http://www.sthda.com/english/articles/37-model-selection-essentials-in-r/154-stepwise-regression-essentials-in-r/

The **stepwise regression** (or stepwise selection) consists of iteratively adding and removing predictors, in the predictive model, in order to find the subset of variables in the data set resulting in the best performing model, that is a model that lowers prediction error.

There are three strategies of stepwise regression (James et al. 2014,P. Bruce and Bruce (2017)):

1. **Forward selection**, which starts with no predictors in the model, iteratively adds the most contributive predictors, and stops when the improvement is no longer statistically significant.
2. **Backward selection** (or **backward elimination**), which starts with all predictors in the model (full model), iteratively removes the least contributive predictors, and stops when you have a model where all predictors are statistically significant.
3. **Stepwise selection** (or sequential replacement), which is a combination of forward and backward selections. You start with no predictors, then sequentially add the most contributive predictors (like forward selection). After adding each new variable, remove any variables that no longer provide an improvement in the model fit (like backward selection).

Great source

https://www.guru99.com/r-simple-multiple-linear-regression.html#8

https://online.stat.psu.edu/stat501/lesson/10/10.2