```
for           in enumerate  'red' 'green' 'blue'
```

`print`

0 red

1 green

2 blue

A New Example

```python
for index, color in enumerate(['red','green','blue']):
    print(index, color)



# =>

# 0 red

# 1 green

# 2 blue
```

This also means you should almost never use
`for i in range(len(sequence)):`

Quirks