```
* one_MHz.c
 * Created: 2/7/2022 12:26:01 AM
 * Author : Jason Tan
#include <avr/io.h>
#define DISABLE_PRESCALAR 0x00;
int main(void)
{
   PORTA.DIR = PIN7_bm; //PA7 as the output
   CPU_CCP = CCP_IOREG_gc; //change protected IO register
   CLKCTRL.MCLKCTRLB = CLKCTRL_PEN_bm | CLKCTRL_PDIV0_bm; //Enable CLK_MAIN
     prescalar and divide by 4 for prescalar
   CPU_CCP = CCP_IOREG_gc;
   CLKCTRL.MCLKCTRLA = CLKCTRL_CLKOUT_bm; //enable CLKOUT
   while (1)
    {
   }
}
```