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For-loop

A for-loop repeats code for a specified number of times. For example, here's the code you could write to print "Python rocks socks!" 100 times:

```
for i in range(100):  
    print("Python rocks socks!")
```

What does the `i` in the for-loop mean?

`i` is a variable that keeps track of how many times the loop has run. In our loop above, `for i in range(100)` means that at the start of the loop, `i` is 0. Each time the for-loop runs, `i` increases by 1 and keeps going while `i` is less than 100. Once `i` reaches 100, the loop stops running.

Here's the equivalent of the for-loop above, written as a while-loop:

```
i = 0  
while i < 100:  
    print("Python rocks socks!")  
    i += 1
```

Now that we know that `i` is a variable, we can see how we can use the variable `i` inside our for-loop. For example, here's how we can print even numbers:

```
for i in range(3):  
    print(i * 2)
```

Here's another way to print even numbers:

```
for i in range(0, 6, 2):  
    print(i)
```

`for i in range(0, 6, 2)` says: `i` goes from 0 to 6, counting by 2 each time