**Set Up Your R Project & Markdown File**

**Step 1: Open RStudio**

* Just open the RStudio application on your computer.
* You should see an empty console window and some panes for files, plots, etc.

**Step 2: Create a New Project**

* Click **File → New Project** (top-left menu).
* In the pop-up, select **“New Directory”**.
* Then choose **“New Project”**.
* Name your project (e.g., R\_course\_week1).
* **Choose where to save it** on your computer (click **Browse** and pick a folder—like “Documents” or your desktop).
* Click **Create Project**.

Now you’ve made a project folder! RStudio will automatically switch to it.

**Step 3: Create a New R Markdown File**

* Click **File → New File → R Markdown**.
* A pop-up will ask you to enter:
  + **Title** (e.g., Week 1 Practice)
  + **Author** (you can leave blank or add your name)
* Click **OK**.

You’ll now see a new document that has text and code chunks.

**Step 4: Save the R Markdown File**

* Click **File → Save As**.
* Save it as something like week1\_practice.Rmd inside your project folder.

**Step 5: You’re Ready!**

* You can now **write code** in the gray code chunks (```{r}) and **type notes or explanations** in the white text parts.
* When you're done for the day, save your file. Next time, just open the .Rproj file to come back to your project.