There are 2 types of Loops:

(1) For Loops

(2) While Loops

An example of a FOR LOOP of numbers:

```javascript
for (var i=0; i<=100; i+=1) {
    console.log(i);
}
```

```
0
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
```
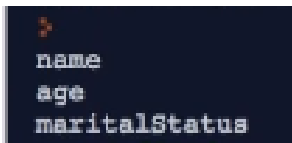… etc

An example of a FOR LOOP for an Array:

```javascript
var fruits = ["mango", "banana", "apple", "cherry", "asd", "cucumber"];


for (var i=0; i<fruits.length; i++) {
  console.log(fruits[i]);
}
```

```
>
mango
banana
apple
cherry
asd
cucumber
```
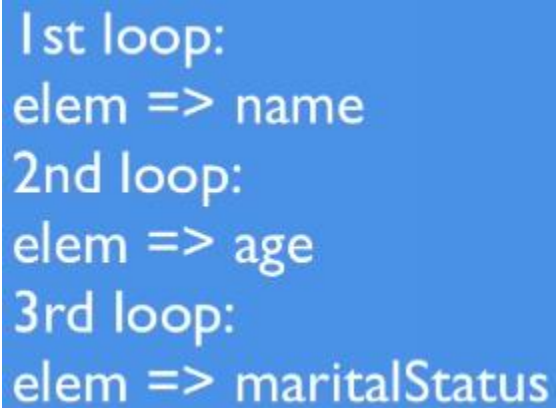
An example for a FOR LOOP for an Object:

```
var data = {
  name: "john",
  age: 28,
  maritalStatus: true
}

for (var elem in data) {
  console.log(elem);
}
```

```
>
name
age
maritalStatus
```

… to summarize the FOR LOOP in this scenario:

1st loop:
elem => name
2nd loop:
elem => age
3rd loop:
elem => maritalStatus

… basically, we only got the property to print out.

If we want the FOR LOOP to also get us the value, we write:

```
var data = {
  name: "john",
  age: 28,
  maritalStatus: true
}

for (var elem in data) {
  console.log(elem, data[elem]);
}
```

```
>
name john
age 28
maritalStatus true
```

An example of a WHILE LOOP for Numbers: Printing 0 through 10:

```javascript
var num = 0; // initializer

while (num < 11) {
    console.log(num);
    num++;
}
```

```
>
0
1
2
3
4
5
6
7
8
9
10
```

An example of a WHILE LOOP for Numbers: Incremental addition

```javascript
var sum = 0; // store all the addition of numbers // final value

var num = 0;

while (num < 10) {
  sum += num;
  num++;
}

console.log(sum);
```

.. basically, what we did:

0+0 = 0

0+1 = 1

1+2 = 3

3+3 = 6

6+4 = 10

10+5 = 15

15+6 = 21

21+7 = 28

28+8 = 36

36+9 = 45

```
45
```

... if we wish to include 10, we change **=** to **<=** :

```javascript
var sum = 0; // store all the addition of numbers // final value

var num = 0;

while (num <= 10) {
  sum += num;
  num++;
}

console.log(sum);
```

... which will give us 55:

```
55
```

An example of a WHILE LOOP for an Array of random objects:

```
var randomStuff = ["apple", 3.2414, 9999, true, false, undefined, ['apple', 'ball', 'cat'], 3, 2, "lastobject"];

var x = 0;

while (x < randomStuff.length) {
  console.log(x);
  // console.log(randomStuff[x]);
  x++;
}
```

```
>
0
1
2
3
4
5
6
7
8
9
```

… so this only gave an us an index of our 10 items. If we wish to access the 10 items, we write:

```
var randomStuff = ["apple", 3.2414, 9999, true, false, undefined, ['apple', 'ball', 'cat'], 3, 2, "lastobject"];

var x = 0;

while (x < randomStuff.length) {
  console.log(randomStuff[x]);
  x++;
}
```

```
apple
3.2414
9999
true
false
undefined
[ 'apple', 'ball', 'cat' ]
3
2
lastobject
```