# Habits

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#### GitHub Documents

This is an R Markdown format used for publishing markdown documents to GitHub. When you click the **Knit** button all R code chunks are run and a markdown file (.md) suitable for publishing to GitHub is generated.

## **Including Code**

asdfasdf You can include R code in the document as follows:

#### summary(cars)

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

## **Including Plots**

You can also embed plots, for example:



Note that the  $\mbox{echo}$  = FALSE parameter was added to the code chunk to prevent printing of the R code that generated the plot.