Title: TEMPLATE (The title of your groundbreaking research paper)

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Author Contributions: FA conceived of the study, conducted the analyses, and wrote the original, and revised drafts of the manuscript. SA, and TA, helped with the draft manuscript and revisions and supplied guidance to FA. TA provided the data for the case study, contributed to the revisions, and assisted with the analysis of the case study data.

Data Availability: The data and code that support the findings of this study are openly available on Zenodo / GitHub at https://link_to_archived_release_or_GitHub.com.

If I was publishing this as an HTML document and wanted the link to be pretty versus human readable, I would use this format instead

Conflict of Interest statement

No conflicts of interest

Acknowledgements: We would like to thank a whole bunch of people.

Abstract

1. Ecologists often have lots of questions about lots of stuff
2. We evaluated a bunch of things using sophisticated methods and carried out complicated statistical tests
3. We discovered a bunch of things that we didn't already know but suspected
4. Our research has greatly advanced out knowledge about stuff and will make a significant contribution to something and someone

Key-words: stuff, something

Introduction

And example of adding citations in RMarkdown…

Ecologists have long recognized that some combinations of species are regularly found together, while other combinations occur infrequently (Elton 1946; Cole 1949).

The above format wraps the citation in brackets but if you want to reference the authors by name instead of just as a citation you can use this format instead (i.e., no square brackets around the cite key)

Cole (1949) and Elton (1946) both found that blah blah blah

Methods

To evaluate the …

As with Pielou's Evenness (Pielou & Pielou 1967), Shannon's diversity index (Shannon 1948)(H) is normally calculated from species abundance values; however, for our purposes it is calculated from the column totals (species richness per sample) using the following equation…

$$H_x = -S[P(i_x) \times ln(P(i_x))]$$

where x denotes which set of values we are using to calculate the index (observed, minimal or maximal), and $P(i_x)$ is the proportion of species that occur in each sample (i).

The above demonstrates both "inline" and "display" math formats. If you look at the Source version you will see that it is simply the number of $ symbols before and after that differentiates between the two. An excellent (and simple) guide on inserting math into your R Markdown documents can be found here:
https://rpruim.github.io/s341/S19/from-class/MathinRmd.html

Statistical analyses were carried out in R 3.4.0 (R Core Team 2017). All code along with the simulation algorithms used are available on Zenodo / GitHub https://link_to_archived_release_or_GitHub.com.

Results

Discussion

References

Cole, L.C. (1949). The measurement of interspecific association. *Ecology*, 30, 411.

Elton, C. (1946). Competition and the structure of ecological communities. *The Journal of Animal Ecology*, 15, 54.

Pielou, D.P. & Pielou, E.C. (1967). The detection of different degrees of coexistence. *Journal of Theoretical Biology*, 16, 427–437.

Shannon, C.E. (1948). A Mathematical Theory of Communication. *Bell System Technical Journal*, 27, 379–423.

Tables

Table 1. Mean body mass of penguins on different islands over time.

Note: for the word version the `kable` does not output correctly. You could try using `flextable` package instead: https://taehoonh.me/content/post/alternative-to-kable-function-when-knitting-to-ms-word.html

Figure Captions

Figure 1. Pretty coloured dots about penguins

Figure 2. Wow, even prettier plot about penguins that shows stuff

Figures

Figure 1.

