LOOPS
What are Loops?
In our everyday lives, we tend to repeat a lot of processes without noticing.

For instance, if we want to cook a delicious recipe, we might have to prepare our ingredients by chopping them up. We chop and chop and chop until all of our ingredients are the right size. At this point, we stop chopping.

If we break down our chopping task into a series of three smaller steps, we have:

1. An initialization: We're ready to cook and have a collection of ingredients we want to chop. We will start at the first ingredient.
2. A repetition: We're chopping away. We are performing the action of chopping over and over on each of our ingredients, one ingredient at a time.
3. An end condition: We see that we have run out of ingredients to chop and so we stop.

In programming, this process of using an initialization, repetitions, and an ending condition is called a _loop_. In a loop, we perform a process of _iteration_ (repeating tasks).

Programming languages like Python implement two types of iteration:

1. _Indefinite iteration_, where the number of times the loop is executed depends on how many times a condition is met.
2. _Definite iteration_, where the number of times the loop will be executed is defined in advance (usually based on the collection size).
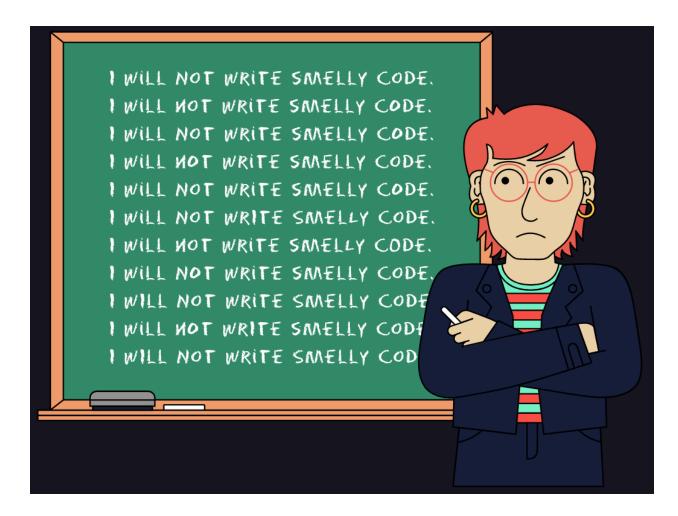
Typically we will find loops being used to iterate a collection of items. In the above example, we can think of our ingredients we want to chop as our collection. This is a form of definite iteration since we know how long our collection is in advance and thus know how many times we need to iterate over the collection of ingredients.

Some collections might be small — like a short string, while other collections might be massive like a range of numbers from 1 to 10,000,000! But don't worry, loops give us the ability to masterfully handle both ends of the spectrum. This simple, but powerful, concept saves us a lot of time and makes it easier for us to work with large amounts of data.

In this lesson, we'll learn how to use Python to implement both definite and indefinite iteration in our own programs.

Instructions

Look over (and over) the provided diagram. Then, go to the next exercise to get looped in!

Why Loops?

Before we get to writing our own loops, let's explore what programming would be like if we couldn't use loops.

Let's say we have a list of `ingredients` and we want to print every element in the list:

```
ingredients = ["milk", "sugar", "vanilla extract", "dough",
"chocolate"]
```

If we only use `print()`, our program might look like this:

```
print(ingredients[0])
print(ingredients[1])
print(ingredients[2])
print(ingredients[3])
print(ingredients[4])
```

The output would be:

```
milk
sugar
vanilla extract
dough
chocolate
```

That's still manageable, We're writing 5 `print()` statements (or copying and pasting a few times). Now imagine if we come back to this program and our list had 10, or 24601, or … 100,000,000 elements? It would take an extremely long time and by the end, we could still end up with inconsistencies and mistakes.

Don't dwell too long on this tedious scenario — we'll learn how loops can help us out in the next exercise. For now, let's gain an appreciation for loops.

Instructions

1.
Using 10 `print()` statements, print out: `"This can be so much easier with loops!"`.
Hint
If you already have an idea of how to use loops (or have searched up how to do it) we're still expecting 10 individual `print()` statements.

If for some reason you still are not passing the tests, make sure all your `print()` statements have the same text `"This can be so much easier with loops!"`.

Copy and paste is your best friend here 😉

script.py

```python
# Write 10 print() statements below!
print("This can be so much easier with loops!")
print("This can be so much easier with loops!")
print("This can be so much easier with loops!")
print("This can be so much easier with loops!")
print("This can be so much easier with loops!")
print("This can be so much easier with loops!")
print("This can be so much easier with loops!")
print("This can be so much easier with loops!")
print("This can be so much easier with loops!")
print("This can be so much easier with loops!")
```

```
This can be so much easier with loops!
This can be so much easier with loops!
This can be so much easier with loops!
This can be so much easier with loops!
This can be so much easier with loops!
This can be so much easier with loops!
This can be so much easier with loops!
This can be so much easier with loops!
This can be so much easier with loops!
This can be so much easier with loops!
```

For Loops: Introduction

Now that we can appreciate what loops do for us, let's start with your first type of loop, a `for` loop, a type of definite iteration.

