



# general report

a sport nutrition template

TT, TONICO TRAINING



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## 1. Section 1

### 1.1. General Advices to client: NA

### 1.2. Goal:

NA

### 1.3. Remeber:

NA

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
```

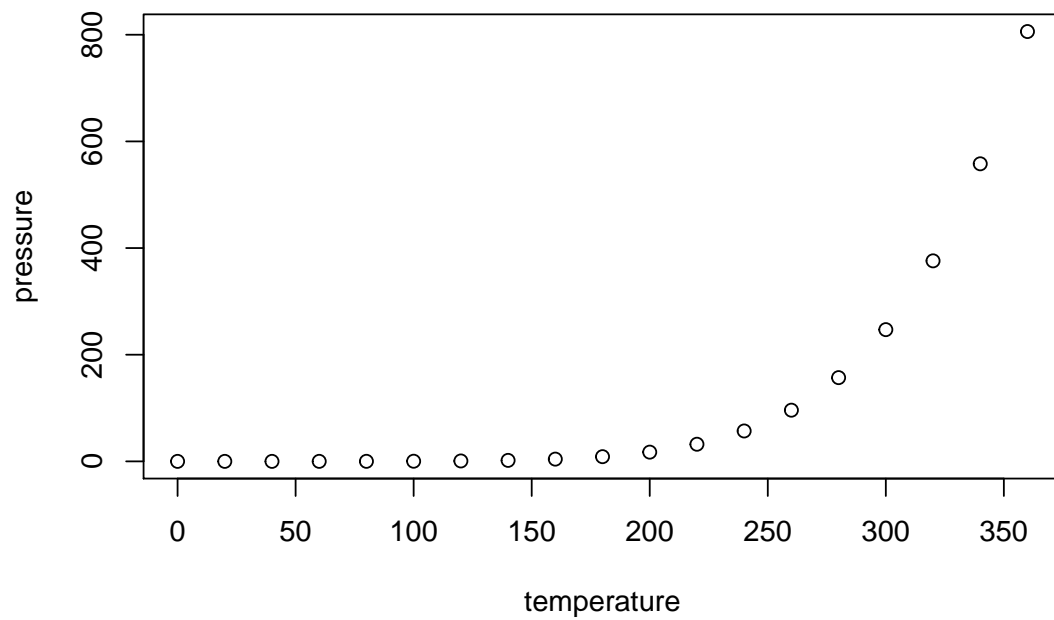
### 1.4. Including Plots

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.

### 1.5. 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