```asm
        #include<p18F4550.inc>


        org 0x00
        goto start
        org 0x08
        retfie
        org 0x18
        retfie



dup_nop   macro kk
        variable i

i=0
        while i<kk
        nop

i+=1
        endw
        endm


loop_cnt1 set 0x00

loop_cnt2 set 0x01


Delay           movlw D'90'                                ;450k instruction
cycle that will make 90ms

                    movwf loop_cnt1, A


again1          movlw D'250'                                ;this whole include internal
loop will take 5000 instruction cycle!1ms
```

```
                    movwf loop_cnt2, A

again2          dup_nop D'17'                          ;4microseconds to finish (20
instructuion cycle)

                    decfsz loop_cnt2, F, A             ;*1 instruction cycle

                    bra again2                                       ;* 2
instruction cycle

                    decfsz loop_cnt1, F, A

                    bra again1


                    end
```