In a `for` loop, we will know in advance how many times the loop will need to iterate because we will be working on a collection with a predefined length. In our examples, we will be using Python lists as our collection of elements.

With `for` loops, on each iteration, we will be able to perform an action on each element of the collection.

Before we work with any collection, let's examine the general structure of a `for` loop:

```
for <temporary variable> in <collection>:
  <action>
```

Let's break down each of these components:

1. A `for` keyword indicates the start of a `for` loop.
2. A `<temporary variable>` that is used to represent the value of the element in the collection the loop is currently on.
3. An `in` keyword separates the temporary variable from the collection used for iteration.
4. A `<collection>` to loop over. In our examples, we will be using a list.
5. An `<action>` to do anything on each iteration of the loop.

Let's link these concepts back to our `ingredients` example. This `for` loop prints each `ingredient` in `ingredients`:

```
ingredients = ["milk", "sugar", "vanilla extract", "dough",
"chocolate"]

for ingredient in ingredients:
  print(ingredient)
```

In this example:

1. `ingredient` is the `<temporary variable>`.
2. `ingredients` is our `<collection>`.
3. `print(ingredient)` was the `<action>` performed on every iteration using the temporary variable of `ingredient`.

This code outputs:

```
milk
sugar
vanilla extract
dough
chocolate
```

Some things to note about `for` loops:

- **Temporary Variables:**

  A temporary variable's name is arbitrary and does not need to be defined beforehand. Both of the following code snippets do the exact same thing as our above example:

  ```
  for i in ingredients:
     print(i)
  for item in ingredients:
   print(item)
  ```

  Programming best practices suggest we make our temporary variables as descriptive as possible. Since each iteration (step) of our loop is accessing an ingredient it makes more sense to call our temporary variable `ingredient` rather than `i` or `item`.

- **Indentation:**

  Notice that in all of these examples the `print` statement is indented. Everything at the same level of indentation after the `for` loop declaration is included in the loop body and is run on every iteration of the loop.

  ```
  for ingredient in ingredients:
    # Any code at this level of indentation
    # will run on each iteration of the loop
    print(ingredient)
  ```

If we ever forget to indent, we'll get an `IndentationError` or unexpected behavior.

- **Elegant loops:**

  Python loves to help us write elegant code so it allows us to write simple `for` loops in one-line. In order to see the below example as one line, you may need to expand your narrative window. Here is the previous example in a single line:

  ```
  for ingredient in ingredients: print(ingredient)
  ```

  Note: One-line `for` loops are useful for simple programs. It is not recommended you write one-line loops for any loop that has to perform multiple complex actions on each iteration. Doing so will hurt the readability of your code and may ultimately lead to buggier code.

Let's practice writing our own `for` loop!

Instructions

1.
Run the code.

We should get an `IndentationError` because the `print(game)` line is not indented.

Hint
You should see the following error indicating that we forgot to indent our code:

```
File "script.py", line 6
    print(game)
        ^
IndentationError: expected an indented block
```

2.
Indent (2 spaces or tab) line 6 so that we don't get an `IndentationError` when you run the code.

Run the code again!

Hint
Your code should look like this:

```
for game in board_games:
  print(game)
```

3.
Write a `for` loop that prints each sport in the list `sport_games`.

Hint
The general structure of a for loop is:

```
for <temporary variable> in <collection>:
  <action>
```

In our case here are each of our components:

1. Our `<temporary variable>` is anything we want. Since we are accessing individual sports, it might make sense to call it `sport` (the singular of the word sports).
2. Our `<collection>` is the list `sport_games`.
3. Take a stab at figuring out the action. Think about what we are trying to do on each iteration (step) of the loop.

script.py

```
board_games = ["Settlers of Catan", "Carcassone", "Power Grid", "Agricola", "Scrabble"]

sport_games = ["football", "hockey", "baseball", "cricket"]

for game in board_games:
  print(game)

for sport in sport_games:
  print(sport)
```

```
Settlers of Catan
Carcassone
Power Grid
Agricola
Scrabble
football
hockey
baseball
cricket
```

For Loops: Using Range

Often we won't be iterating through a specific list (or any collection), but rather only want to perform a certain action multiple times.

For example, if we wanted to print out a `"Learning Loops!"` message six times using a `for` loop, we would follow this structure:

```
for <temporary variable> in <list of length 6>:
  print("Learning Loops!")
```

Notice that we need to iterate through a list with a length of six, but we don't necessarily care what is inside of the list.

