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In [9]: # Define a list of numbers
numbers = [1, 2, 3, 4, 5]

# Initialize total to 0
total = 0

# Iterate through each number in the list
for num in numbers:
    total += num # Add the number to the total

# Print the sum of all elements
print(f"Sum: {total}")
```

Sum: 15

```
In [10]: # Define a list of numbers
numbers = [10, 20, 4, 45, 99]

# Initialize max_value and min_value to the first element of the list
max_value = numbers[0]
min_value = numbers[0]

# Iterate through each number in the list
for num in numbers:
    if num > max_value:
        max_value = num # Update max_value if current number is larger
    if num < min_value:
        min_value = num # Update min_value if current number is smaller

# Print the maximum and minimum values
print(f"Max: {max_value}, Min: {min_value}")
```

Max: 99, Min: 4

```
In [11]: # Define a list of items
items = ['a', 'b', 'c', 'd']

# Initialize an empty list to store reversed items
reversed_items = []

# Iterate through each item in the original list
for item in items:
    reversed_items.insert(0, item) # Insert each item at the beginning of the new list

# Print the reversed list
print(f"Reversed List: {reversed_items}")
```

Reversed List: ['d', 'c', 'b', 'a']

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In [12]: # Define a list with duplicate elements
original_list = [1, 2, 2, 3, 4, 4, 5]

# Initialize an empty list to store unique items
unique_list = []

# Iterate through each item in the original list
for item in original_list:
    if item not in unique_list:
        unique_list.append(item) # Append item if it is not already in the unique list

# Print the list with duplicates removed
print(f"Unique List: {unique_list}")
```

Unique List: [1, 2, 3, 4, 5]

```
In [13]: # Define a list of items
items = ['apple', 'banana', 'apple', 'orange', 'banana', 'apple']

# Initialize an empty dictionary to store counts
count_dict = {}

# Iterate through each item in the list
for item in items:
    if item in count_dict:
        count_dict[item] += 1 # Increment count if item is already in the dictionary
    else:
        count_dict[item] = 1 # Add item to dictionary with count 1

# Print the occurrences of each item
print("Occurrences:")
for item, count in count_dict.items():
    print(f"{item}: {count}")
```

Occurrences:

apple: 3

banana: 2

orange: 1

```
In [14]: # Define a list of lists
list_of_lists = [[1, 2, 3], [4, 5], [6, 7, 8]]

# Initialize an empty list to store flattened items
flattened_list = []

# Iterate through each sublist in the list of lists
for sublist in list_of_lists:
    for item in sublist:
        flattened_list.append(item) # Append each item from the sublist to the flattened list

# Print the flattened list
print(f"Flattened List: {flattened_list}")
```

Flattened List: [1, 2, 3, 4, 5, 6, 7, 8]

```
In [15]: # Define two lists
list1 = [1, 2, 3, 4, 5]
list2 = [4, 5, 6, 7, 8]

# Initialize an empty list to store common elements
common_elements = []

# Iterate through each item in the first list
for item in list1:
    if item in list2:
        common_elements.append(item) # Append item if it is also in the second list

# Print the common elements
print(f"Common Elements: {common_elements}")
```

Common Elements: [4, 5]

In [ ]: