# First Heading

Some things first:

1. Thing 1
2. Thing 2

Table
1
: this table talks about
:

1. Thing 3
2. Thing 4

|  |  |  |
| --- | --- | --- |
|  | Count | % |
| First option | 242 | 45 |
| Second option | 99 | 18 |

## 

1. Here is a continued numbered list (this item should be numbered as 5)
2. (
   and
   then 6)