## FitnessReport

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## R Markdown

This is an R Markdown document. Markdown is a simple formatting syntax for authoring HTML, PDF, and MS Word documents. For more details on using R Markdown see http://rmarkdown.rstudio.com.

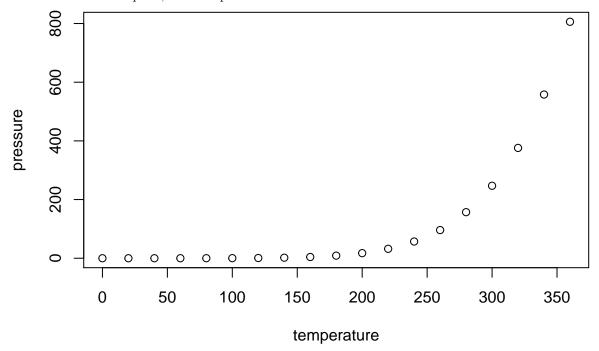
When you click the **Knit** button a document will be generated that includes both content as well as the output of any embedded R code chunks within the document. You can embed an R code chunk like this:

## summary(cars)

```
##
        speed
                          dist
                               2.00
##
    Min.
            : 4.0
                    Min.
                    1st Qu.: 26.00
##
    1st Qu.:12.0
    Median:15.0
                    Median: 36.00
##
                            : 42.98
##
    Mean
            :15.4
                    Mean
##
    3rd Qu.:19.0
                    3rd Qu.: 56.00
            :25.0
                            :120.00
##
    Max.
                    Max.
```

## **Including Plots**

You can also embed plots, for example:



Note that the echo = FALSE parameter was added to the code chunk to prevent printing of the R code that generated the plot.