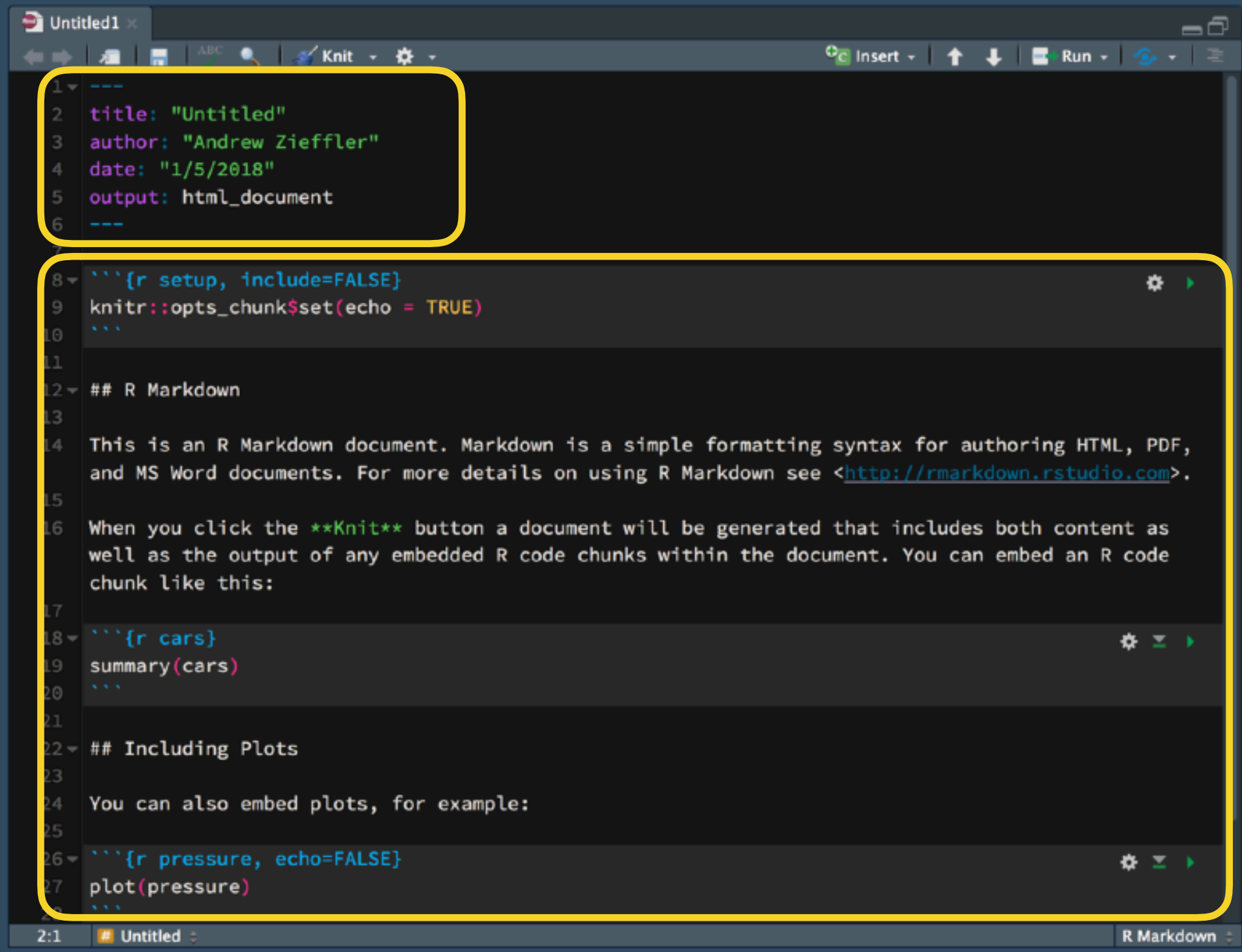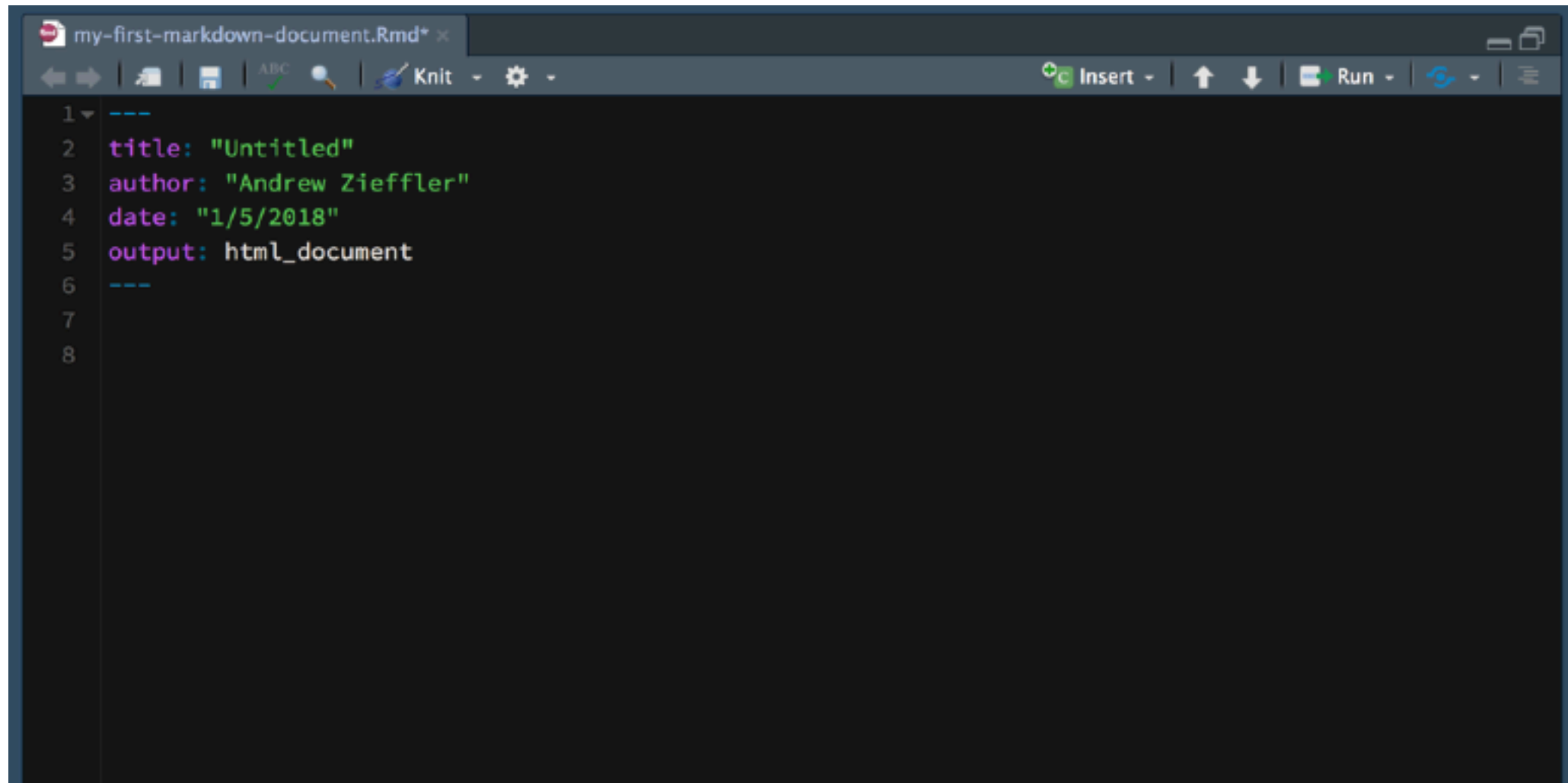There are two major parts to your RMD document.

The first part is called YAML (YAML Ain't Markup Language) and is between the two sets of three hyphens. This constitutes meta-data for your document.

The second part is the main text and markdown formatting for your document.

```
1  ---
2  title: "Untitled"
3  author: "Andrew Zieffler"
4  date: "1/5/2018"
5  output: html_document
6  ---
```

```
8  ```{r setup, include=FALSE}
9  knitr::opts_chunk$set(echo = TRUE)
10 ```
11
12 ## R Markdown
13
14 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>.
15
16 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:
17
18 ```{r cars}
19 summary(cars)
20 ```
21
22 ## Including Plots
23
24 You can also embed plots, for example:
25
26 ```{r pressure, echo=FALSE}
27 plot(pressure)
```

2:1   # Untitled   R Markdown

Delete all the text in the main part of your document. KEEP THE YAML but delete everything else.

Below the YAML part of the document (skip a line or two) enter some text. You can freestyle this or copy-and-paste from an existing document. Don't worry about formatting it yet. (Generate some text from: https://www.lipsum.com/)

Then save the document and re-knit it.