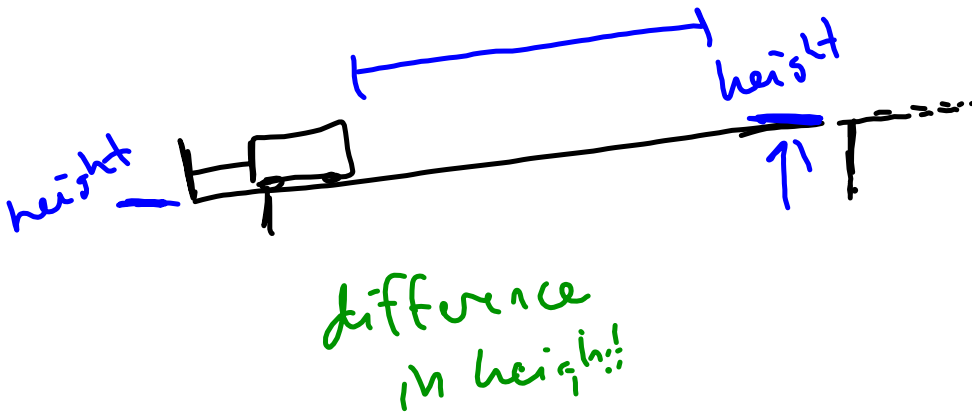


Lab

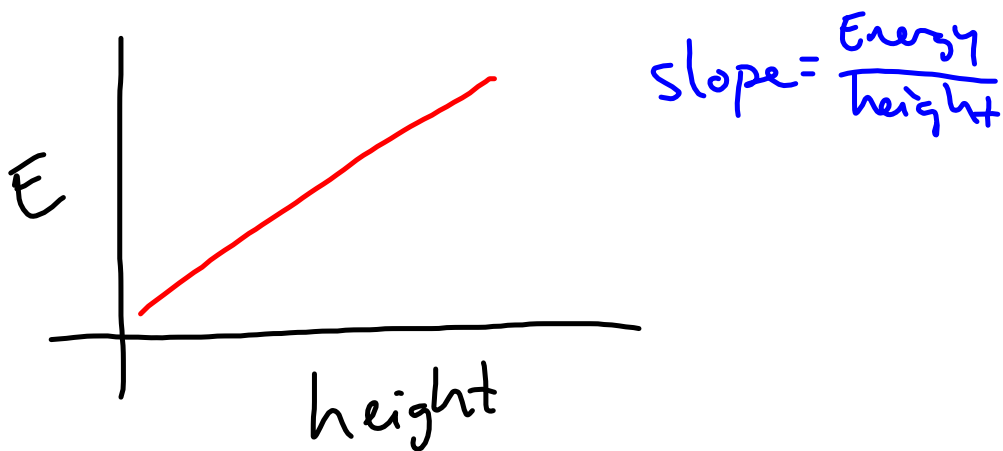


- Graph Energy vs. height

$$E = \frac{1}{2} k x^2$$

↑  
in meters

— Function of best fit



$$\begin{aligned}\text{Energy} &= (\text{slope})(\text{height}) \\ &= (F_g)(\text{height}) \\ &= mgh\end{aligned}$$

$$U_g = mgh \quad \leftarrow \text{we choose } \emptyset \text{ point of height}$$

↑  
Gravitational potential energy