## Progress Report

Samuel J. Frost

 ${\it Abstract} {\it --} {\it Abstract}. \ {\it Certainly!} \ {\it Here's a suggestion for how to being your PhD progress report.}$ 

## I. INTRODUCTION

simple as



Figure 1. wow he's literally me remember equations are part of sentences; don't forget  $% \left( 1\right) =\left( 1\right) \left( 1\right) \left$ 

 $\label{eq:iii} \mbox{II. Some examples to get started} \mbox{ balh baljh hanak}$ 

A. How to create Sections and Subsections