```python
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#11/7/2024
#P4Lab1
#Draw a square and triangle using turtle library

import turtle
win = turtle.Screen()
t = turtle.Turtle()

t.pensize(10)
t.pencolor("blue")
t.shape("arrow")


num = 0

while num <4:
    t.forward(150)
    t.right(90)
    num += 1
print("while loop ends")


for tr in range(0,3):
    t.left(120)
    t.forward(250)
print("For loop has ended")
```