

Table 1 - Spring Constant

| Mass (g) | Force (N) | Stretch (cm) |
|----------|-----------|--------------|
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Table 2 - Energy at Three Positions

| | Trial 1 | Trial 2 | Trial 3 |
|----------------|---------|---------|---------|
| Position 1 (m) | | | |
| Position 2 (m) | | | |
| Position 3 (m) | | | |
| Position 4 (m) | | | |

Table 3a: Energy analysis of spring for one cycle - 0.25 kg mass

| | Position 2 | Position 3 | Position 4 |
|-------------------------|------------|------------|------------|
| Elastic P.E. | | | |
| Kinetic Energy | | | |
| Gravitational P.E. | | | |
| Total Mechanical Energy | | | |

Table 3b: Energy analysis of spring for one cycle - 0.50 kg mass

| | Position 2 | Position 3 | Position 4 |
|-------------------------|------------|------------|------------|
| Elastic P.E. | | | |
| Kinetic Energy | | | |
| Gravitational P.E. | | | |
| Total Mechanical Energy | | | |

Table 3c: Energy analysis of spring for one cycle - 1.0 kg mass

| | Position 2 | Position 3 | Position 4 |
|--------------------|------------|------------|------------|
| Elastic P.E. | | | |
| Kinetic Energy | | | |
| Gravitational P.E. | | | |