Learning Goals

1. Practice using for loops.
2. Practice planning ahead.

Business Goal

This one is a simple practice. Ask the user for a number. Count up to it, and then count down again. Print the numbers along the way.

Here's a sample run.

```
How big of a number should I count to?
23

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23
23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1
```

Here's another run.

```
How big of a number should I count to?
5

1 2 3 4 5
5 4 3 2 1
```