1. **ins_for_loops.sh**

```
#!/bin/bash


# for <item> in <list>
# do
#   <run_this_command>
#   <run_this_command>
# done



# list variables
months=(
   'january'
   'february'
   'march'
   'april'
   'may'
   'june'
   'july'
   'august'
   'september'
   'october'
   'november'
   'december'
)
days=('mon' 'tues' 'wed' 'thur' 'fri' 'sat' 'sun')

# create for loops
```

```
#print out months
for month in ${months[@]}
do
   echo $month
done

#print out the days of the week
for day in ${days[@]}
do
   if [ $day = 'sun' ] || [ $day = 'sat' ]
   then
      echo "It is the weekend! Take it easy."
   else
      echo "It is a weekday! Get to work!"
   fi
done

# run a command on each file
for file in $(ls)
do
   ls -lah $file
done

# dislay the number if it's a 1 or 4
for num in {0..5}
do
   if [ $num = 1 ] || [ $num = 4 ]
   echo $num
done
```