To create arbitrary collections of any length, we can pair our `for` loops with the trusty [Python built-in function `range()`](#).

An example of how the `range()` function works, this code generates a collection of 6 integer elements from `0` to `5`:

```python
six_steps = range(6)

# six_steps is now a collection with 6 elements:
# 0, 1, 2, 3, 4, 5
```

We can then use the range directly in our `for` loops as the collection to perform a six-step iteration:

```python
for temp in range(6):
  print("Learning Loops!")
```

Would output:

```
Learning Loops!
Learning Loops!
Learning Loops!
Learning Loops!
Learning Loops!
Learning Loops!
```

Something to note is we are not using `temp` anywhere inside of the loop body. If we are curious about which loop iteration (step) we are on, we can use `temp` to track it. Since our range starts at `0`, we will add `+ 1` to our `temp` to represent how many iterations (steps) our loop takes more accurately.

```python
for temp in range(6):
  print("Loop is on iteration number " + str(temp + 1))
```

Would output:

```
Loop is on iteration number 1
Loop is on iteration number 2
Loop is on iteration number 3
```

```
Loop is on iteration number 4
Loop is on iteration number 5
Loop is on iteration number 6
```
Let's try out using a range in a `for` loop!

Instructions

1.
Use the `range()` function in a `for` loop to `print()` out the provided `promise` variable five times.

Hint
We will need to generate a list with a length of five.

What value will we need to provide to the `range()` function where `<length>` is?

```
for <temporary variable> in range(<length>):
  <action>
```

script.py

```
promise = "I will finish the python loops module!"


for temp in range(5):
  print(promise)
```

```
I will finish the python loops module!
I will finish the python loops module!
I will finish the python loops module!
I will finish the python loops module!
I will finish the python loops module!
```

While Loops: Introduction
In Python, `for` loops are not the only type of loops we can use. Another type of loop is called a `while` loop and is a form of indefinite iteration.

A `while` loop performs a set of instructions as long as a given condition is true.

The structure follows this pattern:

```
while <conditional statement>:
  <action>
```

Let's examine this example, where we print the integers `0` through `3`:

```python
count = 0
while count <= 3:
  # Loop Body
  print(count)
  count += 1
```

Let's break the loop down:

1. `count` is initially defined with the value of `0`. The conditional statement in the `while` loop is `count <= 3`, which is true at the initial iteration of the loop, so the loop body executes.

   Inside the loop body, `count` is printed and then incremented by `1`.
2. When the first iteration of the loop has finished, Python returns to the top of the loop and checks the conditional again. After the first iteration, `count` would be equal to `1` so the conditional still evaluates to `True` and so the loop continues.
3. This continues until the `count` variable becomes `4`. At that point, when the conditional is tested it will no longer be `True` and the loop will stop.

The output would be:

```
0
1
2
3
```

Note the following about `while` loops before we write our own:

- **Indentation:**

  Notice that in our example the code under the loop declaration is indented. Similar to a `for` loop, everything at the same level of indentation after the `while` loop declaration is run on every iteration of the loop while the condition is true.

  ```python
  while count <= 3:
    # Loop Body
    print(count)
    count += 1
    # Any other code at this level of indentation will
    # run on each iteration
  ```

  If we ever forget to indent, we'll get an `IndentationError` or unexpected behavior.
- **Elegant loops:**

Similar to `for` loops, Python allows us to write elegant one-line `while` loops. Here is our previous example in a single line:

```
count = 0
while count <= 3: print(count); count += 1
```

Note: Here we separate each statement with a `;` to denote a separate line of code.

Let's practice writing a `while` loop!

Instructions

1.

Examine the `while` loop from the narrative in your code editor. There are additional `print()` statements to help visualize the iterations.

Run the code to see what happens on each iteration of the loop. When you are finished, comment out the example to make space for the rest of the checkpoints.

To quickly comment out the code, use your cursor or mouse to highlight all the code and press command ⌘ + / on a Mac or CTRL + / on a Windows machine.

2.

Let's write a `while` loop that counts down from `10` to `0`(inclusive). Once our loop is finished we will commemorate our accomplishment by printing `"We have liftoff!"`.

As we saw in the narrative, our key components will be:

1. A variable to keep track of the count, and also help our loop eventually stop.
2. A condition that our `while` loop will check on each iteration.
3. Several code statements to execute on each iteration of the loop.

Let's tackle the first component!

Create a variable named `countdown` and set the value to `10`.

3.

Now let's tackle the actual `while` loop. Define a `while` loop that will run while our `countdown` variable is greater than or equal to zero.

