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#include <cs50.h>
#include <stdio.h>

// practice lesson to use a for loop

int main(void)
{
    // initialize variables
    int input_num = 0;
    int counter = 0;
    int sum = 0;

    // get input from user - use a lower number to test at first
    printf("Enter a number from 1 to 5: ");
    input_num = GetInt();

    // check to be sure input meets validity check
    if (input_num < 0 || input_num > 5)
    {
        printf("You didn't follow the directions - goodbye\n");
        return 1;
    }
    printf("You entered %d\n", input_num);

    // now create a loop to add up the numbers from 1 to the input number
    for (counter = 1; counter <= input_num; counter++)
    {
        sum += counter;
    }
    printf("The total of your numbers is %d\n", sum);
}
```