**R Markdown Exercise Outline**

1. Open Document
2. Format YAML
3. Add formatted text
   1. Headings
   2. Bold
   3. Italics
   4. Link
   5. Ordered List
4. Use code chunks
   1. Load libraries
   2. Make calculation
   3. Display table
   4. Display graph
5. Adjust code chunk options
6. Add inline text
7. Knit final document