To start, click on your profile in the upper right corner in Gmail.

Then select Manage Your Google Account.
Once you are on the Account Management Screen, there are two ways to get to the 2-factor set up. First you may see this option on the screen. This will take you directly to the 2 factor set up. Follow the prompts to set it up and choose the text messaging option.

If you do not see this prompt, click on Security in the upper left menu.
Then Find the section pictured below. You may have to scroll down to find it. Once you find it click on the bar circled below.

Then Click on the Getting Started button and follow the prompts. The best option to choose is using text messaging for authentication.