

keyword	const	let	var
global scope	No	No	Yes
Function scope	Yes	Yes	Yes
Block scope	Yes	Yes	No
Can be reassigned	No	Yes	Yes

**For Loop:** For loops are the typically the fastest loop constructions that allow the compiler to optimize the loop structure more effectively. The loop initialization, condition check, and increment/decrement operations are well-defined, which enables the compiler to generate more efficient machine code.

**While loop:** While loops are also efficient, but they may be slightly slower than for loops. For loop condition is on each to evaluate the condition on each iteration.

While, For → fast loop  
do while, do-while → slow loop