For this activity, you are tasked to write a short tutorial on creating a **for loop**. This tutorial should be aimed towards a beginner python learner and it will be the first time the learner has come across the concept of **for loops.**

In your tutorial, you should specify:
- the definition of a for loop
- the purpose of creating and using a for loop
- the components that make up a for loop
- an example and explanation that demonstrates the for loop

Level-up component:
- an exercise to create a for loop with the correct answer attached

You may find the assigned readings, class slides, and the notes you have taken in class as useful guidelines for this activity. If you refer to tutorials and materials, please make sure you provide the appropriate citation to acknowledge where your materials came from. Please use the MLA citation format for your sources. An example is available below:

Last name, First name. "Title of web page." *Name of website,* link of webpage. Accessed Day
        Month Year.