

HOW MUCH WORK DO YOU  
DO WALKING UP 4 FLIGHTS  
OF STEPS?

- WHAT DO YOU NEED TO MEASURE?

k, LET'S DO IT!

HOW MANY FLIGHTS TO BURN OFF  
A CHIPOTLE BURRITO? (1200 Calories)

Nov 19-12:32 PM

$$W = F d \cos \theta$$

↑  
WEIGHT

NO TIME DEPENDENCY

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$$\text{POWER} = \frac{\text{WORK}}{\text{TIME}}$$


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	DISPLACEMENT
ETHAN	16.64 m
JENNY	15.68 m
SYSTEM	21.2 m (TO TOP OF LEDGE) ~16 m w/ ROUGH CORRECTION

AVG OF ETHAN'S & JENNY'S  
 $d = 16.16 \text{ m}$

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- CALC THE \*CALORIES YOU BURN GOING UP 4 FLOORS
- HOW MANY FLOORS TO BURN OFF A BURRITO (1200 CAL)

\* 1 Calorie = 1000 caloric

Nov 19-12:38 PM