On each iteration:

1. We should `print()` the value of the `countdown` variable.

2. We should decrease the value of the `countdown` variable by `1`

Make sure to *only* print the value of `countdown`.

If you notice the **Run** button spinning continuously or a "Lost connection to Codecademy" message in an exercise, you may have an infinite loop! If the stop condition for our loop is never met, we will create an infinite loop which stops our program from running anything else. To exit out of an infinite loop in an exercise, refresh the page — then fix the code for your loop.

Hint

Let's remember the structure of a `while` loop:

```
while <conditional statement>:
  <action>
```

Let's see how this breaks down for our loop:

- Our `<conditional statement>` is that our `countdown` variable is greater than or equal to zero.
- We have two actions we want to execute on each iteration of the loop:
  - First, we want to `print` the value of the `countdown` variable.
  - Lastly, we want to decrease the value of the `countdown` variable. We can do so using `-=`.

4.

Now that we have built our loop, let's commemorate our success by printing `"We have liftoff!"` after the `while` loop.

Hint

Make sure your `print()` is not indented, otherwise it will run on every iteration of the loop.

script.py

```python
# While Loop Walkthrough
# count = 0
# print("Starting While Loop")
# while count <= 3:
#    # Loop Body
#    # Print if the condition is still true
#    print("Loop Iteration - count <= 3 is still true")
#    # Print the current value of count
#    print("Count is currently " + str(count))
#    # Increment count
#    count += 1
```

```
#   print(" ----- ")
# print("While Loop ended")

# Your code below:
countdown = 10
while countdown >= 0:
  print(str(countdown))
  countdown -= 1
print("We have liftoff!")
```

```
10
9
8
7
6
5
4
3
2
1
0
We have liftoff!
```

While Loops: Lists

A `while` loop isn't only good for counting! Similar to how we saw `for` loops working with lists, we can use `while` loops to iterate through a [list](#) as well.

Let's return to our ingredient list:

```
ingredients = ["milk", "sugar", "vanilla extract", "dough",
"chocolate"]
```

We know that `while` loops require some form of a variable to track the condition of the loop to start and stop.

Take some time to think about what we would use to track whether we need to start/stop the loop if we want to iterate through `ingredients` and print every element.

Click here to find out!

We know that a list has a predetermined length. If we use the length of the list as the basis for how long our `while` loop needs to run, we can iterate the exact length of the list.

We can use the [built-in Python `len()` function](#) to accomplish this:

```python
# Length would be equal to 5
length = len(ingredients)
```

We can then use this `length` in addition to another variable to construct the `while` loop:

```python
length = len(ingredients)
index = 0

while index < length:
    print(ingredients[index])
    index += 1
```

Let's break this down:

```python
# Length will be 5 in this case
length = len(ingredients)
```

Explanation

As mentioned, we need a way to know how many times we need our loop to iterate based on the size of the collection.

This comes in the form of our `length` variable which stores the value of the length of the list.

```python
# Index starts at zero
index = 0
```

Explanation

We still need an additional variable that will be used to compare against our `length`.

```python
while index < length:
```

Explanation

In our `while` loop conditional, we will compare the `index` variable to the length of our list stored inside of the `length` variable.

On the first iteration, we will be comparing the equivalent of `0 < 5` which will evaluate to `True`, and start the execution of our loop body.

```
# The first iteration will print ingredients[0]
print(ingredients[index])
```

Explanation

Inside of our loop body, we can use the `index` variable to access our `ingredients` list and print the value at the current iteration.

Since our `index` starts at zero, our first iteration will print the value of the element at the zeroth index of our `ingredients` list, then the next iteration will print the value of the element at the first index, and so on.

```
# Increment index to access the next element in ingredients
# Each iteration gets closer to making the conditional no longer true
index += 1
```

Explanation

On each iteration of our `while` loop, we need to also increment the value of `index` to make sure our loop can stop once the `index` value is no longer smaller than the `length` value.

This increment also helps us access the next value of the `ingredients` list on the next iteration.

Our final output would be:

```
milk
sugar
vanilla extract
dough
chocolate
```

Let's use a `while` loop to iterate through some lists!

Instructions

1.

We are going to write a `while` loop to iterate over the provided list `python_topics`.

First, we will need a variable to represent the length of the list. This will help us know how many times our `while` loop needs to iterate.

Create a variable `length` and set its value to be the length of the list of `python_topics`.

Hint

You can use the `len()` built-in function to acquire the length of a list.

```
my_list = [1, 2, 3, 4]
print(len(my_list))
```

Would output:

```
4
```

2.

Next, we will require a variable to compare to our length variable to make sure we are able to implement a condition that eventually allows the loop to stop.

Create a variable called `index` and initialize the value to be `0`.

3.

