

Day 7★ Loop:-Types of loop -1) For loop -

The for-loop is a structured loop with a specific conditional structure where a counter variable must be set. Then a condition must be specified and finally the counter must be incremented. This can either be an increase or a decrease depending on our needs.

e.g      `for (var i = 1; i < 4; i++) {  
                 console.log(i);  
         }`

2) While loop -

The while loop is similar to the for loop. It will also run for as long as the condition returns true. However the start counter is set outside of the while loop and the incrementing is done inside the loop's body.

e.g      `var i = 1;  
while (i < 4) {  
         console.log(i);  
         i = i + 1;  
         }`



## \* Nested loop -

In javascript it's possible to nest loops so that multiple tasks can be performed at once. There can be multiple levels of nesting too

e.g

```
for (var i = 0; i < 2; i++) { ← outer loop
  for (var j = 1; j <= 7; j++) { ← inner loop
    console.log("week" + i + "day" + j)
  }
}
```