

1.)There are a few different types of loops JavaScript provides us with some of which being”for”,”for in”,”do while”,and “while” to execute code in different ways weather it be to execute the code a specific amount of times,repeatedly or to iterate over values.

2.)The syntax for a “for” loop is as follows.

```
For (initialization; condition; increment/decrement){  
  “code to be executed”  
}
```

You should use a “for” loop when executing code a specific amount of times.

```
for (let I = 0; I <= 10; i++) {  
  console.log(i);  
}
```

3.)the syntax for a “do while” loop is as follows.

```
do{  
  “code to be executed”  
} while (condition);
```

you should use this loop when the code in the loop needs to be executed at least once even when the condition is false.

Sources:

https://developer.mozilla.org/en-US/docs/Web/JavaScript/Guide/Loops_and_iteration
<https://www.freecodecamp.org/news/javascript-for-loops/>