Let's now build our loop. We want our loop to iterate over the list of `python_topics` and on each iteration print `"I am learning about <element from python_topics>"`. For this loop we will need the following components:

1. A condition for our `while` loop
2. A statement in the loop body to print from our condition
3. A statement in the loop body to increment our index forward.

The end result should output:

```
I am learning about variables
I am learning about control flow
I am learning about loops
I am learning about modules
I am learning about classes
```

If you notice the **Run** button spinning continuously or a "Lost connection to Codecademy" message in an exercise, you may have an infinite loop! If the stop condition for our loop is never met, we will create an infinite loop which

stops our program from running anything else. To exit out of an infinite loop in an exercise, refresh the page — then fix the code for your loop.

Hint

Let's take a look at our three components:

1. A condition for our `while` loop

   Our condition should compare our `length` variable and `index` variable. What comparison operator should we use?

2. A statement in the loop body to print from our condition. To combine the required `print` statement with the element from the list, use `+` inside of your print statement. For example:

   ```
   hello_string = "Hello"
   print(hello_string + " World")
   ```
   Would output:

   ```
   Hello World
   ```
   In this case, we would also use the index variable to print the corresponding item from the list. For example:

   ```
   print("The cookies need " + ingredients[index])
   ```

3. A statement in the loop body to increment our index forward.

   Since our `index` value starts at `0`, we want to create a statement that increments the index so that it will eventually be larger than the length of the list.

script.py

```python
python_topics = ["variables", "control flow", "loops", "modules", "classes"]


#Your code below:
length = len(python_topics)
index = 0


while index < length:
  print("I am learning about " + python_topics[index])
  index += 1
```

```
I am learning about variables
I am learning about control flow
I am learning about loops
I am learning about modules
I am learning about classes
```

Infinite Loops

We've iterated through lists that have a discrete beginning and end. However, let's consider this example:

```python
my_favorite_numbers = [4, 8, 15, 16, 42]

for number in my_favorite_numbers:
  my_favorite_numbers.append(1)
```

Take some time to ponder what happens with this code.

▼ **Click to see what would happen!**

Every time we enter the loop, we add a `1` to the end of the list that we are iterating through. As a result, we never make it to the end of the list. It keeps growing forever!

A loop that never terminates is called an *infinite loop*. These are very dangerous for our code because they will make our program run forever and thus consume all of your computer's resources.

A program that hits an infinite loop often becomes completely unusable. The best course of action is to avoid writing an infinite loop.

Note: If you accidentally stumble into an infinite loop while developing on your own machine, you can end the loop by using `control` + `c` to terminate the program. If you're writing code in our online editor, you'll need to **refresh the page** to get out of an infinite loop.

Let's fix an infinite loop to see it in action.

Instructions

Suppose we have two lists of students, `students_period_A` and `students_period_B`. We want to combine all students into `students_period_B`.

In your code editor, we have provided you a loop. Go ahead and uncomment line 5 and **before you run the code** ponder why this code would cause an infinite loop.

When you are ready, run this code. What do you notice happens? Over the run button, notice the loading circle is continuing without anything happening.

This is an infinite loop! To end this program we must **refresh the page**. (Note: The reason this loop is infinite is that we're adding each student in `students_period_A` to `students_period_A` which would create a never-ending list of all the student names.)

▼ **Open this after you refresh the page**

Delete the line causing the infinite loop and fix it to accomplish the original goal of combining all students from `students_period_A` into `students_period_B`.

script.py

```python
students_period_A = ["Alex", "Briana", "Cheri", "Daniele"]
students_period_B = ["Dora", "Minerva", "Alexa", "Obie"]


for student in students_period_A:
  students_period_B.append(student)
  #print(student)
  students_period_B.sort()
print(students_period_B)
```

```
['Alex', 'Alexa', 'Briana', 'Cheri', 'Daniele', 'Dora',
'Minerva', 'Obie']
```

Loop Control: Break

Loops in Python are very versatile. Python provides a set of control statements that we can use to get even more control out of our loops.

Let's take a look at a common scenario that we may encounter to see a use case for *loop control statements*.

Take the following list `items_on_sale` as our example:

```python
items_on_sale = ["blue shirt", "striped socks", "knit dress", "red headband", "dinosaur onesie"]
```

It's often the case that we want to search a list to check if a specific value exists. What does our loop look like if we want to search for the value of `"knit dress"` and print out `"Found it"` if it did exist?

It would look something like this:

```python
for item in items_on_sale:
  if item == "knit dress":
    print("Found it")
```

This code goes through each `item` in `items_on_sale` and checks for a match. This is all fine and dandy but what's the downside?

Once `"knit_dress"` is found in the list `items_on_sale`, we don't need to go through the rest of the `items_on_sale` list. Unfortunately, our loop will keep running until we reach the end of the list.

