This is how you write basic math inline with text: \( x + y = z \)

This is how you write basic math in displayed equation:

\[
x + y = z
\]

This is how you write a matrix:

\[
X = \begin{pmatrix}
x_{11} & x_{12} & x_{13} \\
x_{21} & x_{22} & x_{23}
\end{pmatrix}
\]

This is how you make a numbered list:
1. First element of list
2. Second element of list

This is how you make an unnumbered list:
• First element of list
• Second element of list

This is how you include basic R code:

```r
> set.seed(1)
> x = rnorm(1000)
> mean(x)
[1] -0.01164814
> sd(x)
[1] 1.034916
> y = rnorm(1000, mean=1, sd=2)
> mean(y)
[1] 0.9674762
> sd(y)
[1] 2.079963
```
This is how you include R code with figures:

```r
> set.seed(1)
> x = rnorm(1000)
> hist(x)
```

This is how you include the value $\pi = 3.14159265358979$ inline with text.