Header 1

Header 2

Header 3

Header 4

Header 5

It would be really helpful to include a link to a markdown cheat sheet. This is a good example of where to get a good rundown of basic markdown.

> We can place block quotes this way It's quite lovely

`We can also block out code segments.`

```
x <- rnorm(100)
hist(x)
```

If we want to make a table

Column 1	Column 2
r1, c1	r1, c2
r2, c1	r2, c2

The   makes a non breaking space that is useful for putting in white space.

We write *italic* text this way.

And we can make **bold** text this way

Lists are simple

- Item
- Item
- Item

Ordered lists are easy too

1. Item 1
2. Item 2
3. Item 3