

Springs ACT

☉ **Hooke's Law:** The force exerted by a spring is proportional to the distance the spring is stretched or compressed from its relaxed position.

□ $F_x = -kx$ Where x is the displacement from the relaxed position and k is the constant of proportionality.

What is force of spring when it is stretched as shown below.

A) $F > 0$

B) $F = 0$

C) $F < 0$

