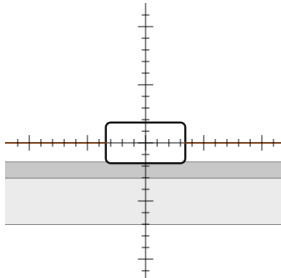# Distance Traveled (Projected by a Spring)

Step 1: Label all the information in the picture below

Step 2: Show your calculations for the energy stored in the spring

Step 3: Calculate the speed of the block assuming all the stored energy turns to KE of the block. Show your calculations neatly below

Step 4: Draw and calculate the forces on the block after it leaves the spring and is moving over the rough surface.

Step 5: Calculate the acceleration of the block as it slides over the rough surface.

Step 6: Calculate the time and distance to stop as it moves over the rough surface. Enter your answers into the program to make sure you did everything correctly