For Loops

A **for loop** is a type of loop that helps you run a certain set of statements a fixed number of times. It looks like this:

```
for (initialization; condition; increment) {
  // Statements
}
```

The **initialization** part of the for loop sets things up at the start of the loop. This is where you declare and initialize any variables you're going to use in the loop.

The **condition** is checked before each iteration of the loop. If the condition is true, the loop continues and runs the statements inside it. If the condition is false, the loop stops and doesn't run the statements inside it.

The **increment** part of the for loop is where you increase or decrease the value of the variable you initialized in the initialization part. This is what allows the loop to run a set number of times.

Here's an example of a for loop:

```
for (int i = 0; i < 10; i++) {
  cout << i << endl;
}
```

This for loop will run 10 times. It will start by printing 0, then 1, then 2, and so on until it reaches 9.