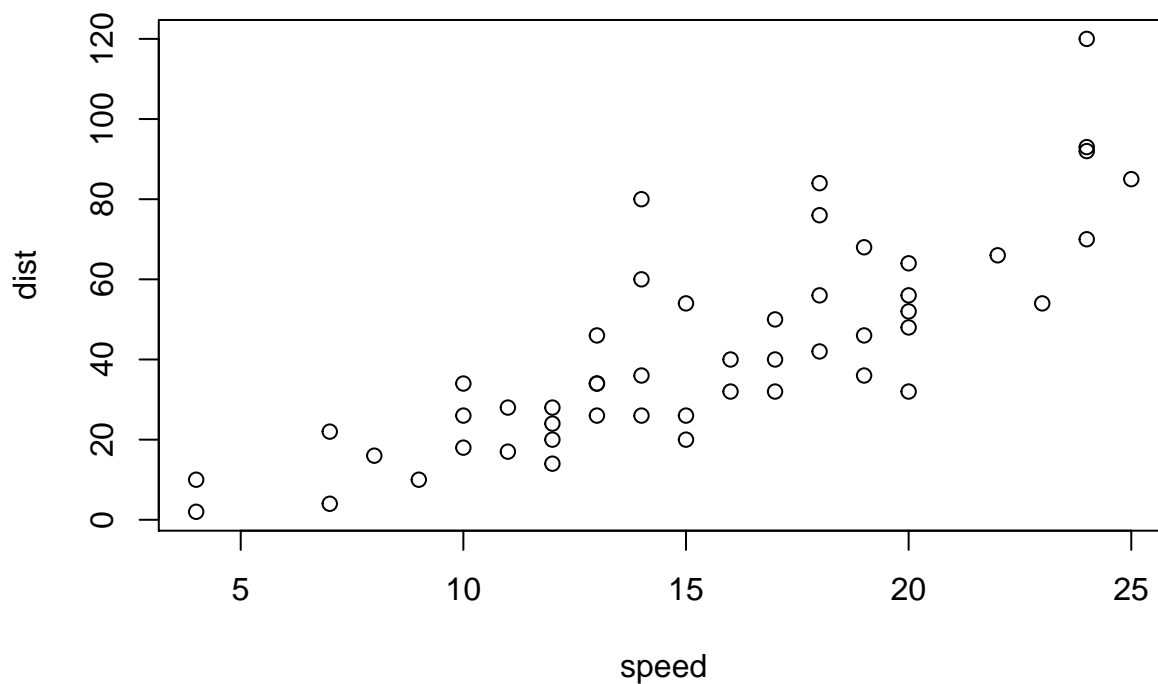# Calorie Burning Report

Our R Markdown Notebook which will form the final report. When you execute code within the notebook, the results appear beneath the code.

You can run code here and insert results directly.

```
plot(cars)
```


Add a new chunk by clicking the *Insert Chunk* button on the toolbar or by pressing *Cmd+Option+I*.