Since it's only 5 elements long, iterating through the entire list is not a big deal in this case but what if `items_on_sale` had 1000 items? What if it had 100,000 items? This would be a huge waste of time for our program!

Thankfully you can stop iteration from inside the loop by using `break` loop control statement.

When the program hits a `break` statement it immediately terminates a loop. For example:

```python
items_on_sale = ["blue shirt", "striped socks", "knit dress", "red headband", "dinosaur onesie"]

print("Checking the sale list!")

for item in items_on_sale:
  print(item)
  if item == "knit dress":
    break
```

```
print("End of search!")
```
This would produce the output:

```
Checking the sale list!
blue shirt
striped socks
knit dress
End of search!
```
When the loop entered the `if` statement and saw the `break` it immediately ended the loop. We didn't need to check the elements of `"red headband"` or `"dinosaur onesie"` at all.

Now let's `break` some loops!

Instructions

1.
You have a list of dog breeds you can adopt, `dog_breeds_available_for_adoption`.

Using a `for` loop, iterate through the `dog_breeds_available_for_adoption` list and `print()` out each dog breed.

Use the `<temporary variable>` name of `dog_breed` in your loop declaration.

Hint
Remember the structure of a `for` loop:

```
for <temporary variable> in <list>:
  <action>
```
For our loop:

```
for dog_breed in dog_breeds_available_for_adoption:
  <action>
```
What action do we want to perform on each iteration of the loop?
2.
Inside your for loop, after you print each dog breed, check if the current element inside `dog_breed` is equal to `dog_breed_I_want`. If so, print `"They have the dog I want!"`

Hint
We can put conditional logic in our loops.

```
num_list = [1, 2, 3, 4]
for num in num_list:
  if num == 2:
    print("We have a 2!")
```

What might the condition in our loop be to determine if `dog_breed_I_want` is inside of our list `dog_breeds_available_for_adoption`?

3.

Add a `break` statement when your loop has found `dog_breed_I_want` so that the rest of the list does not need to be checked once we have found our breed.

Hint

Think about at what point we want our loop to `break`. Will it be before or after our `print("They have the dog I want!")`

script.py

```python
dog_breeds_available_for_adoption = ["french_bulldog", "dalmatian", "shihtzu", "poodle", "collie"]
dog_breed_I_want = "dalmatian"

for dog_breed in dog_breeds_available_for_adoption:
  print(dog_breed)

  if dog_breed == dog_breed_I_want:
    print("They have the dog I want!")
    break
```

```
french_bulldog
dalmatian
They have the dog I want!
```

Loop Control: Continue

While the `break` control statement will come in handy, there are other situations where we don't want to end the loop entirely. What if we only want to skip the current iteration of the loop?

Let's take this list of integers as our example:

```
big_number_list = [1, 2, -1, 4, -5, 5, 2, -9]
```
What if we want to print out all of the numbers in a list, but only if they are positive integers. We can use another common loop control statement called `continue`.

```
for i in big_number_list:
    if i <= 0:
        continue
    print(i)
```
This would produce the output:

```
1
2
4
5
2
```
Notice a few things:

1. Similar to when we were using the `break` control statement, our `continue` control statement is usually paired with some form of a conditional (`if/elif/else`).
2. When our loop first encountered an element (`-1`) that met the conditions of the `if` statement, it checked the code inside the block and saw the `continue`. When the loop then encounters a `continue` statement it immediately skips the current iteration and moves onto the next element in the list (`4`).
3. The output of the list only printed positive integers in the list because every time our loop entered the `if` statement and saw the `continue` statement it simply moved to the next iteration of the list and thus never reached the `print` statement.

Let's `continue` learning about control statements with some exercises!

Instructions

1.
Your computer is the doorman at a bar in a country where the drinking age is 21.

Loop through the `ages` list. If an entry is less than `21`, skip it and move to the next entry. Otherwise, `print()` the age.

Hint

If we are checking if the element is below the value of 21, we can use the conditional `if age < 21`. What would we need to put inside of the conditional to skip over the values that do not match our age restriction?

script.py

```python
ages = [12, 38, 34, 26, 21, 19, 67, 41, 17]


for age in ages:
  if age < 21:
    continue
  print(age)
```

```
38
34
26
21
67
41
```

Nested Loops

Loops can be nested in Python, as they can with other programming languages. We will find certain situations that require nested loops.

