```c
#include<stdio.h>
#include<stdlib.h>
void main()
{
    int n,q[100],i,diff,seek=0;
    printf("Enter the size of Queue: ");
    scanf("%d",&n);
    printf("Enter the Queue: ");
    for(i=1;i<=n;i++)
    {
        scanf("%d",&q[i]);
    }
    printf("Enter the Initial Head Position: ");
    scanf("%d&",&q[0]);
    for(i=0;i<n;i++)
    {
        diff=abs(q[i]-q[i+1]);
        seek+=diff;
        printf("\nMove from %d to %d and the seek is %d",q[i],q[i+1],diff);
    }
    printf("\n\nTotal Seek Distance is : %d",seek);
    float avg=seek/n;
    printf("\nAverage Seek Distance is : %.3f",avg);
}
```