

```
#!/bin/bash
```

```
months=(  
    'january'  
    'february'  
    'march'  
    'april'  
    'may'  
    'june'  
    'july'  
    'august'  
    'september'  
    'october'  
    'november'  
    'december'  
)
```

```
days=('mon' 'tues' 'wed' 'thurs' 'fri' 'sat' 'sun')
```

```
# Print out Months
```

```
for month in ${months[@]};  
do  
    echo $month  
done
```

```
for day in ${days[@]};  
do  
    if [ $day = 'sat' ] || [ $day = 'sun' ]  
    then  
        echo "It is $day. Take it easy."  
    else  
        echo "It is $day. Get to work!"  
    fi  
done
```

```
for num in {0..5};  
do  
    if [ $num = 1 ] || [ $num = 4 ]  
    then  
        echo $num  
    fi  
Done
```

Run the script using the command: `./ins_for_loops.sh`

Results:

```
january
february
march
april
may
june
july
august
september
october
november
december
It is mon. Get to work!
It is tues. Get to work!
It is wed. Get to work!
It is thurs. Get to work!
It is fri. Get to work!
It is sat. Take it easy.
It is sun. Take it easy.
1
4
```