Suppose we are in charge of a science class, that is split into three project teams:

```python
project_teams = [["Ava", "Samantha", "James"], ["Lucille", "Zed"],
["Edgar", "Gabriel"]]
```

Using a for or while loop can be useful here to get each team:

```python
for team in project_teams:
  print(team)
```

Would output:

```
["Ava", "Samantha", "James"]
["Lucille", "Zed"]
["Edgar", "Gabriel"]
```

But what if we wanted to print each individual student? In this case, we would actually need to *nest* our loops to be able to loop through each sub-list. Here is what it would look like:

```python
# Loop through each sublist
for team in project_teams:
  # Loop elements in each sublist
  for student in team:
    print(student)
```

This would output:

```
Ava
Samantha
James
Lucille
Zed
Edgar
Gabriel
```

Let's practice writing a nested loop!

Instructions

1.

We have provided the list `sales_data` that shows the number of scoops sold for different flavors of ice cream at three different locations: Scoopcademy, Gilberts Creamery, and Manny's Scoop Shop.

We want to sum up the total number of scoops sold across all three locations. Start by defining a variable `scoops_sold` and set it to zero.

2.

Loop through the `sales_data` list using the following guidelines:

1. For our temporary variable of the for loop, call it `location`.
2. `print()` out each `location` list.

Hint

Since we have a two-dimensional list, our first loop will iterate over the three sublists. Let's revisit the structure of a `for` loop:

```python
for <temporary variable> in <collection>:
  <action>
```

Our `<temporary variable>` will need to be called `location` and we will be iterating over our `sales_data` collection. What will be our action?

Also, if you added additional print statements while working on your loop, remove or comment them out to continue.

3.

Within our `sales_data` loop, nest a secondary loop to go through each `location` sublist element and add the element value to `scoops_sold`.

By the end, you should have the sum of every number in the `sales_data` nested list.

Hint

We want one loop inside of another:

```
for location in sales_data:
  # Some Action
  for <temporary variable> in location
    # Some Action
```

4.

Print out the value of `scoops_sold` outside of the nested loop.

Hint

Don't forget to unindent the `print()` statement, otherwise, it may run as part of your loop. Also, if you added any extra print statements while working on your loop, remove or comment them out to continue.

script.py

```python
sales_data = [[12, 17, 22], [2, 10, 3], [5, 12, 13]]

scoops_sold = 0

for location in sales_data:
  print(location)
  for scoops in location:
    scoops_sold += scoops
print(scoops_sold)
```

```
[12, 17, 22]
[2, 10, 3]
[5, 12, 13]
96
```

List Comprehensions: Introduction

So far we have seen many of the ideas about using loops in our code. Python prides itself on allowing programmers to write clean and elegant code. We have already seen this with Python giving us the ability to write `while` and `for` loops in a single line.

In this exercise, we are going to examine another way we can write elegant loops in our programs using *list comprehensions*.

To start, let's say we had a list of integers and wanted to create a list where each element is doubled. We could accomplish this using a `for` loop and a new list called `doubled`:

```python
numbers = [2, -1, 79, 33, -45]
doubled = []

for number in numbers:
  doubled.append(number * 2)

print(doubled)
```

Would output:

```
[4, -2, 158, 66, -90]
```

Let's see how we can use the power of list comprehensions to solve these types of problems in one line. Here is our same problem but now written as a list comprehension:

```python
numbers = [2, -1, 79, 33, -45]
doubled = [num * 2 for num in numbers]
print(doubled)
```

Let's break down our example in a more general way:

```python
new_list = [<expression> for <element> in <collection>]
```

In our `doubled` example, our list comprehension:

1. Takes an element in the list `numbers`
2. Assigns that element to a variable called `num` (our `<element>`)
3. Applies the `<expression>` on the element stored in `num` and adds the result to a new list called `doubled`
4. Repeats steps 1-3 for every other element in the `numbers` list (our `<collection>`)

Our result would be the same:

```
[4, -2, 158, 66, -90]
```

Instructions

1.

We have been provided a list of `grades` in a physics class. Using a list comprehension, create a new list called `scaled_grades` that scales the class grades based on the highest score.

Since the highest score was a `90` we simply want to add `10` points to all the grades in the list.

Hint

Re-examine the general structure of a list comprehension:

```
new_list = [<expression> for <element> in <collection>]
```
In our case:

1. `<element>` can be any name you want. Since each element represents a grade, it makes sense to call it `grade`
2. The `<expression>` will be our formula using our `grade` variable plus ten extra points: `grade + 10`
3. Our `<collection>` is the list we want to loop through: `grades`

2.

Print `scaled_grades`.

Hint

Your output should look like this:

```
[100, 98, 72, 86, 84, 99, 58, 67]
```

```
[100, 98, 72, 86, 84, 99, 58, 67]
```

List Comprehensions: Conditionals

List Comprehensions are very flexible. We even can expand our examples to incorporate conditional logic.

Suppose we wanted to double only our negative numbers from our previous `numbers` list.

