header 1

header 2

header 3

header 4

header 5

header 6

Unordered lists:

- item 1
 - item 1a
- item 2
 - o item 2a

ordered lists:

- 1. item 1
- 2. item 2

Manual line break with 2 spaces

Links: Here is my Github website

Images: here is a picture of my dog

block quotes:

Once upton a time blah blah blah

plain code blocks: this text is plain

R code blocks:

x <-3 y <-4

R code in line: r x<-4

in line LaTeX equation: y = mx + b

centered LaTeX equation:

y = mx + b

horizontal line:

simple table:

First Header	Second Header	
Content Cell	Content Cell	
Content Cell	Content Cell	

<mark>highlight</mark>