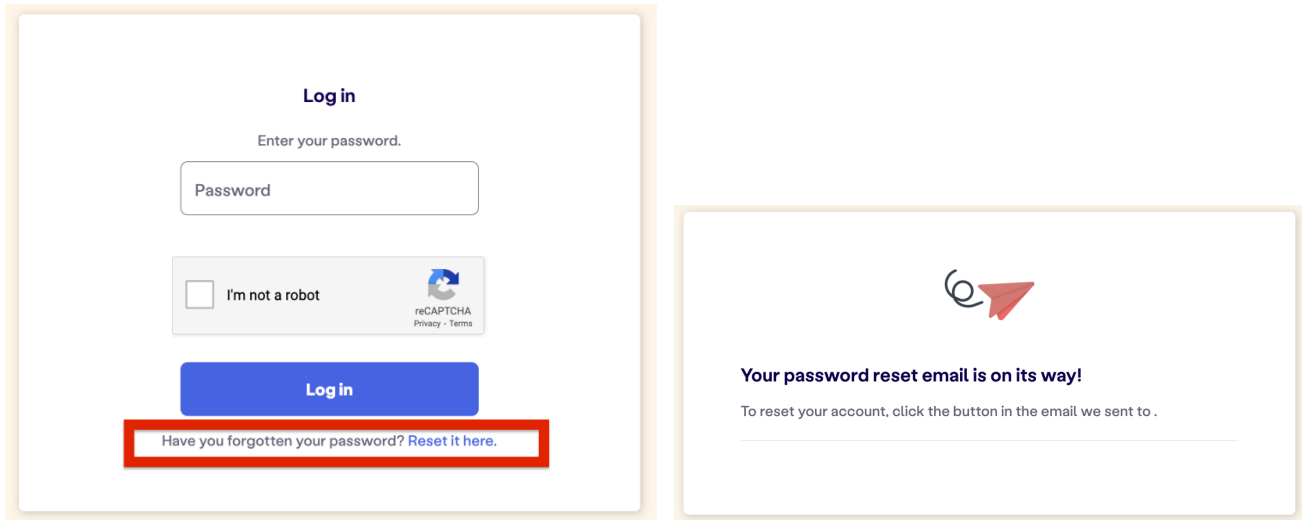
You will receive an email to reset your password. Click the link in the email to set a new password.
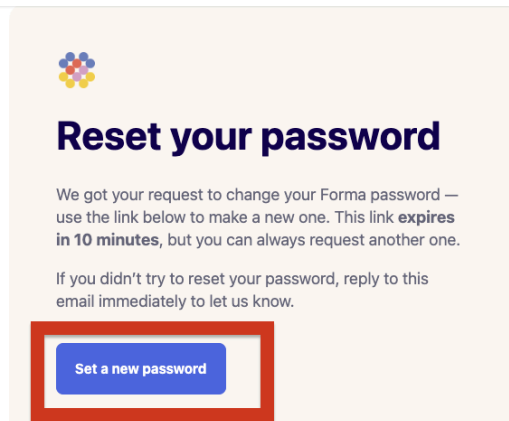
You will now have the opportunity to set your password. Please follow the guidelines to set a secure password, it has to be at least 12 characters. Once you have confirmed the password, you can use your email and password combination to login.