```python
while bool exp:
    ...

for variable name in expr collection:
    ...
```
While ends if
- Something in guard changes in body
- Eventually, guard becomes false

\[
\text{while } \quad \text{guard/condition} \\
\text{body (inside)} \quad \text{end}
\]
- Loop only ends at its end
**Collections**

**Set**

\{2, 3, 5, 7, 11, ...\}

**Ordered, repeated values OK**

- Str
- List
- Tuple
- Range

**Count from 0**

- "hello" - elements
  - 0, 1, 2, 3, 4 - indices
  - len("hello") - index

**Unordered, no repeated values**

- Set
- Dict
\text{Range} (3, 8)

3, 4, 5, 6, 7

\text{Range} (8)

0, 1, 2, 3, 4, 5, 6, 7 \leftarrow 8 \text{ items}