نطبق ذلك لإيجاد مفكوك المربع الكامل، فيصبح لدينا:

 $(4 \text{ m} - \frac{1}{7})^2 = (4 \text{ m})^2 - 2(4 \text{ m})(\frac{1}{7}) + (\frac{1}{7})^2)$

$$16 \text{ m}^2 + \frac{8 \text{ m}}{7} + \frac{1}{49}$$

$$16 \text{ m}^2 - \frac{8 \text{ m}}{7} + \frac{1}{49}$$

 $16 \text{ m}^2 - \frac{4 \text{ m}}{7} + \frac{1}{49}$

$$16 \text{ m}^2 - \frac{8 \text{ m}}{7} + \frac{1}{49}$$

$$16 \text{ m}^2 + \frac{4 \text{ m}}{7} - \frac{1}{49}$$

 $= 16 \text{ m}^2 - \frac{8 \text{ m}}{7} + \frac{1}{49})$

$$\frac{8 \text{ m}}{7} + \frac{1}{49}$$

$$\frac{8\text{ m}}{7}+\frac{1}{49}$$