Step 1: Print the number from 1-100

In this process we need to repeat the same sequence of action several time which is "current number plus one" and we need to do it until we reach 100. This process called loop in programming. With pseudo-code it will look like this:

```
start loop, do 99 times
          current number + 1
end loop
```

It is like walking 100 step. We move forward 1 step at the time then repeat it until we have 100 steps. Without realising, we are looping daily.

Step 2 : Print "Power" for multiples 5, Print "Coders" for multiples 7, Print "PowerCoders" for multiples of 5 and 7

After we print the number from 1-100, we are going to make a decisions, whether the current number is a multiples of 5, multiples of 7 or multiples of 5 and 7. In pseudo-code can be like this:

In the same manner of making a decision in our daily life, there is always only one of them being selected and executed.