

general report

a sport nutrition template

TT, TONICO TRAINING

Tonico Training

Contents

1	Section 1	1
1.1	R Markdown	1
1.2	Including Plots	1
1.3	A few extra	1

1. Section 1

1.1. 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
## Min.   : 4.0    Min.   : 2.00
## 1st Qu.:12.0    1st Qu.: 26.00
## Median :15.0    Median : 36.00
## Mean   :15.4    Mean   : 42.98
## 3rd Qu.:19.0    3rd Qu.: 56.00
## Max.   :25.0    Max.   :120.00
```

1.2. Including Plots

You can also embed plots with reference and caption as in Fig. 1.

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

1.3. A few extra

`\majorstylecolor{Text with same color as main title}` `\urlstylecolor{Text with same color as url}`
`\sectionstylecolor{Text with same color as section title}` `\keyword{To put some word in darkred}`
`\advert{To put some words in orange and italic}`

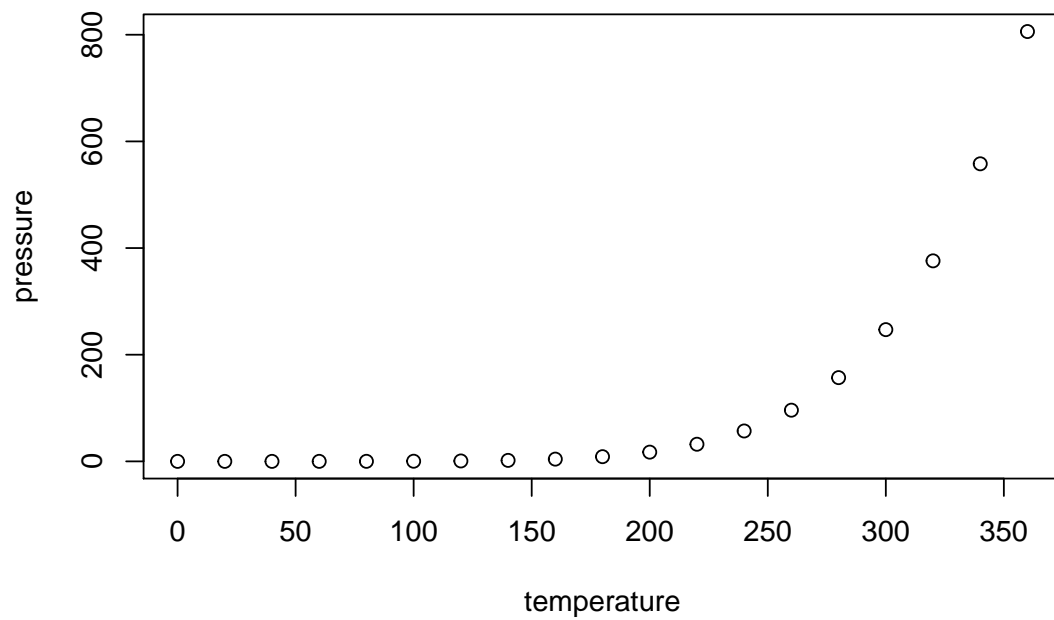


Figure 1: Pressure of cars