While loops are the first type of loop I’m going to be talking about. While loops keep running the code unless the condition is not being met. Like in a menu driven app, you want the app to keep the menu up even after they choose an option. The next type of loop is the For loops, the For loop has 3 conditions. The first condition sets the counter at the starting point, most times 0, the second condition sets the stopping condition, so when the counter hits that condition it stops, and the third condition determines what happens to the counter, most of the time it adds. The last type of loop is the Do While, the Do While loop is basically the While loop but it checks the condition after it runs the code, so it guarantees that the code runs at least once.