My Example Document

My Subtitle here

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List of Figures

R Markdown

Sub - header

Another smaller sub header

This a block quote!!

- 1. step 1
- 2. step 2
- 3. step 3
- first bullet
- second bullet

This is an R Markdown document. Markdown is a simple formatting syntax for authoring HTML, PDF, and MS Word documents. For more details on using R Markdown see http://rmarkdown.rstudio.com.

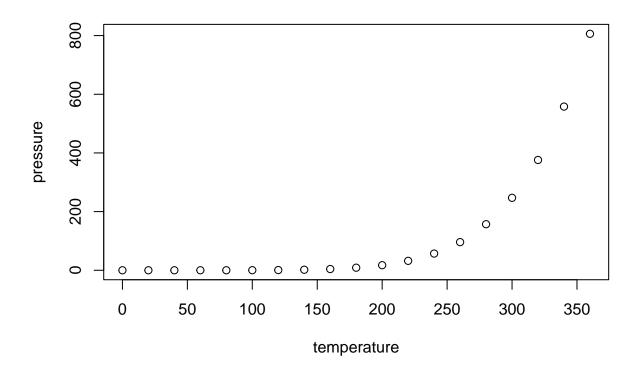
When you click the **Knit** button a document will be generated that includes both content as well as the output of any embedded R code chunks within the document. You can embed an R code chunk like this:

summary(cars)

```
##
        speed
                         dist
           : 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
           :25.0
                           :120.00
##
   Max.
                    Max.
```

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.

```
#gear option !!! greats different {}
#echo = FALSE -> just sends output
```