Below is a program for digital output using a **Raspberry PICO**. GPIO pins 14, 15, 18, and 19 are used. In this program, the output channels are turned off for one second, then turned on one at a time. After this, there is a 3-second pause, and the cycle repeats.

```
from machine import Pin
import utime

# Define the GPIO pins for digital output
relay_pins = [14, 15, 18, 19]

while True:
    for i in relay_pins:
        relay=Pin(i, Pin.OUT)
        relay.value(1)
        utime.sleep(1)
    for i in relay_pins:
        relay=Pin(i, Pin.OUT)
        relay.value(0)
        utime.sleep(1)
    utime.sleep(3)
```

The following program is an example of digital input in Python for the **Raspberry PICO**:

```
import machine

# define the pins for each channel
channel_pins = [machine.Pin(10, machine.Pin.IN),
                machine.Pin(11, machine.Pin.IN),
                machine.Pin(12, machine.Pin.IN),
                machine.Pin(13, machine.Pin.IN)]

# read the state of each channel and print the result
for i in range(len(channel_pins)):
    channel_state = channel_pins[i].value()
    print(f"Channel {i}: {channel_state}")
```

This program first imports the **machine** module. Then, pins are defined for each channel using the **machine.Pin** method, specifying **machine.Pin.IN** to indicate that the pin will be used for input. The input channels are then entered in an infinite loop, and the result is printed.