* Energy is ability to do work
* Work: changing things (Force applied over distance)
* Potential Energy: Stored Energy
  + PE=mgh
* Kinetic Energy: Energy in motion
  + KE=1/2mv2
* Tensile (Spring) Energy: Energy in a string
  + PE­s=1/2Kx2
* Types of energy
  + Mechanical
  + Heat
  + Sound
  + Solar
  + Electrical
  + Chemical
  + Nuclear
* Conservation of Energy: Energy can not be created or destroyed, only moved or change the type of energy
* How to change Energy
  + W=ΔE=Fd