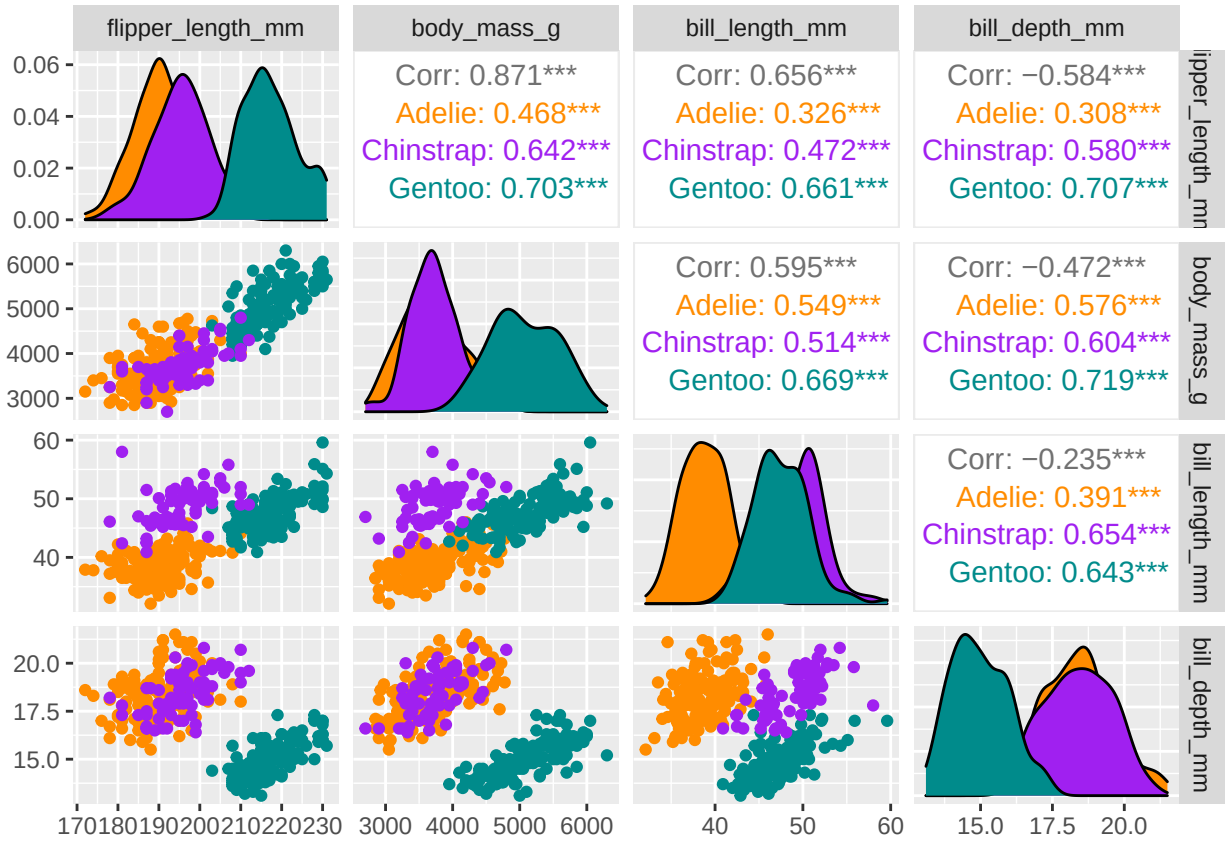
flipper_length_mm
body_mass_g
bill_length_mm
bill_depth_mm
Corr: 0.871***
Adelie: 0.468***
Chinstrap: 0.642***
Gentoo: 0.703***
Corr: 0.656***
Adelie: 0.326***
Chinstrap: 0.472***
Gentoo: 0.661***
Corr: −0.584***
Adelie: 0.308***
Chinstrap: 0.580***
Gentoo: 0.707***
Corr: 0.595***
Adelie: 0.549***
Chinstrap: 0.514***
Gentoo: 0.669***
Corr: −0.472***
Adelie: 0.576***
Chinstrap: 0.604***
Gentoo: 0.719***
Corr: −0.235***
Adelie: 0.391***
Chinstrap: 0.654***
Gentoo: 0.643***
flipper_length_mm
body_mass_g
bill_length_mm
bill_depth_mm
0.06
0.04
0.02
0.00
6000
5000
4000
3000
60
50
40
20.0
17.5
15.0
170 180 190 200 210 220 230
3000 4000 5000 6000
40 50 60
15.0 17.5 20.0

Figure 2.

63 Figure 3.

Appendices