for

for (*expression 1*;*expression 2*;*expression 3*) {  
  // *code block to be executed*  
}

Ex

var text = "";

for (var i = 0; i < 5; i++) {

text += "The number is " + i + "<br>";

}

document.getElementById("demo").innerHTML = text;

for in

for (key in object) {  
  // *code block to be executed*  
}

Ex

const person = {fname:"John", lname:"Doe", age:25};

var text = "";

for (var x in person) {

text += person[x] + " ";

}

document.getElementById("demo").innerHTML = text;

for of

for (variable of iterable) {  
  // *code block to be executed*  
}

Ex

const cars = ["BMW", "Volvo", "Mini"];

var text = "";

for (var x of cars) {

text += x + "<br>";

}

document.getElementById("demo").innerHTML = text;

While

while (condition) {  
*// code block to be executed*  
}

Ex

var text = "";

var i = 0;

while (i < 10) {

text += "<br>The number is " + i;

i++;

}

document.getElementById("demo").innerHTML = text;

do While

do

statement

while (condition);

Ex

var i = 0;

do {

i += 1;

console.log(i);

} while (i < 5);