

# [7] WHILES

In JavaScript, both `while` and `do...while` are loop structures used to repeatedly execute a block of code as long as a specified condition remains true. However, they differ in when they check the condition:

## When to use each loop

- Use a `while` loop when you want to check the condition before executing the code block, and it's possible that the code block might not run at all if the condition is false initially.
- Use a `do...while` loop when you want to ensure that the code block runs at least once, regardless of the initial condition. This is useful in situations where you need to perform some action before checking whether the loop should continue.

## while Loop

The `while` loop is a pre-test loop, which means it first checks the condition before executing the code block. If the condition is initially false, the code block will not run at all. Example:

```
let count = 1;

while (count <= 5) {
  console.log(count);
  count++;
}
```

## do...while Loop

The `do...while` loop is a post-test loop, which means it first executes the code block and then checks the condition. This guarantees that the code block will run at least once, even if the condition is false initially. Example:

```
let count = 1;

do {
  console.log(count);
}
```

```
count++;  
} while (count <= 5);
```