We will start by using a `for` loop and a list `only_negative_doubled`:

```
numbers = [2, -1, 79, 33, -45]
only_negative_doubled = []

for num in numbers:
  if num < 0:
    only_negative_doubled.append(num * 2)

print(only_negative_doubled)
```
Would output:

```
[-2, -90]
```
Now, here is what our code would look like using a list comprehension:

```
numbers = [2, -1, 79, 33, -45]
negative_doubled = [num * 2 for num in numbers if num < 0]
print(negative_doubled)
```
Would output the same result:

```
[-2, -90]
```
In our `negative_doubled` example, our list comprehension:

1. Takes an element in the list `numbers`.
2. Assigns that element to a variable called `num`.

3. Checks if the condition `num < 0` is met by the element stored in `num`. If so, it goes to step 4, otherwise it skips it and goes to the next element in the list.
4. Applies the expression `num * 2` on the element stored in `num` and adds the result to a new list called `negative_doubled`
5. Repeats steps 1-3 (and sometimes 4) for each remaining element in the `numbers` list.

We can also use If-Else conditions directly in our comprehensions. For example, let's say we wanted to double every negative number but triple all positive numbers. Here is what our code might look like:

```
numbers = [2, -1, 79, 33, -45]
doubled = [num * 2 if num < 0 else num * 3 for num in numbers ]
print(doubled)
```
Would output:

```
[6, -2, 237, 99, -90]
```
This is a bit different than our previous comprehension since the conditional `if num < 0 else num * 3` comes after the expression `num * 2` but before our `for` keyword.

Let's write our own list comprehensions with conditionals!

Instructions

1.
We have defined a list `heights` of visitors to a theme park. In order to ride the Topsy Turvy Tumbletron roller coaster, you need to be above 161 centimeters.

Using a list comprehension, create a new list called `can_ride_coaster` that has every element from `heights` that is greater than `161`.

Hint
Remember that you can create a list that satisfies a condition (for example, each element is not equal to 0) by using the syntax:

```
new_list = [elem for elem in old_list if elem != 0]
```
2.
Print `can_ride_coaster`.

script.py

```python
heights = [161, 164, 156, 144, 158, 170, 163, 163, 157]

can_ride_coaster = [height for height in heights if height > 161]

print(can_ride_coaster)
```

```
[164, 170, 163, 163]
```

Review

Good job! In this lesson, you learned

- How to write a `for` loop.
- How to use `range` in a loop.
- How to write a `while` loop.
- What infinite loops are and how to avoid them.
- How to control loops using `break` and `continue`.
- How to write elegant loops as list comprehensions.

Let's get some more practice with these concepts!

Instructions

1.
Create a list called `single_digits` that consists of the numbers 0-9 (inclusive).
Hint
You can use the `list()` function with `range(n)` to make a list from `0` through `n-1`.
The command:

```python
print(list(range(5)))
```
yields:

```
[0, 1, 2, 3, 4]
```

2.
Create a for loop that goes through `single_digits` and prints out each one.
Hint

You can write a for loop through a list using this syntax:

```
for element in list_to_iterate_through:
  print(element)
```

3.

Before the loop, create a list called `squares`. Assign it to be an empty list to begin with.

Hint

Be sure to create the list before your for loop to get the following steps to work.

4.

Inside the loop that iterates through `single_digits`, append the squared value of each element of `single_digits` to the list `squares`. You can do this before or after printing the element.

Hint

You can square a number by either using:

```
number_to_square**2
```

(which takes it to the second power), or using:

```
number_to_square*number_to_square
```

which multiplies it by itself.

To append an element to a list, you can use the `.append()` method:

```
my_list.append(number_to_add)
```

5.

After the for loop, print out `squares`.

Hint

We want to print the entire list — call `print(squares)` outside of your loop

6.

Create the list `cubes` using a list comprehension on the `single_digits` list. Each element of `cubes` should be an element of `single_digits` taken to the third power.

Hint

You can cube a number by either using:

```
number_to_cube**3
```

(which takes it to the third power), or using:

```
number_to_cube*number_to_cube*number_to_cube
```

which multiplies it by itself twice.

Remember that a list comprehension looks like:

```
new_list = [element <OPERATED ON IN SOME WAY> for element in
old_list]
```

7.

Print `cubes`.

Good job!

script.py

```python
# Your code below:
single_digits = range(10)

squares = []

for digit in single_digits:
  print(digit)
  squares.append(digit ** 2)
print(squares)


cubes = [digit ** 3 for digit in single_digits]


print(cubes)
```

```
0
1
2
3
4
5
6
7
8
9
[0, 1, 4, 9, 16, 25, 36, 49, 64, 81]
[0, 1, 8, 27, 64, 125, 216, 343, 512, 729]
```