\*Markdown is a language that formats your text into headers spacings etc, like what word does but using code

\*headers = # <your text> (this will create the largest header the more Asterix you place the smaller the header, so a sub header would be ##)

\*md files are used as README files in github

\*Here is a cheat sheet for codes in md

<https://github.com/adam-p/markdown-here/wiki/Markdown-Cheatsheet>