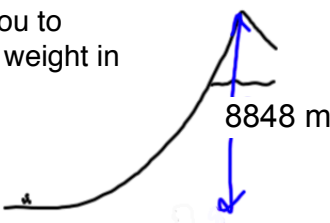# Cycle 16 - Energy
Calculating Work
Check-in #1

1. A person uses an average force of 30 N to pull a slingshot back 0.5 m. How much work was done on the slingshot?

2. The lacrosse player uses an average of 60 N of force over the course of 0.8 m to throw the ball. How much work was done on the ball?

3. Calculate how much work it would take for you to climb Mount Everest. (Your mass in kg is your weight in pounds divided by 2.2.)

8848 m