Nested loops can make a clock by having three nested loops. The first loop will be for hours, the second loop will be for minutes, and the third loop will be for seconds. In the third loop you can use a variable called counterSeconds that equals zero. Use an if statement in the third loop that will be true if a variable is equal to a second which that variable increases as the for loop continues. In the if statement we will increase counterSeconds and break into the second loop. In the second loop we will have a variable counterMinutes and an if statement. The if statement is true when counterSeconds is equal to a minute and we will increase counterMinutes and break to the first loop. If the if statement in the second loop isn’t true, then it will run the third loop again. In the first loop we will have a variable called counterHour and an if statement that will be true if counterMinutes is equal to hour. If its not true then it will run all the other loops again.