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I was not able to tell what I was working on with my old code because the variable names do not tell me what they do. I implemented the solution in a certain way because I thought of the code. It took me a few hours to finish the program. The resource is the python tutorial on the internet.

I know now that variable names need to explain what the variables are doing. The technique is that I have variable names that have explanation. The programming problem is that the user input a number and the function adds from 0 to that number. I used python to solve the problem. I chose python because python is required for the class. It was difficult to learn the syntax of python. I worked by trial and error. If I had to solve the problem again, I would choose python. I would not organize the code differently.

```python
1  def add_it_up(user_input_number):#function add 0 to x
2      add_from_zero_to_number = 0
3      while user_input_number>=0:
4          add_from_zero_to_number = add_from_zero_to_number + user_input_number
5          user_input_number = user_input_number - 1
6      print(add_from_zero_to_number)#output
7
8  user_input_number = input("integer: ")#user input
9  user_input_number = int(user_input_number)
10 add_it_up(user_input_number)
11
```

Output

```
integer: 4
10
```