

Recall Work from Phys 101

- **Work done by the force given by:**
 - $W = F d \cos(\theta)$
 - Positive: Force is in direction moved
 - Negative: Force is opposite direction moved
 - Zero: Force is perpendicular to direction moved
- **Careful ask WHAT is doing work!**
 - Opposite sign for work done by you!
- **Conservative Forces**
 - $\Delta \text{ Potential Energy} = -W$

