Using a for loop has its advantages and disadvantages; such as the fact that you cannot use anything declared inside the for loop or a while loop outside of the loop; this is a disadvantage. The advantage of using a for loop is that it takes less space compared to a while loop, the incrementing is done inside the for loop parameter; this makes it better to use rather than a while loop. A while loop has less parameters to fill than a for loop and would be better to use for simple things.