

DAY -25, DAILY REPORT, 10 -12 -2021 (FRIDAY)

Today , I had an experience. When I woke up in the morning, I got some positive vibe and the cab came to the apartment and went to the office. In the morning session I had researched about what is for loop ? The answer is For loop is a programming language conditional iterative statement which is used to check for certain conditions and then repeatedly execute a block of code as long as those conditions are met. The for loop is distinguished from other looping statements through an explicit loop counter or loop variable which allows the body of the loop to know the exact sequencing of each iteration. The For loop is used in many imperative programming languages notably C and C++ and comes from the English word 'for' which is used to state the purpose of an object or action, in this case the purpose and details of the iteration. For loops are generally used when the number of iterations is known or already established. For loops in different languages differ mainly by syntax and how the statements work as well as the level of expressiveness supported. But they generally fall into one of the following categories: Traditional For loops - found in C/C++ and contains three parts: the initialization, the condition, and afterthought or commonly known as increment/decrement. Iterator-based loops - this allows for the enumeration of a set of items which can be things other than number sequences such as a list of students. This is characterized by an explicit or implicit operator such as the aforementioned list of students. The loop then takes on each

of the values in the set. Vectorized for loops - these acts as if processing all iterations are parallel. The continuation of the extreme ownership in the chapter two no bad teams, and only bad leaders the coronado, california and basic underwater in the demolition/ seal training is it pays to be a winner shouted a much feared and gold shirted seal. It was night three into the infamous hell week of seal training. They shivered from the cold ocean water and cool wind of the southern california night. The students moved with the aches and pains and they suffered seventy two hours non stop physical exertion fee. Since hell week has begun, this class has started basic underwater demolition/ seal training (known as bud/s). All dreamed of becoming a u.s Navy seal. And yet within the first forty eight hours of hell week, most of the young men had surrendered to the brutal challenge. Hell week was not a fitness test. While it did require some athletic ability, every student that survived the weeks of BUD/S training prior to hell week had already demonstrated adequate fitness to graduate. Hell week, success resulted from determination and will, but also from innovation and communication with the team. Such training graduated men were not only physically tough but would also out - think their adversary. Only a few years before, I had suffered through my own BUD/S class hell week on this very beach. We began our hell week with 101 students. When we finished only 40 of us remained.

