

- Our variable `i` increments one by one from the start of the sequence `1:10` to the end.
- We can also use `i` in our code embedded within the loop:

```
> for (i in 1:10) {  
>   print(i)  
> }  
[1] 1  
[1] 2  
[1] 3  
[1] 4  
[1] 5  
[1] 6  
[1] 7  
[1] 8  
[1] 9  
[1] 10
```

- We can also add `i` as part of a string:

```
> for (i in 1:10) {  
>   print(paste("This is the number", i, sep=" "))  
> }  
[1] "This is the number 1"  
[1] "This is the number 2"  
[1] "This is the number 3"  
[1] "This is the number 4"  
[1] "This is the number 5"  
[1] "This is the number 6"  
[1] "This is the number 7"  
[1] "This is the number 8"  
[1] "This is the number 9"  
[1] "This is the number 10"
```