

SYNTAX OF A `for` LOOP

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for(i in 1:100) {  
  <do stuff here with i>  
}
```

For each *element* in a *sequence*
performs defined *tasks*

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```
for(i in 1:100) {  
  <do stuff here with i>  
}
```

```
for(i in seq_along(x)) {  
  <do stuff here with i>  
}
```

For each element in a sequence performs defined tasks

Alternative - why use `seq_along`?