# EQUIVALENT

1. **Initialization**: Identify the initialization statement in the for loop. This statement initializes the loop control variable.
2. **Condition Expression**: Determine the condition expression in the for loop. This expression decides whether the loop should continue iterating.
3. **Body**: Copy the statements inside the body of the for loop. These statements are executed each iteration of the loop.
4. **Update Expression**: Locate the update expression in the for loop. This expression typically increments or decrements the loop control variable.
5. **Initialize Loop Control Variable**: Place the initialization statement before the while loop to initialize the loop control variable.
6. **Create While Loop**: Create a while loop with the condition expression from the for loop. This condition determines whether the loop should execute.
7. **Move Body**: Paste the copied statements from the for loop's body into the body of the while loop.
8. **Update Loop Control Variable**: Insert the update expression inside the while loop's body to modify the loop control variable.
9. **Test**: Verify that the while loop produces the same behavior as the original for loop.

EXAMPLE:

```
// For loop

for (int i = 0; i < 5; i++) {
    cout << i << endl;
}

// While loop equivalent
int i = 0;                  // Initialization
while (i < 5) {             // Condition expression
    cout << i << endl;      // Body
    i++;                    // Update expression
}
```