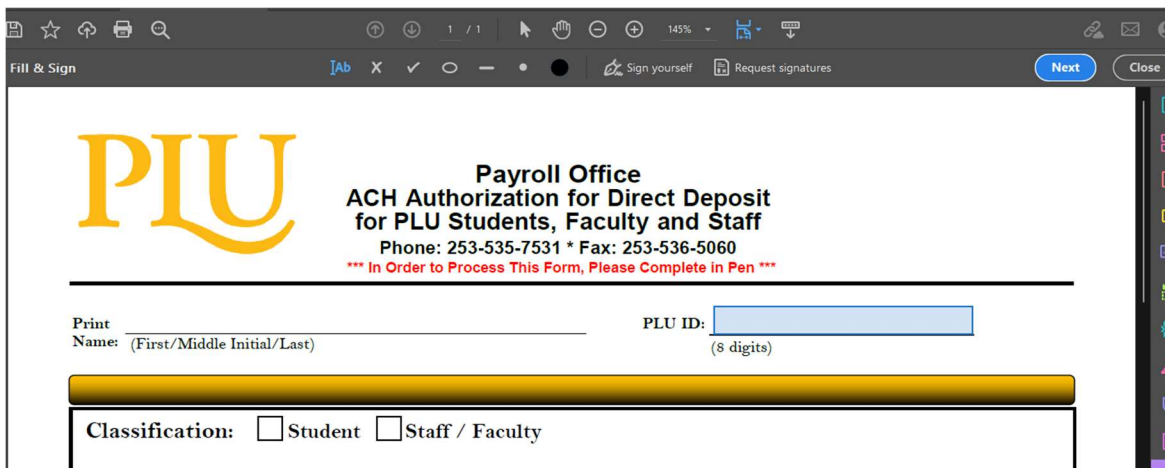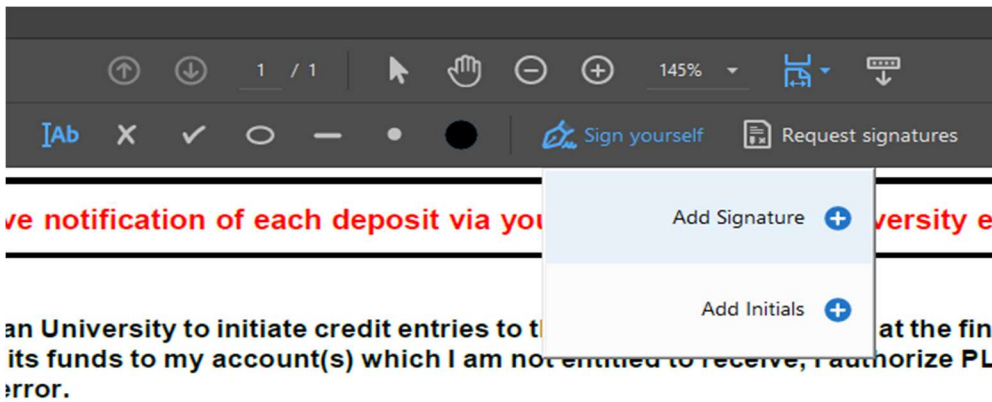If form can be opened in Adobe Acrobat Reader (free version ok) -> Click on the Sign Document Button to open the editor

Once Fill & Sign is open you can edit the text color to black and hover over the areas you need to fill. They should turn blue, this means you can type in that area. You can also click anywhere to create your own textbox.

To sign the form, go to the "Sign Yourself" option and hit add signature. A box will pop up to Select how to sign, choose "Draw" to hand sign your signature. Hit "Apply" once signed. You will now be able to place you signature on the signature line as a text box. Once done hit the "Close" button on the Fill & Sign line. Use File > Save As to save the completed version as a new pdf.