In this lab we will be looking at how heat is gained and lost in regard to energy. We will be using copper, liquid and a calorimeter to measure how much the water temperature changes when the shot is added to it. Because we know the mass of the water and the mass of the copper, we can heat the water up using a coffee maker and measure the temperature. By knowing all of these things we can use to tell us how much heat was lost if any. Heat is related to mass by . In the previous equation Q is the amount of heat to change the temp of a mass, m is the mass, c is the specific heat of a substance in kilocalories and T is the temperature difference between the things.