Summary of JavaScript While Loops

This document compares JavaScript `for` and `while` loops, highlighting their structure for iterative tasks:

1. **For Loop Structure**: A `for` loop example displays an alert per iteration, controlled by three terms in parentheses: counter initialization (`var i = 0`), continuation condition (`i < 3`), and counter increment (`i++`). These define the loop's start, duration, and update.

2. **While Loop Structure**: A `while` loop performs the same task but separates components: the counter is initialized before the loop (`var i = 0`), the condition is in parentheses (`i < 3`), and the counter update (`i++`) is in the loop body.

3. **Similarities**: Both loops use parentheses for the condition, curly brackets for the code block, and 2-space indentation for the body.

4. **Interchangeability**: `for` and `while` loops are interchangeable, allowing developers to choose based on preference.